

**EVERY DAY BANNERS**

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| **EVERYDAYS (8U & UP)**All Ages* Throwing Arm Progressions
	1. Rotator Cuff Stretch
	2. Side Wrist Snap
	3. Trunk Turns
	4. From Knee (Make “L”, Point Elbow)
* Throwing
	1. Foot Sideways
	2. Open = Like a “K”
	3. Close/Follow Through
	4. Receiver – **Step Then Catch**

 **(Nose Behind Ball)*** 1. Long Toss
* Knees (Barehand) Fore Hand

Knees (Glove) Back Hand* Stand (Glove) Fore Hand/From Side

 Back Hand Short Hops (10U+)8U Infield:* Grounders: Side to Side (Move to

 Get in Front of the Ball)8U Outfield:* First Step Back & Forward
* Pop Ups – Tuck & Run (R/L)
 | **CATCHER EVERYDAYS**All Ages* No Glove (Side to Side/Tennis)
* Duck Walk & Block
* Transition Footwork
* Blocking (Coach hit/throw)
* Facemask Throws
* Knee Throws (1B & 3B)

12+* Block and Up (4 balls up/back)
* Framing
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| **INFIELD EVERYDAYS**All Ages* Glove Toss
* Dart Throws (R/L)
* Underhand Throw

12+* Side/Elbow Leads
 | **OUTFIELD EVERYDAYS**All Ages* Ground Balls (Block with Knee)
* Ground Balls (Side/Do or Die)
* Shoelace Catches
* Pop Ups Over Shoulder (R/L/S)
* Running Through the Catch

12+* Diving Catches
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