

# Capitol Hill Little League



## LEAGUE PROGRAM GUIDE COACH TOOLKIT & SKILLS MATRIX

*Prepared for the 2019 Season*

## WHAT DOES IT MEAN TO BE A LITTLE LEAGUE COACH?

Welcome to Capitol Hill Little League (CHLL), where you will have one of the most rewarding experiences as a coach. The backbone of our league are volunteers like you, who represent our values and are responsible for embracing our philosophy. The pressures of competition and winning will come soon for our youth athletes, so it's important that coaches keep their role in perspective; your primary responsibility is ***not*** to win, but to elevate the following core principles:

- **Have Fun.** When our players enjoy what they are doing, they usually do it better.
- **Work Hard.** Give your best effort at every practice and game.
- **Be a Good Sport.** Honor the Game. Treat your opponents and umpires with respect, even when things don't go the way we'd like them to.
- **Be Safe.** Take precautions not to introduce unsafe conditions. Always wear protective gear (e.g., batting helmets) and be mindful of swinging bats and thrown balls.

## DON'T BE THAT PERSON

Unfortunately, many coaches live their adult athletic lives through their children or other youth players. Memories from days gone by cloud their judgment, where teaching and developing young players takes a back seat to their own personal gratification. As the face of our league, each coach must remember that you are no longer a player, and winning is not the main priority. Your players will look up to you and will interpret your behavior and actions as acceptable. It's incumbent on you to set the right example, to teach sportsmanship and playing the game the right way as the most important aspects of little league. Your players are watching and listening at all times, so you should always be the adult (and act like one) on the field, and be aware of your actions when you are off of it.

## THE CHLL PHILOSOPHY

We provide the opportunity for children ages 5-16 to learn the game of baseball and softball. While set in a competitive environment, CHLL strives first and foremost to teach our players the rules of the game, the skills needed to play and how to play the "right way" with honesty, respect, sportsmanship, confidence, responsibility, perseverance, and good judgment. Everyone involved in CHLL (players, volunteers and parents) is expected to respect the umpires, their teammates, their coaches, the fields and the players and coaches on the opposing team. We expect 100% effort from everyone on the field at all times. Our managers, coaches, and other volunteers are supplied with the training, resources, and support necessary to help our children become better baseball and softball players, competitors, and people.

***At Practice.*** Our coaches are the mainstay of our league. Not only do they provide high-quality instruction, they also focus their energy on helping players learn to play the right way. In order to support our volunteer coaches in their work, all players are expected to be on time for practices, to arrive ready to participate, and to give 100% effort and focus on the field at all times.

***During Games.*** Our players will be prepared to play. They will be competitive and aggressive no matter the situation or the score. Our fielders will be ready and have a "want the ball" attitude. Our batters will want to make contact with the ball and be aggressive at the plate. Our pitchers will keep the game moving by minimizing time between pitches and will focus on throwing in the strike zone with the intent of forcing contact. Our players will do all of this while playing the "right way" with honesty, respect, sportsmanship, confidence, responsibility, perseverance, and good judgment.

***In the Dugout.*** Coaches will ensure that our players understand that the dugout is part of the field and will act responsibly while using it. Our players will pay attention to the game and support all of their teammates, whether they're successful or struggle. Players will not yell, tease or laugh at the other team. Teams will respect the dugouts by keeping them clean and picking up trash at the end of a game. Coaches must enforce the No "on deck" batter rule and ensure no bats are being swung in the dugout. It's important to avoid distractions during the game by having parents and other family members in the dugout, so they should be reserved for coaches and players only.



**Team Culture.** All athletes, even best ones, make mistakes. Coaches will emphasize the importance of bouncing back from mistakes. Coaches will teach that it is OK to make a mistake, and the players will be positive, supportive and pick up a teammate. If players fear mistakes they won't try their hardest and will shy away from play. Coaches will strive to have every player feel like they are an important part of the team, and will help them understand that they each belong and deserve the opportunity to play, have fun and learn. Being a great teammate involves encouraging, supporting and being kind to each other.

**The Uniform.** Players will respect their uniform and look the part. They will always wear their team cap, baseball pants (with a belt), and their shirt tucked in for the entire game. Coaches will teach players that caps get placed in their gloves when they come off the field from defense in order to keep their equipment organized.

**Parents.** Parental support is essential to the functioning of our all-volunteer organization. Parents are key to getting players to practices and games on time and prepared to play. They also support the team during games, offering only encouraging words (not coaching advice) to players, and help out when asked by coaches. Our parents respect the opposing team players, coaches of both teams, and umpires. While our parents root for a team victory, they also respect the hard work and dedication to the game exhibited by both teams.

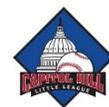
## SETTING TEAM RULES

As the coach, you should be clear to players and parents what the team rules are for the season. These rules allow you run the team effectively and will let you be efficient with the limited on-field time you have. Suggested rules include:

- |   |  |
|---|--|
| ▶ When the coach speaks, everyone listens   | ▶ Coaches will not yell at players   |
| ▶ Follow Instructions   | ▶ Players will always encourage their teammates  |
| ▶ Ask questions when you don't understand   | ▶ Coaching occurs at practice. Games are not the time to constantly yell instructions  |
| ▶ No one starts practice until the coach arrives  | ▶ Parents & families are spectators. Enjoy the practices and games; cheer loud, stay away from the dugout and wait for a coach to ask for help |
| ▶ We warm up to throw, we don't throw to warm up  |  |
| ▶ No one leaves the field until all equipment is stored and the field/dugouts are clean |  |

**Keeping your players' attention.** Keeping your players in control, whether it be in practice or during a game is the key to a successful season. If your players are not in control, they won't listen, which means they won't be prepared for games or learning in practice. Aside from establishing rules and guidelines, and reviewing them with both the players and their parents at the start of the season, you should be clear about what the consequences are (for individuals and the team) when the rules are not followed. It is unreasonable to expect your players to behave perfectly throughout the entire season. They're kids, and will cause distractions and get distracted. How coaches respond to these inevitable moments is as important as teaching baseball skills like catching the ball properly.

You should define at the beginning of the season what will happen when a player is unable to focus and interrupts you from teaching or prevents other players from learning. Many coaches use running as punishment for bad behavior, but children already know how to run. This just wastes precious time doing something they already know how to do. In lieu of running, however, consider approaching discipline from a positive action and use the brief time away from the team to focus on key physical elements of the game such as base running, ground ball chasing or pop-fly drills, etc.



## FIELD MAINTENANCE – WHAT IS YOUR RESPONSIBILITY

As the coach you will find your role is greater than planning practices, preparing for games and coaching on the field. CHLL relies on all our volunteers to assist in maintaining our equipment and fields.

**Field Access.** CHLL receives permits for fields through the DC Department of Recreation (DPR), as well as through DC Public Schools (DCPS). In the event of inclement weather, DPR will notify us if fields are open or closed. Our general policy is to follow strictly to the DPR decision when it comes to practices, but we do have limited flexibility to use closed fields for games. However, CHLL could have permits revoked if we use the fields when they are closed, so coaches should never make a unilateral decision to use a field if DPR closes, and should work with their division commissioner and board leadership if a field is deemed playable despite DPR closure. Additionally, we should not take a field before our scheduled start time, especially school fields. Most schools use fields for aftercare activities, so we must remain off of them until our permits allow. We are also responsible for closing and locking all gates and sheds after the last game of the day or at the end of practice.

**Field Maintenance.** Most of our fields have CHLL equipment sheds with a variety of items for maintenance, including drags, rakes, shovels, quick dry and chalk. All infields should be dragged ***before and after*** practices and games. A maintained field will hold up better in the event of inclement weather. Rakes and shovels should be used in areas of the field that get the most wear & tear, such as the batters box, pitchers mound and the bases. You should use the rake, including the straight back side, to level out holes and large indents in the dirt. Young players love dragging the field, so getting them to help after practices and games will take less time too.

After heavy rain, many of our fields can develop soft areas and even large puddles. In order to get our games in after a day of rain, CHLL relies on all of our coaches to take to the fields to help prepare them. If your practice is cancelled the day of or after rain and you are able to get out to do some maintenance, that will go a long way to ensuring better field conditions when they open back up.

## SAFETY

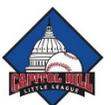
Safety is the unquestionable top priority for you. Ensuring our players are safe and not put in a position where they could get hurt takes precedence over every other role a coach has. The following list of items that should be reviewed with players during the first practice and always be considered when practicing and playing.

**Batting.** At all times, whether it be batting practice or at games, any type of hitting drill or activity that involves a bat or thrown hard baseballs requires each player wear a helmet. It is your responsibility as the coach to explain to the players how to properly hold a bat, and stress that the only time a player should be holding a bat is when they are batting. There is absolutely no on deck batters in Little League, so the player next up should not have a bat in their hands until it is their time.

**Fielding.** For younger players and those just learning the game, it is perfectly normal for players to be afraid of the ball. You should incorporate plastic, soft rubber or tennis balls into your throwing and catching drills until players are comfortable using a baseball.

**Coach Pitch.** It is recommended that whenever a coach pitches to a player, especially in A and AA, they should be positioned approximately 25 feet in front of home plate. Coaches should pitch from a kneeling position, which allows a player to clearly see the ball as it is released from the coach's hand and improves their ability to track the ball as it reaches the hitting zone.

For older players, or later in the season as you assess an improvement in the players' batting proficiency, you may choose to throw from the pitcher's mound, from a standing position on the mound. The additional distance to home plate, and angle of the ball as it is thrown, will require the batters to make adjustments to the release point and trajectory of the pitch as it reaches the hitting zone.



## MAXIMIZING TEACHING TIME

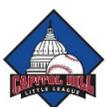
Practice time is limited and precious, so you will want to come prepared and make sure all coaches know what the practice plan is. It is important to repeat the same skill, but do so using different types of drills to keep players engaged and enthusiastic.

**Team Warm-Up Routine.** It is essential for a coach to establish a warm-up routine at the start of every practice. Playing without warming up is unsafe and will lead to injuries. A common mistake made by many coaches is allowing players to play catch in order to warm up. Do not let players throw before they stretch and exercise by explaining the slogan, “Warm up to throw, don’t throw to warm up.” Coaches should develop a brief stretch and running routine to get the body ready for exercise and baseball. This can be done effectively in a team circle or rows. The warm-up routine is also a good time for the coach to have a brief team meeting. Young players get distracted easily, so holding a team talk while the players warm up keeps them from having to sit quietly and listen when they could be performing practice drills. Coach talks should be brief and direct to avoid having players lose interest and disengage.

**Small Groups.** During practice, you should plan to rotate players through a variety of drills and stations to keep them active and engaged. The longer a young player has standing around doing nothing, the greater likelihood they will get distracted, as well as distract others. Divide players into small groups, ideally no larger than 4 players per station to allow for optimal learning through repetition.

**Practice Plans.** It’s important for you to know exactly what you will cover during the limited time you will have with your team to practice, so you should spend a few minutes prior to develop a practice plan. They only take a few minutes to develop and will save a lot of valuable amount of time on the field. If you walk onto the field with a plan you will establish credibility with players and parents, as well as help to maximize the time developing baseball skill and less time standing around waiting. There are a lot of resources on the Internet with sample practice plans by age. Below is a sample layout:

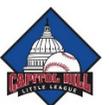
Time	Activity
6:00 – 6:05 (5 min)	Team Stretching in circle <ul style="list-style-type: none"> <li>• Coach Talk (goals &amp; drills for the day)</li> </ul>
6:05-6:15 (10 min)	Soft Toss with a teammate <ul style="list-style-type: none"> <li>• Be in control, Make good throws, Catch with proper technique</li> </ul>
6:15 – 6:45 (30 min)	GROUP STATIONS (each group spends 10 min, then rotates) Station 1 - Fielding a ground ball <ul style="list-style-type: none"> <li>• Insert instructions, key reminders &amp; focus points for coaches</li> </ul> Station 2 – Throwing to first base <ul style="list-style-type: none"> <li>• Insert instructions, key reminders &amp; focus points for coaches</li> </ul> Station 3 – Batting practice <ul style="list-style-type: none"> <li>• Insert instructions, key reminders &amp; focus points for coaches</li> </ul>
6: 45 – 6:50 (5 min)	Water Break
6:50 -7:05 (15 min)	Team Drill (Infield Practice) <ul style="list-style-type: none"> <li>• Insert instructions, key reminders &amp; focus points for coaches</li> </ul>
7:05-7:15 (10 min)	Team Drill (Base Running) <ul style="list-style-type: none"> <li>• Running through 1<sup>st</sup> Base, Making the turn to 2<sup>nd</sup> Base</li> </ul>
7:15-7:25 (10 min)	Team Base Running Relay
7:25-7:30 (5 min)	Coach Talk (practice wrap-up and look forward to next practice/game)



## TARGET SKILLS BY DIVISION

You will find a detailed set of benchmarks below in the “Skills Matrix” section for different baseball skills per division, however to simplify, CHLL targets the following general skills for each division to have mastered by the end of their time in that division.

A	AA	AAA	Majors
<ul style="list-style-type: none"> <li>✓ Stands at the plate properly &amp; confidently, holding the bat correctly</li> <li>✓ Throws the ball properly</li> <li>✓ Is not afraid to catch the ball</li> </ul>	<ul style="list-style-type: none"> <li>✓ Positioned correctly in the batters box</li> <li>✓ Can throw across the infield</li> <li>✓ Moves towards the ball</li> <li>✓ Can get to pop-flys</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stands confidently at the plate without bailing out</li> <li>✓ Attacks the ball when hit at them; grounders &amp; pop-flys</li> <li>✓ Pitching for contact by</li> <li>✓ throwing strikes</li> <li>✓ Running bases with authority</li> </ul>	<ul style="list-style-type: none"> <li>✓ Attacks pitches in the strike zone</li> <li>✓ Routine plays become routine outs</li> <li>✓ Pitching with increased velocity</li> </ul>

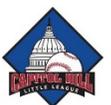


## SKILL MATRIX

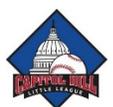
Below is a series of benchmarks for different baseball skills, indicating the level at which a player of average ability will have mastered the skill. However, players may begin to learn and use a given skill much earlier than the division in which the skill is expected to be mastered. This early exposure to a given skill is what will help the player master the skill at the appropriate time. There will always be players ready to move through these benchmarks faster than others, while other players may struggle to attain a certain benchmark or numerous benchmarks.

These are not intended to be the final word on what must be taught and when, but have been established as a set of common expectations across our league about what players of average ability will be able to do when they move on to the next division. These are intended to be a guide. The particular situation in which you find yourself coaching in a given season may necessitate that you make different decisions about how you focus your coaching efforts.

BATTING BENCHMARKS					
	A	AA	AAA	Majors	+ Majors
Wearing a batting helmet (why/how/when)	✓				
Understanding how to select the right bat	✓				
Understanding when to swing the bat	✓				
Understanding the basics of a proper batting stance	✓				
<b>Understanding how to hit off a tee</b>	✓				
<b>Understanding how to hit a coach pitched ball</b>	✓				
Understanding to hit and run towards 1B	✓				
<b>Understanding the proper way to hold a bat (Which hand on</b>	✓				
Understanding how to hit off a pitching machine		✓			
Understanding the proper way to hold a bat (Hands & Knuckles)		✓			
<b>Understanding the proper way to swing the bat (load, trigger,</b>		✓			
Recognizing clearly unhittable balls		✓			
<b>Understanding how to drop, not throw, a bat, after making</b>		✓			
Understanding the proper way to swing the bat by using the lower half of the body for power			✓		
Proper way to swing the bat by tracking the ball through the strike			✓		
<b>Recognizing the strike zone</b> and how it can change based on the			✓		
<b>Understanding how to hit with two strikes</b>			✓		
Understanding how to bring the bat down when avoiding			✓		
Understanding how to avoid injury in the batter's box (stay or go)			✓		
Understanding the basic mechanics of bunting			✓		
Understanding to observe the pitcher from the dugout, before an at			✓		
Understanding where to stand in the batter's box based on pitch				✓	
Understanding the hit and run play				✓	
Understanding situational bunting				✓	
Understanding situational hitting				✓	
Understanding how to hit to the opposite field					✓
Understanding the depth of contact					✓

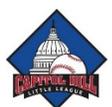


BASE RUNNING BENCHMARKS					
	A	AA	AAA	Majors	+ Majors
Understanding to run on contact as the batter	✓				
<b>Understanding how to run through first base</b>	✓				
<b>Concentrating on base running and not watching the ball</b>		✓			
Understanding that you run the bases until a ball is called foul		✓			
Understanding never to slide into 1B on a hit		✓			
<b>Understanding the basic mechanics of turning at 1B</b>		✓			
Becoming aware of base coaches		✓			
<b>Staying aware of the game and the current situation while</b>		✓			
Knowing to run on contact with two outs		✓			
<b>Understanding the difference between a force/no force</b>		✓			
Understanding what to do when a pop fly is hit while on base		✓			
Understanding when to take an extra base on an overthrow of a		✓			
<b>Understanding to work with base coaches, including transition from 1B to 3B</b>			✓		
Understanding to make proper & efficient turns at all bases			✓		
<b>Understanding the fundamentals of sliding</b>			✓		
Understanding when to take an extra base			✓		
Understanding how to take a secondary lead			✓		
Understanding how to avoid running into a tag			✓		
Understanding how to avoid obstruction			✓		
Understanding how to tag up on pop flies			✓		
Understanding situational base running (e.g., when to take an			✓		
Understanding the basic mechanics of stealing			✓		
Understanding what situations a runner should steal a base			✓		
Understanding how to avoid contact with the catcher for			✓		
Understanding the mechanics of a headfirst slide				✓	
Understanding the Infield Fly rule				✓	
Understanding to run on a dropped third strike				✓	
Working with base coaches to understand signs				✓	
Understanding how to execute a delayed steal				✓	
Understanding how to take leads off bases					✓
Understanding how to execute a suicide & safety squeeze					✓

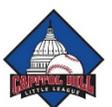


THROWING & CATCHING BENCHMARKS					
	A	AA	AAA	Majors	+ Majors
Understanding proper weight shift and use of lower body to	✓				
Understanding proper alignment to throw (perpendicular to	✓				
<b>Understanding the proper arm motion</b>	✓				
Using the front shoulder and glove to aim a thrown	✓				
<b>Understanding the proper way to grip the ball (2</b>		✓			
Understanding a 4 seam grip		✓			
Understanding to be a good target		✓			
<b>Understanding how to position the glove based on</b>		✓			
Understanding to squeeze the glove on a catch		✓			
Understanding how to move feet to the ball to be centered		✓			
Understanding how to create an “L” as you pull the ball back		✓			
<b>Understanding the “equal and opposite” concept (“L”</b>		✓			
<b>with throwing arm and with glove arm</b>		✓			
Understanding to use the wrist		✓			
Understanding when and how to use an underhand toss			✓		
Understanding proper follow through and release of energy in			✓		
Understanding quick release in order to throw the ball quickly			✓		
Understanding correct arm follow through on throws (and			✓		
Understanding to gauge strength of throws (based on distance			✓		
Understanding to keep the ball on the fingertips, not the palm				✓	
Understanding crow hop for long, deep throws from the outfield				✓	

FIELDING (OUTFIELD) BENCHMARKS					
	A	AA	AAA	Majors	+ Majors
Understanding the proper glove position to watch the ball into		✓			
<b>Understanding how to backup the infield</b>		✓			
Understanding how to backup other outfielders		✓			
<b>Understanding how to call for the ball</b>		✓			
Knowing where LF, CF, and RF are		✓			
Understanding how to move to the ball (In, out, left, right)			✓		
Understanding proper body position to receive a fly ball with			✓		
Understanding to take an arced line to the ball			✓		
Understanding how to do a drop step				✓	
<b>Understanding when to hit cut off or throw through</b>				✓	
Understanding how to field a ground ball in the outfield, depending on whether there are runners on base or not				✓	
Understanding an over the shoulder catch				✓	
Understanding how to shift left or right depending on the batter					✓



FIELDING BENCHMARKS					
	A	AA	AAA	Majors	+ Majors
<b>Understanding “ready Position”</b>	✓				
Understanding how to move to the ball to be in position to field it	✓				
<b>Understanding correct fielding position: rear-end low,</b>					
Understanding how to watch the ball into the glove and cover		✓			
Understanding how use your body to stop the ball		✓			
Understanding proper base footwork		✓			
<b>Understanding whether a given play is a force or a tag</b>					
Understanding how to cover a base based on where the ball is		✓			
<b>Understanding how to call for the ball on a pop up</b>		✓			
Understanding how to run a baserunner back to the base of		✓			
Understanding when and how to flip and follow a throw to a base		✓			
Understanding how and when to do a creep/ready step		✓			
Understanding how to prepare to throw after fielding by			✓		
Understanding how to cover a base on a steal attempt			✓		
Understanding how to back up other fielders and the pitcher			✓		
Understanding how to call off another infielder			✓		
<b>Understanding where to throw the ball based on the</b>			✓		
Understanding the proper footwork to field a grounder			✓		
Understanding proper use of glove when ball is to the				✓	
Understanding how to execute a double play				✓	
Understanding when to throw the ball during a rundown				✓	
Understanding how to establish a throwing lane				✓	
Understanding when and how to look a runner back in a non-				✓	
Understanding the proper positioning to receive a cutoff throw				✓	
Understanding bunt coverage				✓	
Understanding pick-off plays from the catcher				✓	
Understanding how to communicate with other infielders				✓	
Understanding how to make the correct tag (tag low)				✓	
Understanding how to hold runners on base (keeping their leads)					✓
Understanding situational position (e.g., infield in)					✓

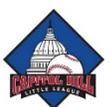


PITCHING BENCHMARKS				
		AAA	Majors	+ Majors
Understanding where the strike zone is		✓		
<b>Developing a basic knowledge of a balanced, aligned</b>				
Understanding how to throw from the stretch		✓		
Understanding the difference between throwing and aiming		✓		
Understanding how to control the running game by		✓		
Understanding how to make basic plays at their position		✓		
Understanding the procedure after hitting a batter (shake hands)		✓		
<b>Understanding how to cover home</b>		✓		
Understanding of when the catcher and umpire are ready for a		✓		
<b>Having the opportunity to pitch in a game (minimum of three consecutive batters)</b>		✓		
Demonstrating mastery of pitching from the stretch			✓	
<b>Understanding how to throw a 4-seam and 2-seam fastball</b>			✓	
Understanding the basic mechanics of a change up			✓	
Understanding of how to cover 1B on a ground ball to 1B			✓	
<b>Having the opportunity to pitch in a game</b>			✓	
Understanding of signals from the catcher			✓	
Understanding how to throw from the windup				✓
Understanding how to change location within the strike zone				✓
Understanding pitch count (balls and strikes) and				✓
Understanding of effective pitch sequences and of how to pitch				✓
Understanding how to adjust to the variation in umpires' strike				✓
Pitchers will have the ability to control the running game.				✓
Demonstrating mastery of some form of breaking ball				✓

#### NOTES

Managers/coaches are asked to give every AAA and Majors player an opportunity to pitch in a game for a minimum of three consecutive batters, unless there are concerns about a player's safety or a player absolutely refuses to try to pitch. Managers/coaches should be trying to develop as many pitchers as possible.

At the AAA and Majors levels, players should only be throwing fast balls and change ups. Players should be strongly discouraged from throwing breaking balls or curve balls.



CATCHER BENCHMARKS					
		AA	AAA	Majors	+ Majors
Understanding how and when to put catcher's gear on		✓			
Understanding how to catch with a catcher's mitt		✓			
<b>Understanding the basics of where to setup and</b>		✓			
Understanding how to safely position the throwing hand			✓		
<b>Understanding the basics of receiving the ball (e.g.,</b>			✓		
Understanding how to move the body to receive the ball			✓		
Understanding how to provide a target for the pitcher			✓		
<b>Understanding to throw the ball back to the pitcher w/o</b>			✓		
Understanding how to handle pop ups at/around home plate			✓		
<b>Understanding how to throw to a base when a runner is</b>			✓		
<b>Understanding how to cover the plate on a play at home</b>			✓		
Understanding how to make a proper tag on a play at home			✓		
Understanding the rules on blocking the plate			✓		
Knowing how to communicate outs and base runners to team				✓	
Understanding how to handle the catcher's mask				✓	
Catching from a relaxed stance (no base runner, less than two				✓	
Catching from a ready stance (runners on base, two strikes on				✓	
<b>Knowing how to communicate outs and base runners to</b>				✓	
Understanding how to handle the catcher's mask				✓	
Catching from a relaxed stance (no base runner, less than two				✓	
Catching from a ready stance (runners on base, two strikes on				✓	
Understanding how to block balls, including balls that bounce in				✓	
Understanding how to handle wild pitches				✓	
Understanding how to handle bunts				✓	
Understanding how to cover a delayed steal				✓	
Understanding where to setup and be in position based on the				✓	
Understanding how to frame the strike zone				✓	
Understanding how to backup first base on a routine grounder				✓	
Understanding the rules of a dropped third strike				✓	
Understanding when to throw or not throw on a steal				✓	
Understanding how to give signals to the pitcher				✓	
Understanding how to execute a pickoff play at 1B and 3B				✓	
Understand how a pitch will bounce based on its rotation if it hits					✓
Understanding how to call pitches (by pitch type & location)					✓

