

Division-Based Skill Progression Chart

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