

PLAYER DEVELOPMENT PROGRESSION

At OYO, we are committed to working with our coaches to provide continuous leadership, coaching and encouragement while developing each and every ballplayer in our rec league program. Explore below how OYO coaches will maximize your ballplayer's skill development in each of the following critical areas of the game at each level.



BASEBALL	TB	JRO	RB	MB	SM	JBB/SBB
THROWING	<ul style="list-style-type: none"> <input type="checkbox"/> Grip of ball <input type="checkbox"/> Shoulder to target <input type="checkbox"/> Make a "T" <input type="checkbox"/> Throwing hand v. glove hand 	<ul style="list-style-type: none"> <input type="checkbox"/> Step and throw <input type="checkbox"/> Thumb to thigh, palm to sky, circular motion <input type="checkbox"/> Opposites (foot/hand) <input type="checkbox"/> Hit a target 	<ul style="list-style-type: none"> <input type="checkbox"/> 4-seam grip <input type="checkbox"/> Momentum toward target <input type="checkbox"/> Follow through <input type="checkbox"/> Harder throws 	<ul style="list-style-type: none"> <input type="checkbox"/> Underhand toss for close plays <input type="checkbox"/> Not holding ball 	<ul style="list-style-type: none"> <input type="checkbox"/> Call for cut off <input type="checkbox"/> Crow hop throws <input type="checkbox"/> Quick release throw from glove 	<ul style="list-style-type: none"> <input type="checkbox"/> Long-toss throws with momentum for distance
FIELDING	<ul style="list-style-type: none"> <input type="checkbox"/> Field/receive ball with glove <input type="checkbox"/> Glove out, butt down <input type="checkbox"/> Down and ready 	<ul style="list-style-type: none"> <input type="checkbox"/> Walk into stance <input type="checkbox"/> Fingers up, down <input type="checkbox"/> Alligator hands <input type="checkbox"/> Learn to play a position 	<ul style="list-style-type: none"> <input type="checkbox"/> Cover bases <input type="checkbox"/> Charge the ball <input type="checkbox"/> Two-hand catches <input type="checkbox"/> Shuffling feet <input type="checkbox"/> Get ball to infield 	<ul style="list-style-type: none"> <input type="checkbox"/> Cut-offs <input type="checkbox"/> Fly ball form, step back <input type="checkbox"/> Backhand catch <input type="checkbox"/> Back-up plays 	<ul style="list-style-type: none"> <input type="checkbox"/> Field bunt, steal <input type="checkbox"/> Infield fly <input type="checkbox"/> Turn double play <input type="checkbox"/> Execute rundown 	<ul style="list-style-type: none"> <input type="checkbox"/> Crossover <input type="checkbox"/> Drop-step <input type="checkbox"/> Infield communication
HITTING	<ul style="list-style-type: none"> <input type="checkbox"/> Hand position on bat, basic stance <input type="checkbox"/> Feet spacing <input type="checkbox"/> Contact with ball, not tee 	<ul style="list-style-type: none"> <input type="checkbox"/> Hand-eye coordination <input type="checkbox"/> Finish level swing <input type="checkbox"/> Proper bat grip 	<ul style="list-style-type: none"> <input type="checkbox"/> Pitch selection <input type="checkbox"/> Knuckles lined up <input type="checkbox"/> Swing loaded up <input type="checkbox"/> Back foot planted, step forward 	<ul style="list-style-type: none"> <input type="checkbox"/> Ball-Strike, count <input type="checkbox"/> Stance/position <input type="checkbox"/> Bunting <input type="checkbox"/> Avoid getting hit 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete swing execution <input type="checkbox"/> Power hitting <input type="checkbox"/> Contact hitting 	<ul style="list-style-type: none"> <input type="checkbox"/> Situational hitting <input type="checkbox"/> Two-strike count options <input type="checkbox"/> Bunt types
BASERUNNING	<ul style="list-style-type: none"> <input type="checkbox"/> How to run after ball is hit <input type="checkbox"/> Know when to run to next base <input type="checkbox"/> Order of the bases 	<ul style="list-style-type: none"> <input type="checkbox"/> Run through 1B <input type="checkbox"/> Follow coach instructions 	<ul style="list-style-type: none"> <input type="checkbox"/> Proper decisions for batted balls <input type="checkbox"/> Multiple bases <input type="checkbox"/> Look at base coach <input type="checkbox"/> Sliding 	<ul style="list-style-type: none"> <input type="checkbox"/> Stealing base <input type="checkbox"/> Banana curl run <input type="checkbox"/> Fly ball tag up <input type="checkbox"/> Round the base 	<ul style="list-style-type: none"> <input type="checkbox"/> Coach signals <input type="checkbox"/> Leadoffs <input type="checkbox"/> React to batted balls 	<ul style="list-style-type: none"> <input type="checkbox"/> Steal breaks <input type="checkbox"/> Delayed steals <input type="checkbox"/> 1B-3B situations
PITCHING (position)	N/A	N/A	N/A	<ul style="list-style-type: none"> <input type="checkbox"/> Accuracy, form <input type="checkbox"/> Stretch position <input type="checkbox"/> Push off mound <input type="checkbox"/> Cover home on passed ball 	<ul style="list-style-type: none"> <input type="checkbox"/> Pitching motions <input type="checkbox"/> Pick-off form <input type="checkbox"/> Balk understanding <input type="checkbox"/> Accuracy <input type="checkbox"/> Covering 1B 	<ul style="list-style-type: none"> <input type="checkbox"/> Different pitch types <input type="checkbox"/> Accept signals
CATCHING (position)	N/A	N/A	<ul style="list-style-type: none"> <input type="checkbox"/> Proper squat position <input type="checkbox"/> Field short batted balls <input type="checkbox"/> Cover home <input type="checkbox"/> Stop thrown balls 	<ul style="list-style-type: none"> <input type="checkbox"/> Form mechanics <input type="checkbox"/> Throws to bases <input type="checkbox"/> Recover passed ball <input type="checkbox"/> Block pitches <input type="checkbox"/> Framing <input type="checkbox"/> Run backs 	<ul style="list-style-type: none"> <input type="checkbox"/> Position for defensive plays <input type="checkbox"/> Field bunts <input type="checkbox"/> Dropped 3rd strike 	<ul style="list-style-type: none"> <input type="checkbox"/> Issue pitcher signals <input type="checkbox"/> Coach the defense <input type="checkbox"/> Elevated squat
THE BASICS	<ul style="list-style-type: none"> <input type="checkbox"/> Which direction to run <input type="checkbox"/> Touch bases <input type="checkbox"/> Understand field 	<ul style="list-style-type: none"> <input type="checkbox"/> Score runs <input type="checkbox"/> Safe v. Out 	<ul style="list-style-type: none"> <input type="checkbox"/> Force out v. Put out <input type="checkbox"/> Pitch counts 	<ul style="list-style-type: none"> <input type="checkbox"/> Situational plays <input type="checkbox"/> Know outs, counts 	<ul style="list-style-type: none"> <input type="checkbox"/> Communicate with teammates <input type="checkbox"/> Make plays without coach help 	<ul style="list-style-type: none"> <input type="checkbox"/> Players manage independent game situations