

## Parmalat Learn To Play Program Level 1 - Skills Checklist

<b>CATCHING THE BALL</b>			
<b>MECHANICS CHECK</b>	<b>ALWAYS</b>	<b>USUALLY</b>	<b>SELDOM</b>
1. Above the waist - thumbs together			
2. Below the waist - thumbs apart			
3. Glove action right - thumbs down			
4. Glove action left - thumbs up			
5. Use both hands when possible			
6. Move feet to get in front of ball			
7. Reach to ball to absorb impact			
8. Watch ball into glove			
<b>PROGRESIONS</b>			
1. Catch with other hand ready to throw			

<b>CATCHING FLY BALL</b>			
<b>MECHANICS CHECK</b>	<b>ALWAYS</b>	<b>USUALLY</b>	<b>SELDOM</b>
1. Ready position - hands at waist height, on balls of feet			
2. Move quickly to get under ball			
3. Reach to absorb impact (soft hands)			
4. Catch with fingers up when possible			
5. Use both hands			
<b>PROGRESIONS</b>			
1. Judging and moving RIGHT			
2. Judging and moving LEFT			

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<b>THROWING</b>			
<b>MECHANICS CHECK</b>	<b>ALWAYS</b>	<b>USUALLY</b>	<b>SELDOM</b>
1. Elbow up as high as shoulder (scarecrow)			
2. Stride at target with glove side foot			
3. Point glove & glove side at target			
4. Hips open & close (open door, shut door)			
5. Wrist snap			
6. Follow through to opposite side			
<b>PROGRESIONS</b>			
1. Throw at stationary target			
2. Throw for distance			

<b>BASERUNNING</b>			
<b>MECHANICS CHECK</b>	<b>ALWAYS</b>	<b>USUALLY</b>	<b>SELDOM</b>
1. Drive arms in bent arm action			
2. High knees to help drive forward			
3. High kick behind			
4. Lean forward slightly			
<b>PROGRESS IONS</b>			
1. Run through base at full speed			
2. Move outward slightly before rounding			
3. Touch inside corner when rounding			
4. Round & jam (arms out, butt low)			

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GROUND BALLS			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
1. Ready position - (monkey)			
2. Move to get body in front of ball			
3. Get butt low on pick up			
4. Pick up in front of body			
5. Pick up in center of body			
PROGRESSIONS			
1. Pick up a rolling ball directly in front			
2. Pick up and throw ball directly in front			
3. Pick up and throw accurately at target			
4. Shuffle step LEFT or RIGHT			
5. Shuffle step, pick up and throw			

HITTING			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
GRIP bat - middle knuckles lined up			
STANCE - body location is across from plate			
- front elbow bent			
- hands by back shoulder			
- back elbow relaxed, slightly away			
STRIDE - short			
HIP ROTATION - finish navel to pitcher			
- finish back heel to sky			
ARM ACTION - use wrists to snap bat head to ball			
- contact IN FRONT of plate			
FOLLOW THROUGH - let wrists roll			
- bat finishes in middle of back			
PROGRESS IONS			
1. Hit stationary object			
2. Hit hanging object			
3. Hit slow pitching			

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PITCHING			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
<b>ARM CO-ORDINATION - NO BALL</b>			
- hip in co-ordination with arm			
- shoulders back			
- front leg straight			
<b>ARM CIRCLES - NO BALL</b>			
- straight out in complete circle			
- brush past ear and side of leg			
<b>HIP THRUST &amp; ARM CIRCLE - NO BALL</b>			
- co-ordinate hips and arm circle			
- front leg straightens on thrust			
- shoulders stay back			
<b>STRIDE - NO BALL</b>			
- turn pivot toe turned slightly outward			
- stride straight at target			
- use glove side to stretch body			
<b>RHYTHM FOR A LEGAL PITCH - NO BALL</b>			
- behind plate, hands apart, step on plate, signal, hands together, weight back, relaxed, transfer weight, pretend to pitch			
<b>GRIP - WITH BALL</b>			
- grip in fingers (not palm) if possible			
- across seams			
<b>STATIC PITCHING - FEET PARALLEL - WITH BALL</b>			
- use arm circle to snap ball off hip			
- shoulders back			
<b>HIP PITCHING FROM STRIDE POSITION – WITH BALL</b>			
- co-ordinate hips and arm to snap ball off hip			
- full straight arm circle in direction of target			
- shoulders back			
- front leg straightens on release			