

# 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.



SOFTBALL	8U	10U	12U	14U/16U
<b>THROWING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Momentum toward target</li> <li><input type="checkbox"/> Follow through</li> <li><input type="checkbox"/> Harder throws</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Underhand toss for close plays</li> <li><input type="checkbox"/> Not holding ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Call for cut off</li> <li><input type="checkbox"/> Crow hop throws</li> <li><input type="checkbox"/> Quick release throw from glove</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Long-toss throws with momentum for distance</li> </ul>
<b>FIELDING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cover bases</li> <li><input type="checkbox"/> Charge the ball</li> <li><input type="checkbox"/> Two-hand catches</li> <li><input type="checkbox"/> Shuffling feet</li> <li><input type="checkbox"/> Get ball to infield</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cut-offs</li> <li><input type="checkbox"/> Fly ball form, step back</li> <li><input type="checkbox"/> Backhand catch</li> <li><input type="checkbox"/> Back-up plays</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Field bunt, steal</li> <li><input type="checkbox"/> Infield fly</li> <li><input type="checkbox"/> Turn double play</li> <li><input type="checkbox"/> Execute rundown</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Crossover</li> <li><input type="checkbox"/> Drop-step</li> <li><input type="checkbox"/> Infield communication</li> </ul>
<b>HITTING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pitch selection</li> <li><input type="checkbox"/> Knuckles lined up</li> <li><input type="checkbox"/> Swing loaded up</li> <li><input type="checkbox"/> Back foot planted, step forward</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ball-Strike, count</li> <li><input type="checkbox"/> Stance/position</li> <li><input type="checkbox"/> Bunting</li> <li><input type="checkbox"/> Avoid getting hit</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete swing execution</li> <li><input type="checkbox"/> Power hitting</li> <li><input type="checkbox"/> Contact hitting</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Situational hitting</li> <li><input type="checkbox"/> Two-strike count options</li> <li><input type="checkbox"/> Bunt types</li> </ul>
<b>BASERUNNING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Proper decisions for batted balls</li> <li><input type="checkbox"/> Multiple bases</li> <li><input type="checkbox"/> Look at base coach</li> <li><input type="checkbox"/> Sliding</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stealing base</li> <li><input type="checkbox"/> Banana curl run</li> <li><input type="checkbox"/> Fly ball tag up</li> <li><input type="checkbox"/> Round the base</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Coach signals</li> <li><input type="checkbox"/> Release from the base</li> <li><input type="checkbox"/> Tag-ups</li> <li><input type="checkbox"/> React to batted balls</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Steal breaks</li> <li><input type="checkbox"/> Delayed steals</li> <li><input type="checkbox"/> 1B-3B situations</li> </ul>
<b>PITCHING (position)</b>	N/A	<ul style="list-style-type: none"> <li><input type="checkbox"/> Accuracy, form</li> <li><input type="checkbox"/> Push off mound</li> <li><input type="checkbox"/> Covering home on passed ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pitching motions</li> <li><input type="checkbox"/> Form</li> <li><input type="checkbox"/> Illegal pitch understanding</li> <li><input type="checkbox"/> Accuracy</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Different pitch types</li> <li><input type="checkbox"/> Accept signals</li> </ul>
<b>CATCHING (position)</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Proper squat position</li> <li><input type="checkbox"/> Field short batted balls</li> <li><input type="checkbox"/> Cover home</li> <li><input type="checkbox"/> Stop thrown balls</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Form mechanics</li> <li><input type="checkbox"/> Throws to bases</li> <li><input type="checkbox"/> Recover passed ball</li> <li><input type="checkbox"/> Block pitches</li> <li><input type="checkbox"/> Framing</li> <li><input type="checkbox"/> Run backs</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Block pitches</li> <li><input type="checkbox"/> Position for defensive plays</li> <li><input type="checkbox"/> Field bunts</li> <li><input type="checkbox"/> Dropped 3rd strike</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Issue pitcher signals</li> <li><input type="checkbox"/> Coach the defense</li> <li><input type="checkbox"/> Elevated squat</li> </ul>
<b>THE BASICS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Force out v. Put out</li> <li><input type="checkbox"/> Pitch counts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Situational plays</li> <li><input type="checkbox"/> Know outs, counts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Communicate with teammates</li> <li><input type="checkbox"/> Make plays without coach help</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Players manage independent game situations</li> </ul>