

## Bellaire Little League's Top 31

- 1 Baserunning - Running Through 1st and Home / Round it (Looking to GO to 2nd upon instruction) / Take 2 (Sprint to 2nd, or to 3rd.)
- 2 **Baserunning - Tagging Up on Fly Balls / Run on anything with 2 outs / Must run if forced on grounders.**
- 3 Baserunning - 2nd to third on grounders to left side, player does not have to run if no runner on first (i.e. force.)
- 4 Baserunning - Look to coaches for direction / Don't watch the ball/ LISTEN To YOUR COACHES ONLY, Not the other team.
- 5 Baserunning- Don't hesitate going to the next base, commit, Jump out of the way of Balls HIT by teammates.
- 6 Baserunning- After HITS- DO NOT watch the ball- RUN- look at the base- Looking at the ball slows you down. Same when running between bases.
- 7 Sliding - Don't hesitate / Keep Head and Hands up / Keep front foot up / Bottom leg under front leg at 90 degrees
- 8 Fielding - Grounders in athletic creeper position, head down until ball is in your glove / Get under pop flies
- 9 Fielding - Understand force outs vs tag outs *(Coaches Explain)*
- 10 Fielding - Awareness of where to throw the ball based on different baserunners and number of out combinations
- 11 Fielding - Know what to do If the ball is hit to me, Know where to go If the ball is NOT hit to me
- 12 **Fielding - BALL, BASE, BACKUP**
- 13 Fielding - When ball not hit to you, cover base or back up / everyone moves on every hit...play for mistake
- 14 Fielding Outfield - First step back / Must get in front of ball / Nothing gets past you
- 15 Fielding Outfield - Make throw to Cut Off Quickly
- 16 **Fielding - Think about what to do before the ball is in play, feed, pitched**
- 17 Fielding- Six "F's" of fielding- Feet \* Field \* Funnel \* Footwork \* Fire \* Follow-Thru (see other sheet for further explanation)
- 18 Cutoffs - SS covers left side / 2nd baseman covers right side / Every base is covered on hits to Outfield (see other sheets on this topic)
- 19 Throwing - Equal and Opposite elbows / Front elbow points at target / Throwing arm back
- 20 **Throwing - Shuffle, Throw and Follow Thru on throws**
- 21 Hitting - Same routine every time
- 22 Hitting - Feet shoulder width apart, Shoulders and hips square to pitcher, Hands back
- 23 Hitting - Don't step out, quick level swing, hands inside, right palm up on contact
- 24 Hitting- (Righty Batters) Keep Chin on Left Shoulder finishing with Chin on Left shoulder (This helps keep their head still)
- 25 Hitting- TEE-Work = Muscle Memory- Good Reps = Better Swings= More Hits
- 26 Bunting - Feet closer to plate, turn body and feet, barrel of bat above hands, don't reach for pitches above bat
- 27 Bunting- Do not STEP on HOME PLATE-
- 28 Team- Communicate - Talk- How many OUTS- Where is the PLAY-
- 29 Team- Respect each and every Coach- Teammate- and Umpire
- 30 Team- Make it fun- Have FUN- Be Creative
- 31 Team- Mistakes are OK- it's what they do after the mistake is what will count!

