

## Chesterfield Little League Skills Chart

SKILLS	Division									
	Chall	Blast	Tball	Rookie	Minor	Major	Jr	Sr	Big	
<b>Throwing</b>										
Gripping the Baseball and Lining up the Shoulders										
Footwork and Stance										
Throwing Position - Drag/Goal Post/Release/Follow Through										
<b>Hitting</b>										
Batting Grip and Where to Stand in the Batters Box										
Batting Stance and Watching the Ball										
The Swing, Strike Zone and Avoiding Being Hit										
Bunting (and taking signs)										
Hitting Off speed pitches (All Stars only)										
Knowing pitch count (All Stars only)										
Hitting the Ball Where it's Pitched (All Stars only)										
Slash hitting (All Stars only)										
<b>Fielding</b>										
Glove Positions and Watching the Ball										
Know Your Situation, Calling for the Ball and Backing Up										
Calling Outs, Plays, Relays and Where to Throw										
Team Defense/ ball control/ controlling the running game										
Playing Infield (including set/ready position; aardvark, alligator, belly button, position number and priority)										
Playing Outfield (including set/ready position; crosswalk and crow hop, position number and priority)										
Double Plays, Underhand Toss and CutOffs										
Playing First Base										
Rundowns, Infield In and Bunt Defenses										
Covering Steals										
<b>Pitching and Catching</b>										
Catching: Glove Positions and Stance										
Pitching: 4 seam/2 seam, Change up, Balance Point/Alignment/Delivery, Follow Through										
Catching: Blocking Balls, Throwing to Bases, Pitch Count and Framing										
Signs: Giving (catcher) and Receiving (pitcher)										
Pitching: Knowing Pitch Counts and Covering First										
Pitching: Executing Pickoffs and Avoiding Balks										
<b>Base Running</b>										
Run the Bases										
Sliding										
When to Run and Taking Extra Bases										
Avoiding Rundowns, how to handle when caught in one										
Stealing (and taking signs)										
Leading and avoiding being picked off										
<b>Teamwork &amp; Conditioning</b>										
Supporting your Teammates, Staying Alert and Hustling										
Handling Failure (Strike Outs, Errors and Losing)										
Conditioning and developing balance										
<b>General Baseball Knowledge</b>										
History										
How it's played										

Colors indicate when skills should be introduced  
 Grey Blocks identify skills that should be reinforced.