



## Fall Developmental Program

Fall 2022

**Overview:** The Angels Baseball Fall program is focused on player development. During the week, we will offer separate sessions for Hitting, Defense and Pitchers/Catchers. Saturdays will be reserved for controlled games. The model we follow in the Fall is the one used by College Baseball Programs, where the focus is strictly on the development of the player. Games are fun for the kids; but games are not the ideal environment for skill development. We also de-emphasize games in the Fall to allow for the young arms of our kids to rest and recover. Lastly, our Fall structure is also about allowing kids to play other sports. It is essential for the development of our kids to give them the freedom to play other sports or engage in other activities. Our Fall schedule gives families the flexibility to have their kids participate in Baseball on either a full-time (for those kids that do not play other sports) or part-time (for those that do play other sports) basis.

**Who can Participate:** Kids ages 9-15.

**Timeframe:** Tuesday, September 6<sup>th</sup> – Thursday, October 27<sup>th</sup>.

**Registration Options:** Parents will have the option to register their child/children for as few as one day/week or as many as four days/week.

The eight-week Fall program will consist of separate sessions for Hitting, Defense, Pitchers/Catchers and Games. Below is an overview of each session.

- **Hitting:** Wednesdays (8 Sessions: Six 90-minute sessions and Two 60-minute sessions)  
Hitting begins between the ears. You want to hit well? You have to believe you will hit any pitcher, and hit them well. You have to believe there is not a pitch you can't hit. Many kids have great swings but they routinely struggle in games because they do not come to the plate with the proper mindset. We will repeat this message to the kids throughout the Fall.

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From a skill standpoint, we want to focus on the basics: soft quiet stride; lead with the lower half; front shoulder closed; maintain connection between the hands and the body; stay balanced; and extend through the ball.

- Players will be placed into groups based on age; and will go through a series of drills focused on improving all of the components that make up a player's swing.
  
- **Defense: Mondays\*** (8 Sessions: Four 90-minute sessions and Four 60-minute sessions)  
Throwing and Catching are the most basic skills of the game; but we continually find youth players struggle to throw the ball where they want it to go and to catch the ball on a routine basis (whether it's a thrown ball or batted ball). Players need great defensive actions. Players need to be coordinated in their movements, from their feet to their head. We will focus heavily on developing proper throwing technique while becoming confident with the glove. **DEFENSE WINS GAMES!**
  - Kids will be broken out into groups based on age; and will then further be broken out by position. The majority of drills will be centered on infield play; but ALL players will participate in some drills centered around the outfield positions.

\*Seven of the eight sessions will be held on Mondays. The first session of the Fall will be held on Tuesday, September 6<sup>th</sup>, as Monday the 5<sup>th</sup> is Labor Day.
  
- **Pitchers/Catchers: Thursdays** (8 Sessions: All sessions are 90 minutes)  
Young pitchers get into trouble when they try to place the ball. Pitchers need to learn to use their entire body to throw; and they need to **ATTACK** the plate. Our pitchers need to be aggressive with their approach, just as we want them aggressive with the bat. Strikes are the key and our pitchers needs to pump the zone full of strikes.  
Catchers are the life-blood of the team. They need to set a tone. Keep the game flowing and catch EVERY ball that hits the glove. A great catcher makes a pitcher's job easier. Catchers must control the game, from receiving well to keeping baserunners from stealing bases to blocking balls in the dirt. There's no position on the field that can impact the game as much as the catcher.
  - Kids will be broken out into groups based on age and between Pitchers and Catchers. Players will go through individual drills; but, pitchers and catchers will come together on

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some days for light bullpens. The two positions will also come together at times to work on team drills such as pickoffs and PFPs (Pitchers Fielding Practice).

- **Games:** Saturdays: Six two-hour sessions. No games on 10/1. Separate games will be held for players based on age. Kids that will be 12 or younger on May 1, 2023 will participate in games on youth fields (60-ft diamonds) while kids that will be 13 or older on May 1, 2023 will participate in games on the bigger fields (90-ft diamonds). Kids that register for games will get two shirts (red and black). Each Thursday, a roster will be sent out for all teams for the weekend, assigning kids to either the red team or the black team. We will look to 'juggle' rosters each week to balance the talent while also seeing how some kids play/work with each other. All games will be played in-house; meaning, we will not play outside opponents or in a particular league. All games will be played in a controlled environment, where pitchers will be on strict pitch counts. We will also institute a maximum batter rule per inning. When on offense, teams will be limited to 3 outs, or a 6-batter maximum, whichever comes first. We will also, at times, start innings with a runner on base. Players will be put through a 30-minute pre-game routine, followed by a 90-minute game.

#### **Practice/Game Locations:**

- **Outdoor Fields:** Montgomery County does not allow for fields to be permitted until July 15<sup>th</sup>. We will announce field locations at that time.
- **Baseball Zone:** We will also reserve space at The Baseball Zone for some October sessions. Due to decreasing sunlight in the Fall, we will need to move indoors to ensure we get the most time possible for each session.
- Session location (Indoor vs Outdoor) will be indicated on the Registration form for each session.

**Apparel:** Players should dress for both performance and comfort. Players that register for a game will receive two Angels Baseball shirts, a belt and socks. For those needing an Angels hat, you can purchase one on the

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registration form. Players that play in a game should also wear grey baseball pants. The pants should be solid grey, or have a single pipe down the side.

All players should wear protective cups to games and practices. We also encourage players to wear pants to practice as many kids are discouraged from diving, or sliding, if they are wearing shorts. Shirts should be tucked in during practices and games.

**Baseball Gear:** All players are responsible to bring their own baseball equipment. Players should have their own bat, glove and helmet. Catchers should also bring their own equipment. If a catcher does not have their own equipment, please contact me and we will arrange you to get a set. Please do not hesitate to reach out to us if you need any recommendations on equipment.

- **Bats:** Kids that do not turn 13 prior to May 1, 2023 should use a bat with a barrel no bigger than 2 5/8 inches in diameter. You do not have to purchase a USA certified bat. Kids that are 13+ on or before May 1, 2023 can use any bat they'd like for the Fall; BUT, please touch base with me if you are buying a new bat for your child as we they may be playing in a league in the Spring of 2023 that could have restrictions.
- **Gloves:** We routinely see kids using gloves that are either too small or not broken in. It is strongly recommended that kids (12 and under) use a glove that fits big on their hand; but not to the point it will fall off if a ball hits it. Kids under 12 that use gloves too small struggle catching the baseball. This becomes very frustrating for the player. We also see kids using gloves that haven't been properly broken in, and are very hard, making it difficult to open and shut. The following link is a great video that gives you an idea on how to properly break in a glove, <https://www.youtube.com/watch?v=cGFcHjRSad4>.

**Session Capacity:** Sessions will be filled on a first come first serve basis. Once a session is filled, we may open new slots; but only if the demand justifies the request.

Please contact Jason Aquilante ([jaquilante@angels-baseball.org](mailto:jaquilante@angels-baseball.org)) with any questions.

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