



Banneker City Little League
Program of Skills & Axioms

BCLL's Program of Axioms & Skills

Banneker City Little League's goal is to help our children learn healthy competition, sportsmanship, work ethic, teamwork, conditioning and muscle-memory fundamentals through our national pastime, and provide a progressive continuum of that education from T-Ball all the way up through Prep, in a healthy, safe and encouraging baseball culture. This goal is achievable through a coordinated effort between the coaches, players and parents, to diligently perform their respective responsibilities as set forth:

A. Parents' Responsibilities

1. Bring their children to all practices, workouts and games on time AND properly dressed (protective cup for boys, glove, cap, cleats & tennis shoes and/or full uniform).
2. Respect, assist, and communicate with their children's coaches.
3. Practice with their children 2-3 times a week for 30 minutes outside of team practices.
4. Attend league functions.

B. Players' Responsibilities

1. Attend all practices, workouts, league functions, and games.
2. Give eye contact to coaches when being addressed, as well as when speaking.
3. Work hard and challenge yourself.
4. Ask questions.
5. Practice/repeat skills learned/introduced at practice at home 2-3 a week.
6. Get to know your teammates' names.
7. Have fun and always try your best!

C. Coaches' Responsibilities

1. Read, know and teach the current Little League rules.
2. Make practice drills **FUN** by turning them into competitions/games.
3. Communicate regularly with your league commissioner, players, parents and coaches. Especially on changes/alterations to the practice/game schedule.
4. Hold regular practices and follow a written or agreed upon practice plan.
5. Arrive at all practices, workouts, league functions, and games early.
6. Communicate league information and updates to parents in its entirety, in a timely fashion.
7. Encourage effort! Praise and reward good effort, and discourage poor effort.
8. Provide plenty of repetitions of hitting, fielding, running, and throwing to all players.
9. Show patience as some kids will learn instantaneously and others will require more repetitions and encouragement.
10. Remind parents and players to work on skills learned/introduced at home and away from team practices. "Improve as individuals and we improve as a team."

11. Encourage players to watch MLB games at home.
12. Demonstrate skills being taught, as kids learn best through emulation.
13. Be an example of a positive attitude.
14. Incorporate parents and other family members in practices and games, where helpful and useful (scorekeeping, extra hands & eyes, base coaches, etc.).
15. Remind players, parents and yourself of your acknowledged responsibilities.
16. Provide/teach the following curriculum:

BCLL Skills Matrix					
I = Introduced; C = Cultivated; M = Maximized					
Skill Set	T-Ball	AA	AAA	Majors	Softball
Throwing					
Full hand grip	<i>allowed</i>	<i>Halted</i>			
Power fingers	I	C	M	M	
Wrist flick	I	C	M	M	C – M
Underhand toss	I	C	M	M	C – M
Elbow above shoulder		I – C	C – M	M	C – M
Hand behind the ball		I – C	C – M	M	C – M
Step-and-throw	I	C	C – M	M	C – M
Shuffle step throw	I	C	C – M	M	C – M
Follow through	I	C	C – M	M	C – M
Follow throw/momentum		I – C	C – M	M	C – M
Crow-Hop		I – C	C – M	M	C – M
Pitching					
Tempo & Rhythm		I	C – M	M	C – M
Balance & Posture		I	C – M	M	C – M
Stride		I	C – M	M	C – M
Footstrike		I	C – M	M	
Hip & Shoulder Rotation		I	C – M	M	C – M
Glove work		I	C – M	M	
Pull down on seams		I	C – M	M	Pull up
4-seam grip		I	C – M	M	3-seam
2-seam grip			I – C	C – M	
Change-up/Palmball grip			I – C	C – M	I
Focus on target		I	C – M	M	C – M
Control		I	C – M	M	C – M
Location/Command			I – C	C – M	C – M
Velocity			I – C	C – M	I
Pitching From Full Wind-Up			I – C	C	C – M
Pitching From Stretch			I – C	C	
Pushing off pitching rubber			I – C	C	C – M
Ready to field	I	C	M	M	C – M
Covering 1B		I	C – M	M	C – M
Covering Home Plate		I	C – M	M	C – M
Fielding					
Catching the ball	I – C	C – M	M	M	C – M
Ready position	I – C	C – M	M	M	C – M
Prep step		I	C – M	M	C – M
Soft-hands (grounders)		I	C – M	M	C – M
Backhand		I	C – M	M	C – M
Forehand		I	C – M	M	C – M
Lining-up & centering baseball		I	C – M	M	C – M
Present pocket & look baseball in		I	C – M	M	C – M
Pop flies	I	C	M	M	C – M

Running down pop flies		I	C – M	M	C – M
One knee	I	C	C – M	M	C – M
Backstop		I	C	M	C – M
Pitcher	I	C	C – M	M	C – M
Rundown		I	C – M	M	C – M
Making the tag		I	C	M	C – M
Selling the play		I	C – M	M	C – M
Backing up teammates	I	C	M	M	C – M
Footwork		I	C – M	M	C – M
Charging the baseball		I	C – M	M	C – M
Covering first base		I	C – M	M	C – M
Bunt defense			I – C	C – M	C – M
Hitting the cutoff		I	C – M	M	C – M
Blocking pitches			I – C	C – M	C – M
Throwing out runners			I – C	C – M	C – M
Hitting					
Grip	I	C – M	M	M	C – M
Basic stance	I	C – M	M	M	C – M
Load	I	C – M	M	M	C – M
Stride	I	C – M	M	M	C – M
Swing	I	C – M	M	M	C – M
Balance		I – C	M	M	C – M
Step on eggshell & squash bug	I	C – M	M	M	C – M
Follow-through	I	C	M	M	C – M
Chin to shoulder	I	C	M	M	C – M
Focus on pitcher's release point		I	C – M	M	C – M
Thinking swing		I – C	C – M	M	C – M
Bunting		I	C – M	M	C – M
Baserunning					
Getting out of the box	I	C	M	M	C – M
Running through First Base	I	C	M	M	C – M
Making the turn		I	C	M	C – M
Taking lead			I	C – M	C – M
Base coaches & signs		I	C	M	C – M
Sliding		I	C	M	C – M
Stealing			I – C	C – M	C – M
Tagging up		I	C – M	M	C – M
Pickle		I	C	M	C – M
Baserunning with lead runner in pickle			I – C	C – M	C – M
Baserunning with less than 2 outs		I	C – M	M	C – M
Baserunning with 2 outs		I	C – M	M	C – M
Secondary lead when catcher has ball			I – C	M	C – M
Rules					
Strike Zone			I – C	M	C – M
Fair or foul		I – C	M	M	C – M
Interference		I	C	C – M	C – M
Obstruction		I	C	C – M	C – M
Force Play		I – C	C – M	M	C – M
Infield Fly			I – C	M	C – M
Runner hit with/by baseball		I	C	M	C – M
Situations					
Squeeze bunt			I	C – M	C – M
Infield in		I	C	C – M	C – M
Know what to do if ball comes to you	I	C	M	M	C – M