

Batting Checklist

Preparation

- _____ feet about shoulder width apart
- _____ Weight a little bit on your back foot
- _____ knees a little bit bent
- _____ middle knuckles lined up
- _____ elbows hanging
- _____ weight a little bit on the balls of your feet

Execution

- _____ keep your eyes on the ball
- _____ small step with your front foot
- _____ move your front elbow towards the pitcher
- _____ turn your hips to the pitcher (push back toes down and turn your foot or squish the bug)
- _____ move your weight towards your front foot
- _____ hips are facing the pitcher
- _____ swing the bat fast and hard through the ball keeping your eyes on the ball
- _____ hit the ball

Follow Through

- _____ weight is balanced or slightly back
- _____ wrists are rolled or turned over
- _____ hips are facing the pitcher
- _____ hands are wrapped around the shoulder
- _____ eyes are still on the ball

Fielding Ground Balls Checklist

Preparation

- _____ your shoulders are square or facing the batter
- _____ feet about shoulder width apart with the glove foot a little bit ahead of the other
- _____ Weight is slightly forward (on the balls of your feet) balanced side to side
- _____ knees are bent bringing you low to the ground
- _____ glove hand is almost touching the ground in front of the body
- _____ the throwing hand is beside the glove ready for clean fielding
- _____ your back is flat and upright so you are facing the batter
- _____ eyes are on the ball

Execution

- _____ keep your eyes on the ball
- _____ hands are low with the glove open to the ball
- _____ move to the ball and meet it in front of the body
- _____ use two hands (alligator) to field the ball into the glove
- _____ watch the ball into your glove
- _____ the throwing hand is over the ball and getting ready to throw

Follow Through

- _____ weight is moving back with the ball in your throwing hand
- _____ the glove side elbow is pointing toward where you are going to throw the ball
- _____ the glove side of the body is pointing toward the target
- _____ the ball is in throwing position
- _____ eyes are on the target you are going to throw to

Fielding Fly Balls Checklist

Preparation

- _____ your shoulders are square or facing the batter
- _____ feet about shoulder width apart with the glove foot a little bit ahead of the other
- _____ Weight is slightly forward (on the balls of your feet) balanced side to side
- _____ knees are slightly bent ready to go in any direction
- _____ glove and throwing hand is about at your knees in front of the body
- _____ your back is flat and upright so you are facing the batter
- _____ eyes are on the ball and the batter

Execution

- _____ keep your eyes on the ball
- _____ your eyes and body are moving with the ball
- _____ hands are still down until you get to where you are going to field the ball
- _____ when you get to where you are going to field the ball, you get ready with your body and your glove open to the ball
- _____ watch the ball into your glove which is pointing up at your throwing shoulder
- _____ the throwing hand closes your glove over the ball and then gets ready to throw

Follow Through

- _____ weight is moving back with the ball in your throwing hand
- _____ the glove side elbow is pointing to _____ ward where you are going to throw the ball
- _____ the glove side of the body is pointing toward the target
- _____ the ball is in throwing position
- _____ eyes are on the target you are going to throw to

Throwing Checklist

Preparation

- _____ 3 finger grip across the seams
- _____ glove side foot is closer to the target
- _____ weight is on the back foot
- _____ glove or glove side elbow is pointed toward the target
- _____ throwing hand elbow is at shoulder height at a 90 degree angle
- _____ the wrist is cocked with the ball outside the wrist
- _____ eyes are on the target

Execution

- _____ your eyes are on the target as you step toward it with your throwing hand foot which is now in front
- _____ weight transfers to your front foot then push off your front foot
- _____ the shoulder leads the elbow of the throwing hand
- _____ weight transfers to your front foot
- _____ your forearm rotates through with the ball up high
- _____ the glove hand or elbow comes down
- _____ the throwing hand arm extends and the wrist snaps as you release the ball

Follow Through

- _____ your weight is on your front (glove side) foot
- _____ your front knee is bent
- _____ your throwing hand crosses over your body to the other side with your throwing shoulder forward
- _____ your throwing shoulder is forward
- _____ finish back in your balanced position with your eyes on the target you just threw to

Catching Checklist

Preparation

- _____ your eyes are on the thrower and the ball
- _____ hips and shoulders are facing the thrower
- _____ your feet are in a comfortable position with your glove foot slightly in front of the other
- _____ your weight is even on both feet
- _____ your glove and throwing hand are slightly out in front of your body with the fingers up
- _____ give a big target at the chest

When the ball is _____:

- _____ above the waist, thumbs are pointed up
- _____ below the waist, pinkies are pointed down

Execution

- _____ watch the ball into the glove
- _____ let the ball come _____ to your glove without reaching for it
- _____ cushion the ball (allow your glove to move in with it)
- _____ catch the ball in the glove and take the ball with the throwing hand and get ready to throw or close the glove with your throwing hand
- _____ begin to move your weight to the back foot and turn the glove side shoulder to the throwing target
- _____ eyes are on the ball

Follow Through

- _____ your weight is on your back foot
- _____ the glove side is turned to the target
- _____ your glove side elbow is pointed at the target
- _____ you are ready to throw if you need to or to hang on to the ball