



Flower Mound Youth Sports Association Skills Mastery Program - Baseball

Presented to:

All FMYSA Baseball Coaches

Presented by:

Coach Jeff Sherman - Marcus High School

Coach Mike Killian - Byron Nelson High School

Kevin Roberson - EVP FMYSA

Tracy Black - General Manager FMYSA



FMYSA Skill Mastery Program

Key Things to Grasp and Understand as we Work Towards “MASTERY” with our Players as they move through the FMYSA baseball program, at the CORE are:

Balance

Rhythm & Timing

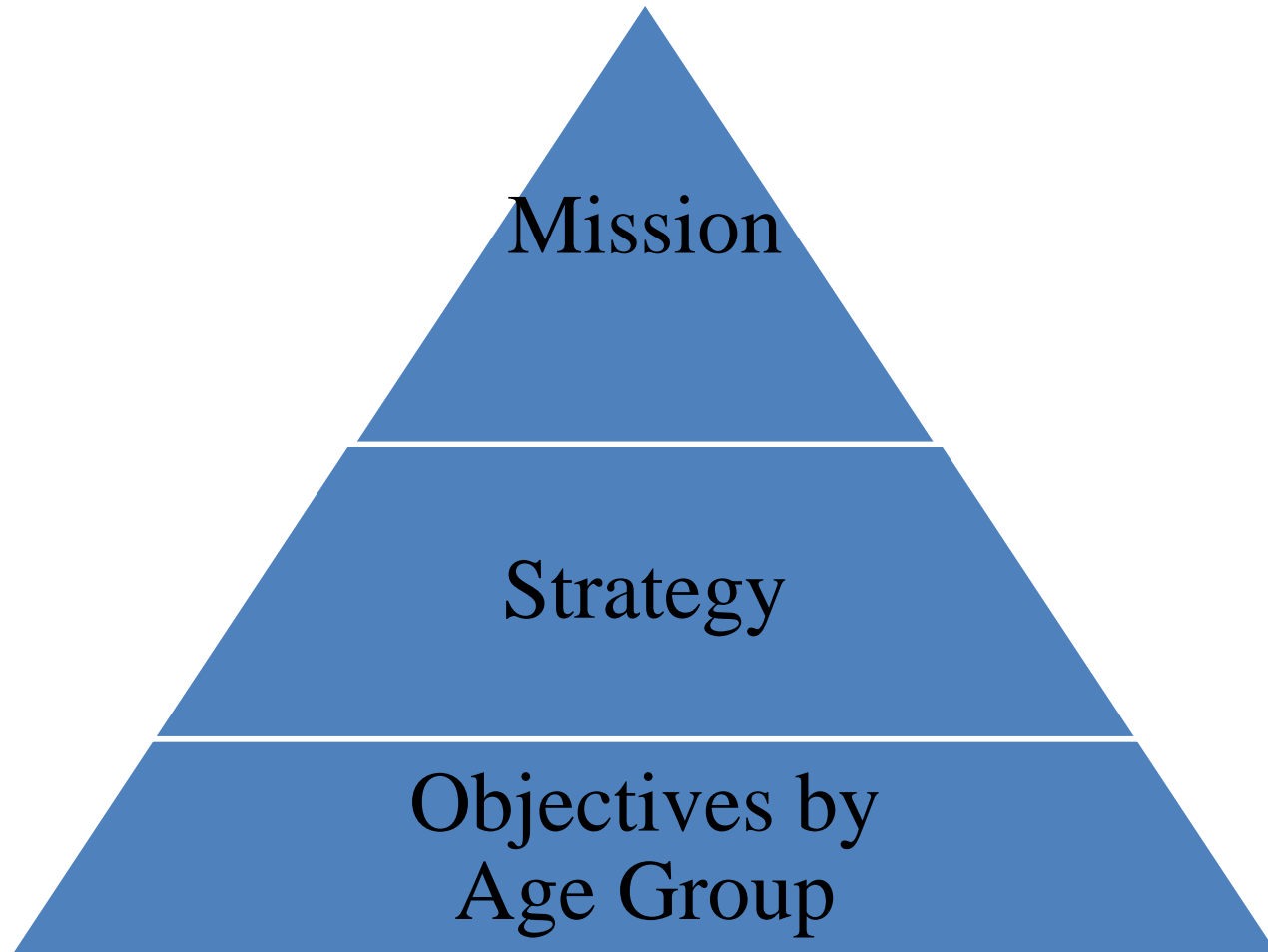
Athleticism

These are the keys to Safety & Proper Skill Development for ALL of the critical baseball movements:

Hitting, Fielding, Throwing, & Running



FMYSA Skill Mastery Program





FMYSA Skill Mastery Program

Mission:

Provide our coaches with the tools/teaching/instruction they need to in turn provide our young baseball players with the best experience possible to properly and safely DEVELOP a SKILL SET and a LOVE for the GREATEST GAME!

Coaches to become “Learners & Developers”



FMYSA Skill Mastery Program

Strategy:

FMYSA has partnered with Jeff Sherman – Head Baseball Coach from Marcus High School and Mike Killian – Head Baseball Coach from Byron Nelson High School and others to bring a fresh set of eyes to the sport and to increase the proficiency in mechanics and safety through a concentrated focus on:

Balance, Rhythm & Timing & Athleticism

The NEED is clear, in today’s MLB, a growing % of players are non American born. This year the number is at 259 players, an all time high. Why is this? We have millions and millions of children that grow up loving the game (many are driven out of the game), but we don’t have “skill mastery and development” that give them a solid path to achieving their dreams of pursuing baseball. What we do is play games, play games, play games, and spend very little time on development.

We NEED to develop, develop, develop, and play fewer games! Wow – yes, that’s the path we need to take as an organization in order to help give our players the best opportunity to become better.



FMYSA Skill Mastery Program

Objectives by Age Group:

With a renewed focus on development, FMYSA will be providing coaches with goals, objectives (milestones for mastery), and mentorship programs to use as tools for use in weekly practices, etc. to Re-define SUCCESS by growth in mastery/development vs. WINNING OR LOSING games.

We are also introducing Skills Nights/Days where professional coaching will be provided in mass by combined Age Groups (7/8, 9/10, 11/12, 13+).

We have built the following Skill Mastery Guidelines by Age Group and will also be providing:

Coaches Clinics, Coaching Video's for use in practice from Coach Sherman and Killian, and others presented via a FMYSA YOUTUBE Channel, and "coach-deck" practice cards for all FMYSA coaches.



FMYSA Skill Mastery: 4U

4U: This is the INTRODUCTORY age for baseball and we want to start teaching: Balance, Rhythm & Timing, Proper Body Motion and bring out the Athleticism in each player.

- Offensively
 - Swing Grip (knuckles aligned)
 - Baserunning (where the next base is)
 - Mastery; hitting 3 out of 5 off the tee
- Defensively
 - Throw in a direction (know to throw to 1B and take the action to throw to 1st base)
 - Alignment and movement patterns are consistently taught (balance, rhythm and timing, athletic position)
 - Have a basic understanding of fielding the ball
 - Airplane vs Helicopter (movement) **TEACHING FUNDAMENTAL SKILLS of fielding the ball: Athletic Position, Balance, Rhythm and Timing (Body Motion)**
- Teach **Love of the Game** (we want them to leave practice wanting to come back to the next one)
- It needs to be made **FUN** for them
- Positive reinforcement (keep the negativity out). Plant seeds of “mental toughness”!
- **PROVIDE PRACTICE PLANS FOR COACHES**
- **PROVIDE COACHDECK “CARDS” for COACHES**



FMYSA Skill Mastery: 5U

5U: Athletic Position, Balance, Rhythm and Timing (Body Motion)

- Offensively
 - Swing Grip
 - Understand, “See the ball, hit the ball”
 - Development of “EYE HAND” Coordination
 - Mastery; hitting 3 out of 5 coach pitch
 - Baserunning; know where each bag is and the direction to run (introduce the slide)
- Defensively
 - Understand where each position is and responsibilities of their position (no huddles)
 - Throwing the ball to 1B (body motion)
 - Grasp the basic knowledge of the difference between a force play and a tag play
 - Fundamentals of fielding a ground ball: Athletic Position, Balance, Rhythm & Timing)
 - Throwing in a direction (to a target) 4 out of 5 times (Body Motion)
 - Fielding First Base – Proper Position
 - Fielding - Airplane vs Helicopter (movement) **TEACHING FUNDAMENTAL SKILLS**
- Teach Love of the Game (we want them to leave practice wanting to come back to the next one)
- Positive reinforcement (keep the negativity out of the equation). Plant seeds of “Mental Toughness”!
- Keep it FUN!



FMYSA Skill Mastery: 6U

6U: Athletic Position, Balance, Rhythm and Timing (Body Motion)

- Offensively
 - Swing Grip needs to be Mastered
 - Understand, see the ball, hit the ball. EYE HAND Coordination
 - Mastery; hitting 5 out of 5 coach pitch
 - Baserunning; know where each bag is and the direction to run
 - Pick up signs from 3B coach on doubles and triples
 - Understand LOAD – BASEBALL HITTING MOVEMENT (Rhythm & Timing)
- Defensively
 - Understand fully where each position is
 - Throwing mechanics (mastered at 20 feet)
 - Throwing the ball to 1B (Body Motion, Rhythm & Timing, etc.)
 - Grasp the knowledge of the difference between a force play and a tag play
 - Fundamental of fielding a ground ball: Airplane vs Helicopter TEACHING FUNDAMENTAL SKILLS of Athletic Position, Balance, Rhythm & Timing (moving the body through the ball...)
 - Throwing in a direction (to a target) 4 out of 5 times
 - Catching Mastery – catching 4 out of 10 balls
 - Doubles – balls thrown to 2B
 - Triples – balls throw to 3B
 - Understanding “2 bases”
- Teach Love of the Game (we want them to leave practice wanting to come back to the next one)
- Positive reinforcement (keep the negativity out)
- Mental Toughness must be developed to be able to successfully navigate the “failures” inherent to this game. Build strategies to overcome!
- Keep it FUN!



FMYSA Skill Mastery: 7U

7U: Pre-Practice Routines (Consistent and Required Leaguewide)

- **Pre-Practice routines are required to have stretching and running to warm the body up BEFORE throwing begins.**
 - Band work is highly recommended (see video)
 - A time to develop team leaders for these exercises, etc.
 - Group stretching
 - Group running
 - Teamwork and bonding
 - Consistent Throwing Drills will be provided and are strongly encouraged (Safety and Skill Development)
- Mental Toughness
 - Deploy strategies to help players overcome failure. We must help them develop a desire to “fight through” disappointment, work hard to build skills to give them a better chance to succeed, and help them learn that failure will happen and they will need to learn how to handle and how to work harder to give themselves a better chance at success.
- Offensively
 - Load – mastered by 7U
 - Understand balls & strikes --- must choose good pitches to swing at
 - Mastery; hitting 5 out of 5 coach pitch
 - Swing – Body Movement is HUGE (Load, Step, Hips, Body Motion, Athleticism, Balance, Moving towards the ball)
 - A VIDEO will be provided to encourage drill work for hitting
 - Baserunning; know where each bag is and the direction to run
 - Pick up signs from 3B coach on doubles and triples.



FMYSA Skill Mastery: 7U - Continued

- Defensively
 - Catcher – understanding the position (force outs at home, etc.), knowing the FORM, etc.
 - Understand double plays...
 - Understand “pickles”
 - Throwing mechanics **MUST** be progressed towards mastery
 - Throwing the ball to 1B
 - Grasp the knowledge of the difference between a force play and a tag play
 - Fundamental of fielding a ground ball
 - Throwing in a direction (to a target) 4 out of 5 times
 - Catching Mastery – catching 3 out of 5 balls
 - Fly balls – catching 3 out of 5 fly balls
 - Fielding - Airplane vs Helicopter (movement) **TEACHING FUNDAMENTAL SKILLS**
 - Rolling the baseball vs just hitting it at them (be there in front of them)
 - Doubles – balls thrown to 2B
 - Triples – balls throw to 3B
 - Understanding “2 bases”
- Teach Love of the Game (we want them to leave practice wanting to come back to the next one)
- Positive reinforcement (keep the negativity out)
- **PROVIDE PRACTICE PLANS FOR COACHES**
- **PROVIDE COACHDECK “CARDS” for COACHES**



FMYSA Skill Mastery: 8U

8U: Baseball IQ Enters the Picture & Pre-Practice Routines Continue

- **BASEBALL IQ starts to come into play more and more and literally starts becoming a requirement for player development**
- **Pre-Practice routines are required to have stretching and running to warm the body up BEFORE throwing begins.**
 - Band work is highly recommended (see video)
 - A time to develop team leaders for these exercises, etc.
 - Group stretching
 - Group running
 - Teamwork and bonding
 - Consistent Throwing Drills will be provided and are strongly encouraged (Safety and Skill Development)
- Offensively
 - Load – mastered by 7U
 - Understand the strike ZONE --- must choose good pitches to swing at and begin understanding your favorite part of the zone
 - Mastery; hitting 5 out of 5 coach pitch
 - Swing – Body Movement is HUGE (Load, Step, Hips, Body Motion, Athleticism, Balance, Moving towards the ball)
 - A VIDEO will be provided to encourage drill work for hitting
 - Baserunning:
 - Run through the bag
 - Turn or Turn and Look
 - Overthrow, look for overthrows
 - Sliding, different types of sliding, pop up, head first, etc.
 - Pick up 3B base on the way to 2B



FMYSA Skill Mastery: 8U - Continued

- Defensively
 - Throwing Mastery of 5 out of 5 at 45 feet
 - Catching and Throwing must be mastered (this is the crux of the game!)
 - Mastering force play vs tag play
 - Outfield knowledge of 2 bases ahead of the runner (knowing the base to throw to)
 - Suggestions: Allow the players to “make the plays” (coach afterwards)
 - Master catching fly balls (5 of 5)
 - Intro to pitching mechanics for 8U (this is a must)
 - Quick Hands on Catching & Throwing
- Mental Toughness
 - Deploy strategies to help players overcome failure. We must help them develop a desire to “fight through” disappointment, work hard to build skills to give them a better chance to succeed, and help them learn that failure will happen and they will need to learn how to handle and how to work harder to give themselves a better chance at success.
- Teach Love of the Game (we want players to leave practice wanting to come back to the next one to build their skills and build their love)
- Positive reinforcement (keep the negativity out)
- PROVIDE PRACTICE PLANS FOR COACHES
- PROVIDE VIDEO TRAINING RESOURCES
- PROVIDE COACHDECK “CARDS” for COACHES



FMYSA Skill Mastery: 9U

9U: Baseball IQ Further Developed, Pre-Practice Routines Cemented, ARM CARE becomes a big player with ALL players, but especially for pitchers and catchers (Band work highly recommended)

- **BASEBALL IQ starts to “take off” more and more and is a requirement for player development (coach AFTER decisions)**
- **Pre-Practice routines are required to have stretching and running to warm the body up BEFORE throwing begins.**
 - Leaders clearly emerge
 - Group stretching
 - Group running
 - Teamwork and bonding
 - Consistent Throwing Drills will be provided and are strongly encouraged (Safety and Skill Development)
- Pitching is fully introduced and should include as many players as possible!
 - Arm Care is HUGE
 - Fastball and Change up ONLY!
 - League to provide “pitch count” guidelines
 - Balance, Rhythm & Timing
 - Proper Techniques are CRITICAL to LEARN at this age
 - FMYSA to provide video training
- Mental Toughness
 - Deploy strategies to help players overcome failure. We must help them develop a desire to “fight through” disappointment, work hard to build skills to give them a better chance to succeed, and help them learn that failure will happen and they will need to learn how to handle and how to work harder to give themselves a better chance at success.



FMYSA Skill Mastery: 9U - Continued

- Baserunning:
 - Lead-off's
 - Running through the bag
 - Turn or Turn and Look
 - Overthrow, look for overthrows
 - Sliding, different types of sliding, pop up, head first, etc.
 - Pick up 3B base on the way to 2B
- Offensively
 - Load – mastered by 7U
 - Understand the strike ZONE --- must choose good pitches to swing at and begin understanding your favorite part of the zone
 - Mastery; hitting 5 out of 5 coach pitch
 - Swing – Body Movement is HUGE (Load, Step, Hips, Body Motion, Athleticism, Balance, Moving towards the ball)
 - A VIDEO will be provided to encourage drill work for hitting
- Throwing Mastery of 5 out of 5 at **60** feet
- Defensively
 - Double-Cuts
 - Bunt coverages
 - Rundowns
 - Backups at all positions



FMYSA Skill Mastery: 10U

10U: Baseball IQ Further Develops, Pre-Practice Routines Cemented, ARM CARE is HUGE with ALL players, but especially for Pitchers and Catchers (Band work highly recommended)

- **BASEBALL IQ is more important and is a requirement for player development (coach AFTER decisions), allow leaders to emerge.**
- **MENTAL TOUGHNESS is mastered**
- **Pre-Practice routines are required to have stretching and running to warm the body up BEFORE throwing begins.**
 - Leaders clearly emerge
 - Group stretching/running
 - Teamwork and bonding
 - Consistent Throwing Drills will be provided and are strongly encouraged (Safety and Skill Development)
- Mini **Spring Training** at the beginning of the season
- Pitch Counts are required to be managed to include practice and games. Pitching should include as many players as possible!
 - Arm Care is HUGE
 - BAND WORK is now required pre-practice
 - Fastball and Change up ONLY!
 - League to provide “pitch count” guidelines
 - Balance, Rhythm & Timing is taught consistently
 - Proper Techniques are CRITICAL to LEARN at this age
 - FMYSA to provide video training from HS coaches
 - SAFETY is paramount.



FMYSA Skill Mastery: 10U - Continued

- Baserunning is MASTERED
 - Lead-off's
 - Running through the bag
 - Turn or Turn and Look
 - Overthrow, look for overthrows
 - Sliding, different types of sliding, pop up, head first, inside slide, outside slide, etc.
 - Pick up 3B base on the way to 2B
- Offensively
 - Load – mastered by 7U continued to be supported and developed
 - Understand the strike ZONE --- must choose good pitches to swing at and begin understanding not only your favorite part of the zone, but pitches to avoid, where you are in the count, etc.
 - Mastery; hitting 5 out of 5 coach pitch
 - Swing – Body Movement is HUGE (Load, Step, Hips, Body Motion, Athleticism, Balance, Moving towards the ball)
 - A VIDEO will be provided to encourage drill work for hitting
- Throwing Mastery of 4 out of 5 at **75** feet
- Defensively
 - Double-Cuts
 - Bunt coverages
 - Rundowns
 - Backups at ALL positions



FMYSA Skill Mastery: 11/12U

11/12U: Baseball IQ Cemented, ARM CARE remains HUGE with ALL players, but especially for Pitchers and Catchers (Band work highly recommended)

- **BASEBALL IQ is a requirement for player development (coach AFTER decisions), allow leaders to emerge**
- **MENTAL TOUGHNESS is mastered**
- **Pre-Practice routines are required to have stretching and running to warm the body up BEFORE throwing begins.**
 - Leaders clearly emerge
 - Group stretching/running
 - Teamwork and bonding
 - Consistent Throwing Drills will be provided and are strongly encouraged (Safety and Skill Development)
- Mini **Spring Training** at the beginning of the season
- Pitch Counts are required to be managed to include practice and games. Pitching should include as many players as possible!
 - Arm Care is HUGE
 - BAND WORK is now required pre-practice
 - Fastball and Change up ONLY!
 - League to provide “pitch count” guidelines
 - Balance, Rhythm & Timing is taught consistently
 - Proper Techniques are CRITICAL to LEARN at this age
 - FMYSA to provide video training from HS coaches
 - SAFETY is paramount



FMYSA Skill Mastery: 11/12U - Continued

- Baserunning requirements have been MASTERED
 - Lead-off's
 - Running through the bag
 - Turn or Turn and Look
 - Overthrow, look for overthrows
 - Sliding, different types of sliding, pop up, head first, inside slide, outside slide, etc.
 - Pick up 3B base on the way to 2B, etc.
- Offensively
 - Load – continued to be supported and developed
 - Understand the strike ZONE --- must choose good pitches to swing at and begin understanding not only your favorite part of the zone, but pitches to avoid, where you are in the count, etc.
 - Mastery; hitting 5 out of 5 coach pitch
 - Swing – Body Movement is HUGE (Load, Step, Hips, Body Motion, Athleticism, Balance, Moving towards the ball)
 - A VIDEO will be provided to encourage drill work for hitting
- Throwing Mastery of 4 out of 5 at **80** feet
- Defensively
 - Double-Cuts
 - Bunt coverages
 - Rundowns
 - Backups at ALL positions



FMYSA Skill Mastery: 13/14U

13/14U: Baseball IQ Cemented, ARM CARE remains HUGE with ALL players, but especially for Pitchers and Catchers (Band work highly recommended)

- **BASEBALL IQ is a requirement for player development (coach AFTER decisions), allow leaders to emerge**
- **MENTAL TOUGHNESS is mastered**
- **Pre-Practice routines are required to have stretching and running to warm the body up BEFORE throwing begins.**
 - Leaders clearly emerge
 - Group stretching/running
 - Teamwork and bonding
 - Consistent Throwing Drills will be provided and are strongly encouraged (Safety and Skill Development)
- Mini **Spring Training** at the beginning of the season
- Pitch Counts are required to be managed to include practice and games. Pitching should include as many players as possible!
 - Arm Care is HUGE
 - BAND WORK is now required pre-practice
 - Fastball and Change up ONLY!
 - League to provide “pitch count” guidelines
 - Balance, Rhythm & Timing is taught consistently
 - Proper Techniques are CRITICAL to LEARN at this age
 - FMYSA to provide video training from HS coaches
 - SAFETY is paramount.



FMYSA Skill Mastery: 13/14U - Continued

- Baserunning requirements have been MASTERED
 - Lead-off's
 - Running through the bag
 - Turn or Turn and Look
 - Overthrow, look for overthrows
 - Sliding, different types of sliding, pop up, head first, inside slide, outside slide, etc.
 - Pick up 3B base on the way to 2B, etc.
- Offensively
 - Load – continued to be supported and developed
 - Understand the strike ZONE --- must choose good pitches to swing at and begin understanding not only your favorite part of the zone, but pitches to avoid, where you are in the count, etc.
 - Mastery; hitting 5 out of 5 coach pitch
 - Swing – Body Movement is HUGE (Load, Step, Hips, Body Motion, Athleticism, Balance, Moving towards the ball)
 - A VIDEO will be provided to encourage drill work for hitting
- Throwing Mastery of 4 out of 5 at **90** feet
- Defensively
 - Double-Cuts
 - Bunt coverages
 - Rundowns
 - Backups at ALL positions



FMYSA Skill Mastery: 15U/HS

15U/HS: Baseball IQ Fully Cemented, ARM CARE remains HUGE with ALL players, but especially for Pitchers and Catchers (Band work highly recommended)

- **BASEBALL IQ is a requirement for player development (coach AFTER decisions), allow leaders to emerge**
- **MENTAL TOUGHNESS is mastered**
- **Pre-Practice routines are required to have stretching and running to warm the body up BEFORE throwing begins.**
 - Leaders clearly emerge
 - Group stretching/running
 - Teamwork and bonding
 - Consistent Throwing Drills will be provided and are strongly encouraged (Safety and Skill Development)
- Mini **Spring Training** at the beginning of the season
- Pitch Counts are required to be managed to include practice and games. Pitching should include as many players as possible!
 - Arm Care is HUGE
 - BAND WORK is now required pre-practice
 - Fastball and Change up ONLY!
 - League to provide “pitch count” guidelines
 - Balance, Rhythm & Timing is taught consistently
 - Proper Techniques are CRITICAL to LEARN at this age
 - FMYSA to provide video training from HS coaches
 - SAFETY is paramount



FMYSA Skill Mastery: 15U/HS - Continued

- Baserunning requirements have been MASTERED
 - Lead-off's
 - Running through the bag
 - Turn or Turn and Look
 - Overthrow, look for overthrows
 - Sliding, different types of sliding, pop up, head first, inside slide, outside slide, etc.
 - Pick up 3B base on the way to 2B, etc.
- Offensively
 - Load – continued to be supported and developed
 - Understand the strike ZONE --- must choose good pitches to swing at and begin understanding not only your favorite part of the zone, but pitches to avoid, where you are in the count, etc.
 - Mastery; hitting 5 out of 5 coach pitch
 - Swing – Body Movement is HUGE (Load, Step, Hips, Body Motion, Athleticism, Balance, Moving towards the ball)
 - A VIDEO will be provided to encourage drill work for hitting
- Throwing Mastery of 5 out of 5 at **90** feet
- Defensively
 - Double-Cuts
 - Bunt coverages
 - Rundowns
 - Backups at ALL positions



FMYSA Skill Mastery: SUMMARY

- Mastery is key for developing confidence and love of the game.
- Allowing kids to have FUN and experience play is key to keeping them engaged in the sport (for a lifetime).
- Keep the negativity out. (This includes keeping the parents negativity out.)
- A focus on: **Balance, Rhythm & Timing & Athleticism are keys to proper development and SAFETY!**
- Focus on DEVELOPMENT vs. Winning and Losing. **Practice More, Play Less.**
- FMYSA is committed to providing you with the tools and training you need to help kids safely develop skills and foster their love of the game.
- Become a **“Learner & a Developer”!**
- HUGE THANK YOU to Coach Sherman and Coach Killian for their commitment to support baseball at FMYSA.

NEXT STEPS:

These HS coaches and others will assist us with Skills & Drills nights during the season!
Coach Killian will be hosting COACHES clinics in February! (2/11 & 2/18)



Rattler Development Nights for February/March

- Mastery is key for development of critical skills.
- Mastery is achieved through REPS (correct reps)!
- Focus on DEVELOPMENT vs. Winning and Losing. **Practice More, Play Less.**
- FMYSA is committed to providing the Texas Rattlers with “Development Nights” throughout the Spring and Fall Baseball Seasons.
- Become a “**Learner & a Developer**”! **Coaches, please attend, learn and assist during these Development Nights.**

FEBRUARY SKILLS DEVELOPMENT NIGHTS:

Wednesday, February 21st: 9U & 10U, BF3 & BF4 from 7:00 – 8:30 PM

Wednesday, February 28th: 7U & 8U, BF1 & BF2 from 6:00 – 8:00 PM

THURSDAY, MARCH 15th, BF5/BF6 from 6:00-8:00 PM

****with more to come, watch Facebook****

Please come take advantage of these opportunities to connect with other players, have fun, get in some great reps and DEVELOP as a player!



Recreational Baseball Skill Development Nights

- Mastery is key for development of critical skills.
- Mastery is achieved through REPS (correct reps)!
- **Focus on DEVELOPMENT vs. Winning and Losing.**
- FMYSA is committed to providing the “Development Nights” throughout the Spring and Fall Baseball Seasons for the Recreational League.
- **Become a “Learner & a Developer”! Coaches, please attend, learn and assist during these Development Nights.**

FEBRUARY/MARCH SKILLS DEVELOPMENT NIGHTS:

Monday, February 19th 4U/5U & 6U/7U/8U Gerault GREEN 6:00-8:00 PM

Monday, February 26th 9U/10U & 11/12U Gerault GREEN 6:00-8:00 PM

Monday, March 5th 4U/5U & 6U/7U/8U Gerault GREEN 6:00-8:00 PM

Monday, March 19th 9U/10U & 11/12U Gerault GREEN 6:00-8:00 PM

****with more to come, watch Facebook****

Please come take advantage of these opportunities to connect with other players, have fun, get in some great reps and DEVELOP as a player!