

# Division-Based Skill Progression Chart

Age Division	Primary Focus	What We Teach	How Practices Should		End Goal
			Look	What to Avoid	
<b>6U/8U</b>	Introduction & Enjoyment	<ul style="list-style-type: none"> <li>Basic throwing &amp; catching</li> <li>Hitting off tee / soft toss</li> <li>Running, stopping, balance</li> <li>Fielding ground balls</li> </ul>	<ul style="list-style-type: none"> <li>Short, fast stations</li> <li>Everyone moving</li> <li>High energy, high encouragement</li> </ul>	<ul style="list-style-type: none"> <li>Score obsession</li> <li>Position labels</li> <li>Over-coaching mechanics</li> </ul>	Kids have fun and want to come back
<b>8U/10U</b>	Foundation Years	<ul style="list-style-type: none"> <li>Proper throwing mechanics</li> <li>Glove presentation</li> <li>Ground balls &amp; fly balls</li> <li>Basic footwork</li> <li>Intro hitting concepts</li> <li>Simple base running</li> </ul>	<ul style="list-style-type: none"> <li>Small groups</li> <li>High reps, low standing</li> <li>Teach the "why"</li> </ul>	<ul style="list-style-type: none"> <li>Early specialization</li> <li>Win-at-all-costs mindset</li> <li>Complex strategy</li> </ul>	Players feel real improvement
<b>12U</b>	Application & Awareness	<ul style="list-style-type: none"> <li>Throwing accuracy</li> <li>Defensive footwork</li> <li>Cutoffs &amp; relays</li> <li>Situational hitting</li> <li>Basic game IQ</li> </ul>	<ul style="list-style-type: none"> <li>Game-like reps</li> <li>Controlled competition</li> <li>Teach self-correction</li> </ul>	<ul style="list-style-type: none"> <li>Overuse of pitchers</li> <li>Fear-based coaching</li> <li>Short-term lineup decisions</li> </ul>	Ready for next level without burnout
<b>15U</b>	Refinement & Ownership	<ul style="list-style-type: none"> <li>Position specific skills</li> <li>Consistency at game speed</li> <li>Mental approach</li> <li>Role awareness</li> </ul>	<ul style="list-style-type: none"> <li>Quality reps over volume</li> <li>Player ownership</li> <li>Clear expectations</li> </ul>	<ul style="list-style-type: none"> <li>One-size-fits-all coaching</li> <li>Early exclusion</li> </ul>	Keep players confident and engaged