

Player Development Program

Blue Print for your child's success

Program Purpose

- The Fargo Babe Ruth League has developed a player development program for players age 10 – 15 with the purpose to accomplish the following goals:
- Provide a positive, organized, enjoyable environment that fosters a love of the game within the players; and
- Promotes the ideals of good sportsmanship; and
- Establishes age specific player/team curriculum selected to promote quality learning, practice and mastery of the fundamentals of baseball

Program Summary

The program is designed to accomplish the previously mentioned goals by implementing the following program elements.

1. Player, Coach and Board Accountability
2. Practice Planning
3. Age Specific Curriculum

Player, Coach and Board Accountability

Players will be required to follow a code of conduct agreement and be responsible to attend team practice and games. Failure to adhere to the code of conduct and/or unexcused absences of practice/game will result in that player supporting the team from the dug out for a period of time considered appropriate by the coach. As a player on a league team you are representing Fargo Babe Ruth and must act accordingly.

All coaches will be required to follow a code of conduct agreement and enforce players code of conduct. Coaches should take online course at <http://www.ripkenbaseball.com/> Coaches must pre-plan and conduct practices that, at minimum satisfy age specific player development curriculum. Coaches must schedule and hold team practices in addition to scheduled games at a 1 practice to 1 game ration minimum that continue through to the end of season. Coaches have a responsibility to the game of baseball. That responsibility is to create a positive, organized, enjoyable environment that fosters a love of the game within the players.

Failure to adhere to signed coaches' code of conduct or failure to fulfill agreed upon coaching responsibilities will result in action by the board which may include dismissal from assigned position. As a coach of a league team you are representing Fargo Babe Ruth and must act accordingly.

The board will review qualifications of volunteer and select league coaches. The board will be required to address all written concerns from parents/players/coaches or other individuals associated with Fargo Babe Ruth at or before the next possible board

Fargo Babe Ruth League, Inc.

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meeting. A quorum of the board of directors will determine disciplinary actions on a case-by-case basis.

Practice Planning

It is the philosophy of the Babe Ruth League that practices be preplanned and designed to accomplish a purpose. The purpose should be to

- MAKE IT FUN: (Provide a positive, organized, enjoyable environment that fosters a love of the game within the players); and
- MAKE IT A LEARNING EXPERIENCE: (Promotes the ideals of good sportsmanship); and at minimum
- MAKE IT GOAL ORIENTATED: (Instructs age specific player/team fundamentals of the game of baseball)

Practices should run a least 1hr and preferably typically not more that 3hrs. Plan one practice for each game played at the minimum. This is intended to provide enough time to plan a practice that at least includes these elements.

- Athlete Warm Up Period (i.e. stretch, run and throw, etc)
- Skill Development (technique, drills and instruction, etc)
- Practice (situational drills, station work and scrimmages, etc)
- Review

Age Specific Curriculum

This curriculum has been established by coaches with many year of youth coaching experience and represent the MINIMUM of fundamentals, rules, skills, and concepts that each athlete SHOULD be familiar with and able to accomplish. It is an expectation that all league coaches cover these items during their practices during the duration of the season. Curriculums have been established for the following age groups:

Age	Goals
• 8 & 9 year olds	Basics and Make it Fun
• 10 & 11 year olds	Learning skills and develop love for the game
• 12 year olds	
• 13 - 15 year olds	Proficiency and execution

The curriculums for each age group will de organized by the following categories and may include, plays, skills, drills or other concepts coaches will be expected to teach/facilitate.

- Rules of the Game
- Fundamentals
 - Individual
 - Position
 - Team
- Offense
 - Hitting
 - Base running
- Defense
 - Pitching
 - Fielding

8 & 9 Year Olds

A. Rules of the Game	B. Fundamentals	C. Offense	D. Defense
<p>League rules:</p> <ul style="list-style-type: none"> • 7 runs/inning • NO Stealing <p>Official rules:</p> <p>2.00 Definitions-Emphasis on Double play, Fair ball, Force play, Interference, Obstruction, Overslide</p> <p>4.06, 4.07, 4.08 Conduct</p> <p>5.09(f) Runner hit by batted ball</p> <p>7.08(c) Running past first</p> <p>7.08(d) Tagging up</p> <p>7.08(h) Passing baserunner</p> <p>7.08(j) Overrun of 1st</p> <p>9.02(a) Arguing with umpire's calls</p>	<p>1. Individual</p> <p>a. Proper sportsmanship</p> <p>b. Proper throwing mechanics</p> <ul style="list-style-type: none"> • throw with an overhand motion, • turn the shoulders perpendicular to the target, • step with the proper foot (left foot for RHT and vice versa). <p>c. Proper catching mechanics</p> <ul style="list-style-type: none"> • use two hand <p>e. Proper glove positioning for catching</p> <p>f. Proper 4 seam grip</p> <p>g. Long toss before each practice & game: end of season goal for 8s (100 ft) 9s (110 ft)</p> <p>2. Position</p> <p>a. For all positions, proper pre pitch positioning on field.</p> <p>b. Catcher (2)</p> <ul style="list-style-type: none"> i. Equipment & hand behind back. <p>c. First Base (3)</p> <ul style="list-style-type: none"> i. proper foot placement on base when receiving throw. <p>3. Team</p> <p>a. Hustle to from dugouts</p> <p>b. Support team mate in field & at bat</p>	<p>1. Hitting</p> <p>a. Bat Grip</p> <p>b. Stance</p> <p>c. Tracking baseball from release to contact with bat</p> <p>d. Soft toss & making contact</p> <p>e. Hitting off tee</p> <p>f. Trigger &/or loading – “go back to go forward”</p> <p>2. Base running</p> <p>a. Feet first sliding</p> <p>b. Home to First</p> <p>c. Tagging up</p> <p>d. Forced & Unforced</p>	<p>1. Pitching</p> <p>Pitching Machine Used at this level</p> <p>2. Fielding</p> <p>a. Pre Pitch position (Ready and Position as pitch approaches plate (set)</p> <p>b. Short ground balls to center, glove side and backhand. Advance to short hops when ready.</p> <p>c. Positioning of middle infielders on force plays</p> <p>d. All players move when ball is put in play. The either:</p> <ul style="list-style-type: none"> i. Go for ball ii. Cover a base iii. Back up the play

Suggested Drills Hitting Instruction & Drills pgs 96-107, Running to 1st pg114, Sliding pg118, Long Toss Golf pg 125; Shoot and Score Drill pg 126, Throwing for Distance pg 127, One-Knee, pg128, Tee Drill pg139, Rapid-Fire Pitches pg 154, Ready Position, pg164, Fielding Ground Ball pg 165, Rolled Ground Ball pg 166, Throwing-side Foot Backhand pg168, Glove-side Foot Backhand pg 169, Thrown Fly Balls pg 179. *Drills from Cal-Ripken Coaching Book*

10 & 11 Year Olds (All previous and the following)

A. Rules of the Game	B. Fundamentals	C. Offense	D. Defense
<p>League rules:</p> <ul style="list-style-type: none"> • Pitching limits • Stealing <p>Official rules:</p> <p>2.00 Definitions-Emphasis on A Ball Illegal Pitch, Infield Fly, Pitchers Pivot Food, Quick Return Pitch, Set/Stretch Position, Wind up Position</p> <p>5.09(g) Ball lodged in catcher/umps gear</p> <p>5.10 When time can be called</p> <p>6.02(d) Step out of box</p> <p>6.06(c)Cmt: Bat hits catcher</p> <p>6.07 Batting out of turn</p> <p>6.08(a)Cmt: Advance to 2nd on walk</p> <p>7.06 Obstruction</p> <p>7.08(a) Running in baseline</p> <p>8.01 Pitcher in contact with rubber</p> <p>8.05(e) Quick Pitch</p> <p>8.06 Trips to the mound by coach.</p>	<p>1. Individual</p> <p>g. Long toss end of season goal for 10s (120 ft) 11s (130 ft)</p> <p>h. Proper practice habits/routine</p> <p>i. Develop throwing accuracy</p> <p>j. Rapid catch & throw</p> <p>2. Position</p> <p>b. Catcher (2)</p> <ul style="list-style-type: none"> ii. Stance with & w/o runners iii. Throws to 1st, 2nd & 3rd iv. Return throw to pitcher v. Pitch signals w & w/o runners <p>c. First Base (3)</p> <ul style="list-style-type: none"> ii. Stretching when receiving throw iii. Throw to pitcher covering 1st <p>d. Second Base (4)</p> <ul style="list-style-type: none"> i. cover responsibilities ii. back up responsibilities iii. one throw double play <p>e. Third Base (5)</p> <ul style="list-style-type: none"> i. cover responsibilities ii. back up responsibilities iii. one throw double play <p>f. Short Stop (6)</p> <ul style="list-style-type: none"> i. cover responsibilities ii. back up responsibilities iii. one throw double play iv. calling prepitch situation & play <p>g. Out Field (L-7, C-8, R-9)</p> <ul style="list-style-type: none"> i. back up assignments ii. cut off assignments iii. playing straight away <p>3. Team</p> <p>c. Coach's signals</p> <p>d. On field communications</p> <p>e. Pregame in & out field warmup</p>	<p>1. Hitting</p> <p>g. Start swing & front foot</p> <p>h. Develop "Quick hands"</p> <p>i. Keeping hands back</p> <p>j. Bunting (Pivot or Square)</p> <ul style="list-style-type: none"> i. Sacrifice ii. For hit iii. Fake <p>k. Step out of box for signal</p> <p>2. Base running</p> <p>e. Stealing</p> <ul style="list-style-type: none"> i. Straight steal ii. Delayed steal iii. Fake steal <p>f. Run down situation</p> <p>g. Pop up slide</p> <p>h. Tagging up from third</p> <p>i. Running with two outs</p>	<p>1. Pitching</p> <p>a. Set/Stretch Position</p> <p>b. Windup Position</p> <ul style="list-style-type: none"> i. Back Step ii. Rocker Step iii. Side Step <p>c. Proper Mechanics</p> <ul style="list-style-type: none"> i. Start-foot work-pivot ii. Balance-leg lift-hip load iii. Power-T position-extend iv Rotation-stride-release v. follow through-ending <p>d. 4 seam grip</p> <p>e. Fastball accuracy</p> <p>f. 2 seam grip</p> <p>g. Change up</p> <p>h. Back up home on past balls</p> <p>i. Cover 1st when ball hit to right side of field</p> <p>2. Fielding</p> <p>e. Proper foot work (RHT – right:left:field:right:left:throw reverse for LHT)</p> <p>f. Break down to field ball</p> <p>g. Short and long hop</p> <p>h. Catching fly balls</p> <p>i. Positioning when making tag</p> <p>j. Hitting Cut offs</p> <p>k. Bunt defenses</p> <p>l. 1-thow run downs</p>

Suggested Drills: One Arm pg108, Bunting pg109-113, Steal pg 117, 21 pg124, Pitching pg 129-138 , Pitching Drills, pg141-144, Catching pg145-155, Throwing after catch pg 172, Communication pg184, , triangle, relay drills, four corners, short & long hop drill, bucket drill for middle infielders,

12 Year Olds (All previous and the following)

A. Rules of the Game	B. Fundamentals	C. Offense	D. Defense
<p>League rules:</p> <ul style="list-style-type: none"> • Advance from third <p>Official rules:</p> <p>2.00 Definitions-Emphasis on Appeals, Squeeze Play</p> <p>Spectator interference</p> <p>Bench</p> <p>7.05 Equipment thrown at ball</p> <p>7.10 Appeals</p>	<p>s. Individual</p> <p>g. Long toss before each practice & game: end of season goal 140 ft</p> <p>k. proper underhand throw mechanics</p> <p>2. Position</p> <p>b. Catcher (2)</p> <p>vi. Set up on corners</p> <p>vii. Tags at plate</p> <p>viii. Fielding bunts</p> <p>ix. Fielding past balls</p> <p>x. Blocking</p> <p>xi. Pop ups</p> <p>xii. line up cut offs</p> <p>c. First Base (3)</p> <p>iv. tagging runner on off line throw</p> <p>v. fielding pop up and fouls</p> <p>d. Second Base (4)</p> <p>iv. two throw double plays</p> <p>v. cut off responsibilities</p> <p>vi. cover bag & tag</p> <p>e. Third Base (5)</p> <p>iv. fielding pop up and fouls</p> <p>v. charging bunts</p> <p>vi. cover bag & tag</p> <p>f. Short Stop (6)</p> <p>v. two throw double plays</p> <p>vi. cut off responsibilities</p> <p>vii. cover bag & tag</p> <p>g. Out Field (L-7, C-8, R-9)</p> <p>iv. crow hops</p> <p>v. running grounders</p> <p>vi. when to throw home</p> <p>s. Team</p> <p>f. Score Keeping</p> <p>g. Appealing calls</p>	<p>s. Hitting</p> <p>l. Short stride</p> <p>m. Strengthen wrist & forearm</p> <p>n. Pitch selection</p> <p>s. 0 & 1 strike count</p> <p>ii. 2 strike count</p> <p>o. Safety squeeze</p> <p>p. Slash/slap bunt</p> <p>2. Base running</p> <p>j. Situational running</p> <p>s. # outs</p> <p>ii. Ahead in game</p> <p>iii. Behind in game</p> <p>k. Double steal 1st & 3rd.</p> <p>l. Advance when throw off line, to wrong base or misses cutoff</p> <p>m. 1st to 3rd and 2nd to home</p>	<p>s. Pitching</p> <p>j. Hitting corners in strike zone.</p> <p>k. Pitching control</p> <p>l. Pre game warmup</p> <p>2. Fielding</p> <p>m. Proper foot work (cross over steps and drop step)</p> <p>n. Double steal defenses</p> <p>o. slow roller mechanics</p> <p>p. relay mechanics</p> <p>q. squeeze defense</p> <p>r. blocking sun</p> <p>s. fielding near fences</p>

Suggested Drills: Cross over pg181, Drop step pg 183, Pass Pattern pg185, Fence pg 186

13-15 Year Olds (All previous and the following)

A. Rules of the Game	B. Fundamentals	C. Offense	D. Defense
<p>League Rules Substitutions</p> <p>Official rules: 2.00 Definitions-Emphasis on Balk, Caught Foul Tip 5.09(c),8.05 Dead ball balk 7.04(a),7.07,8.05 Penalty balk 7.09(j) Running to first</p>	<p>1. Individual g. Long toss before each practice & game: end of season goal 180 ft l. self coaching</p> <p>2. Position b. Catcher (2) xiii. Back up first w/no runner on corners xiv. Pick off plays xv. Calling game/communicating with pitcher c. First Base (3) vi. holding runners on vii. cut off viii. directing pitcher when covering first ix. sliding to get out at first d. Second Base (4) vii. holding runners on viii. cut off vs relay ix. shifting according to hitter/pitch e. Third Base (5) vii. holding runners on f. Short Stop (6) viii. holding runners on ix. cut off vs relay x. shifting according to hitter/pitch g. Out Field (L-7, C-8, R-9) vii. when to play shallow/deep viii. shifting according to hitter/pitch ix. when to throw home</p> <p>3. Team h. Organized live hitting g. Team chemistry</p>	<p>1. Hitting q. Hit and run r. Suicide squeeze s. Situational Hitting t. Pull hitting u. Hitting to opposite field v. Home base coaching by on deck hitter</p> <p>2. Base running n. Primary and Secondary Leads from 1st, 2nd & 3rd o. Slide back to bag p. 1st to 3rd on base hit q. Drawing pick off throws at all bases r. Drawing balks while on base s. Stealing on full wind ups t. running third "outside in"</p>	<p>1. Pitching m. Balk rule n. Holding runners on o. Pick off foot mechanics p. Pitch outs q. Dropped third strike r. bull pen practice s. Breaking pitches</p> <p>2. Fielding t. decoy runners u. Shifts v. Pick off plays w. Relay vs Cut off</p>
<p>Suggested Drills:</p>			

Rules of the game:

By Age: Blue (8-9), Red (10-11), Yellow (12), Green (13-15)

League rules:

7 runs/inning

NO Stealing

Pitching limits

Stealing

Advance from third

Substitutions

Official rules:

2.00 Definitions

Appeals, Balk,, A Ball, Caught Foul Tip, Double play, Fair ball, Force play, Illegal Pitch, Infield Fly, Interference, Obstruction, Overslide, Pitchers Pivot Food, Quick Return Pitch, Set/Stretch Position, Squeeze Play Wind up Position

3.16 Spectator interference

3.17 Bench

4.06, 4.07, 4.08 Conduct

5.09(c),8.05 Dead ball balk

5.09(f) Runner hit by batted ball

5.09(g) Ball lodged in catcher/umps gear

5.10 When time can be called

6.02(d) Step out of box

6.06(c)Cmt: Bat hits catcher

6.07 Batting out of turn

6.08(a)Cmt: Advance to 2nd on walk

7.04(a),7.07,8.05 Penalty balk

7.05 Equipment thrown at ball

7.06 Obstruction

7.08(a) Running in baseline

7.08(c) Running past first

7.08(d) Tagging up

7.08(h) Passing baserunner

7.08(j) Overrun of 1st

7.09(j) Running to first

7.10 Appeals

8.01 Pitcher in contact with rubber

8.05(e) Quick Pitch

8.06 Trips to the mound by coach.

9.02(a) Arguing with umpire's calls

Fundamentals:

By Age: Blue (8-9), Red (10-11), Yellow (12), Green (13-15)

1. Individual

- a. Proper sportsmanship
- b. Proper throwing mechanics
 - throw with an overhand motion,
 - turn the shoulders perpendicular to the target,
 - step with the proper foot (left foot for RHT and vice versa).
- c. Proper catching mechanics
 - use two hand
- e. Proper glove positioning for catching
- f. Proper 4 seam grip
- g. Long toss before each practice & game: end of season goal for 8s (100 ft) 9s (110 ft) 10s (120 ft) 11s (130 ft) 12s (140 ft) 13-15 (180ft)
- h. Proper practice habits/routine
- i. Develop throwing accuracy
- j. Rapid catch & throw
- k. proper underhand throw mechanics
- l. self coaching

2. Position

- a. For all positions, proper pre pitch positioning on field.
- b. Catcher (2)
 - i. Equipment & hand behind back.
 - ii. Stance with & w/o runners
 - iii. Throws to 1st, 2nd & 3rd
 - iv. Return throw to pitcher
 - v. Pitch signals w & w/o runners
 - vi. Set up on corners

- vii. Tags at plate
- viii. Fielding bunts
- ix. Fielding past balls
- x. Blocking
- xi. Pop ups
- xii. line up cut offs
- xiii. Back up first w/no runner on corners
- xiv. Pick off plays
- xv. Calling game/communicating with pitcher
- c. First Base (3)
 - i. proper foot placement on base when receiving throw.
 - ii. Stretching when receiving throw
 - iii. Throw to pitcher covering 1st
 - iv. tagging runner on off line throw
 - v. fielding pop up and fouls
 - vi. holding runners on
 - vii. cut off
 - viii. directing pitcher when covering first
 - ix. sliding to get out at first
- d. Second Base (4)
 - i. cover responsibilities
 - ii. back up responsibilities
 - iii. one throw double play
 - iv. two throw double plays
 - v. cut off responsibilities
 - vi. cover bag & tag
 - vii. holding runners on
 - viii. cut off vs relay
 - ix. shifting according to hitter/pitch
- e. Third Base (5)
 - i. cover responsibilities
 - ii. back up responsibilities
 - iii. one throw double play

- iv. fielding pop up and fouls
- v. charging bunts
- vi. cover bag & tag
- vii. holding runners on
- f. Short Stop (6)
 - i. cover responsibilities
 - ii. back up responsibilities
 - iii. one throw double play
 - iv. calling prepitch situation & play
 - v. two throw double plays
 - vi. cut off responsibilities
 - vii. cover bag & tag
 - viii. holding runners on
 - ix. cut off vs relay
 - x. shifting according to hitter/pitch
- g. Out Field (L-7, C-8, R-9)
 - i. back up assignments
 - ii. cut off assignments
 - iii. playing straight away
 - iv. crow hops
 - v. running grounders
 - vi. when to throw home
 - vii. when to play shallow/deep
 - viii. shifting according to hitter/pitch
 - ix. when to throw home

3. Team

- a. Hustle to from dugouts
- b. Support team mate in field & at bat
- c. Coach's signals
- d. On field communications
- e. Pregame in & out field warmup
- f. Score Keeping
- g. Appealing calls
- h. Organized live hitting
- g. Team chemistry

Offense:

By Age: Blue (8-9), Red (10-11), Yellow (12), Green (13-15)

1. Hitting

- a. Bat Grip
- b. Stance
- c. Tracking baseball from release to contact with bat
- d. Soft toss & making contact
- e. Hitting off tee
- f. Trigger &/or loading – “go back to go forward”
- g. Start swing & front foot
- h. Develop “Quick hands”
- i. Keeping hands back
- j. Bunting (Pivot or Square)
 - i. Sacrifice
 - ii. For hit
 - iii. Fake
- k. Step out of box for signal
- l. Short stride
- m. Strengthen wrist & forearm
- n. Pitch selection
 - i. 0 & 1 strike count
 - ii. 2 strike count
- o. Safety squeeze
- p. Slash/slap bunt
- q. Hit and run
- r. Suicide squeeze
- s. Situational Hitting
- t. Pull hitting
- u. Hitting to opposite field
- v. Home base coaching by on deck hitter

2. Base running

- a. Feet first sliding
- b. Home to First
- c. Tagging up
- d. Forced & Unforced
- e. Stealing
 - i. Straight steal
 - ii. Delayed steal
 - iii. Fake steal
- f. Run down situation
- g. Pop up slide
- h. Tagging up from third
- i. Running with two outs
- j. Situational running
 - i. # outs
 - ii. Ahead in game
 - iii. Behind in game
- k. Double steal 1st & 3rd.
- l. Advance when throw off line, to wrong base or misses cutoff
- m. 1st to 3rd and 2nd to home
- n. Primary and Secondary
 - Leads from 1st, 2nd & 3rd
- o. Slide back to bag
- p. 1st to 3rd on base hit
- q. Drawing pick off throws at all bases
- r. Drawing balks while on base
- s. Stealing on full wind ups
- t. running third “outside in”

Defense:

By Age: Blue (8-9), Red (10-11), Yellow (12), Green (13-15)

1. Pitching

Pitching Machine Used at this level

- a. Set/Strech Position
- b. Windup Position
 - i. Back Step
 - ii. Rocker Step
 - iii. Side Step
- c. Proper Mechanics
 - i. Start-foot work-pivot
 - ii. Balance-leg lift-hip load
 - iii. Power-T position-extend
 - iv. Rotation-stride-release
 - v. follow through-ending
- d. 4 seam grip
- e. Fastball accuracy
- f. 2 seam grip
- g. Change up
- h. Back up home on past balls
- i. Cover 1st when ball hit to right side of field
- j. Hitting corners in strike zone.
- k. Pitching control
- l. Pre game warmup
- m. Balk rule
- n. Holding runners on
- o. Pick off foot mechanics
- p. Pitch outs
- q. Dropped third strike
- r. bull pen practice
- s. Breaking pitches

2. Fielding

- a. Pre Pitch position (Ready and Position as pitch approaches plate (set)
- b. Short ground balls to center, glove side and backhand. Advance to short hops when ready.
- c. Positioning of middle infielders on force plays
- d. All players move when ball is put in play. The either:
 - i. Go for ball
 - ii. Cover a base
 - iii. Back up
- e. Proper foot work (RHT – right:left:field:right:left:throw reverse for LHT)
- f. Break down to field ball
- g. Short and long hop
- h. Catching fly balls
- i. Positioning when making tag
- j. Hitting Cut offs
- k. Bunt defenses
- l. 1-thow run downs
- m. Proper foot work (cross over steps and drop step)
- n. Double steal defenses
- o. slow roller mechanics
- p. relay mechanics
- q. squeeze defense
- r. blocking sun
- s. fielding near fences
- t. decoy runners
- u. Shifts
- v. Pick off plays
- w. Relay vs Cut off