



PRINCE GEORGE YOUTH BASEBALL ASSOCIATION

13U Selects Guidelines & Programming

Spring 2025

Overview:

The PGYBA Selects program is intended to offer a higher volume of practice and gameplay opportunities to those players who intend to pursue involvement with one of the PGYBA Knights all-star teams.

Selects programming runs through the spring season of play (April – June), prior to the beginning of the All-Star / summer season of play (July – August).

Skills and concepts taught will focus elevating players to the level required for competitive participation in the A and AA summer All-Star season.

Development Guidelines:

1. Players will be trained in multiple positions (2-3)
 - a. Rationale
 - i. Players are in an early stage of maturation. Physical development, skill sets, and baseball knowledge is still in a high growth phase and player attributes may change year to year
 - ii. In future years, players joining different teams may force players to change positions
 - iii. Positional flexibility in tournament play
2. All players will be provided with the opportunity to pitch (practice & game settings)
 - a. Rationale
 - i. Tournament play requires a high volume of competent pitchers due to pitch count limits, occurrence of injuries / sore arms
 - ii. Shortened schedules in the northern house leagues provide limited opportunities for competitive pitching opportunities

3. All players / teams / groups will be taught a common set of skills and concepts
 - a. Rationale
 - i. Summer teams will include some, but not all of the Selects players and will include players from multiple selects teams / groups; common skills and concepts will ensure continuity in the transition from Selects to All-Star participation
 - ii. Coaches will benefit from a common baseline of skills and baseball IQ as players transition to different teams and / or age divisions

4. Scheduled sessions (2 per week) will include a balance of practice and competitive gameplay
 - a. Rationale
 - i. The primary challenge for our zone is a lack of elevated competition between other associations. The selects program offers an opportunity for application of skills and concepts in an environment of elevated competition

5. *Selects* teams will be created using a balanced approach with consideration given to skill level and primary position
 - a. Rationale
 - i. While players will be learning multiple positions, they are likely to have a preferred position based on comfort, skill set, and experience they are motivated to pursue; ensuring players whose chosen primary position are distributed equally among teams will facilitate greater opportunity to train at that position

General Timeline & Progression

Dates	Phase of Season	Focus / Goals	Rationale	Resources
<p>Late April – Mid May (3 Weeks)</p> <p>2X per Week</p>	<p>Pre-Season</p>	<ol style="list-style-type: none"> 1. General Conditioning & skill acquisition 2. Pitching Foundations 	<ol style="list-style-type: none"> 1. Injury prevention 2. Reorientation to baseball movements and fundamentals after off-season 	<p>Baseball Dudes Off-Season Throwing Program</p> <p>Complete Pitching Mechanics Breakdown: Every Step Explained</p> <p>“Hands Routine” (Have your infielders do this IMMEDIATELY and see HUGE RESULTS!)</p> <p>THE TOP 4 INFIELD DRILLS (Implement These Into Your Next Practice & Watch Your Infielders Dominate!)</p> <p>5 Infield Drills for Better Footwork</p> <p>Baseball Hitting Mechanics (SIMPLIFIED!)</p>

Dates	Phase of Season	Focus / Goals	Rationale	Resources
<p>Mid May - June (6 Weeks)</p> <p>2X per Week</p>	<p>In-Season</p>	<ol style="list-style-type: none"> 3. Position Specific Skills / Concepts 4. Understand & practice situation specific scenarios (i.e. cut-offs, 1st & 3rd plays, etc.) 5. Pitching & hitting in game situations 6. Reps 	<ol style="list-style-type: none"> 3. Players learn to function at a primary & secondary position 4. Baseball IQ / Situational awareness needs to match physical skills as players progress in level 5. Pitching depth is required for tournament play 6. Build habits through repetition of game based skills 	<p>Baseball Dudes Off-Season Throwing Program</p> <p>Complete Pitching Mechanics Breakdown: Every Step Explained</p> <p>4-Hole Coverage - Fundamentals of First Base Series by IMG Academy Baseball Program (1 of 4)</p> <p>BEST Baseball Infield Drills For THIRD BASEMAN!</p> <p>Shortstop Drills - - Middle Infield Series by IMG Academy Baseball Program (1 of 4)</p> <p>3 GREAT Baseball Outfield Drills for Youth Players - YouTube</p> <p>How to Become a Better Baseball Player 3 Baseball Outfield Drills</p>

Coaching Responsibilities & Formatting

- 1. Establish 2 balanced teams to ensure healthy competition throughout the spring season**
 - a. A balance of desired primary positions and skill level are the primary considerations**

- 2. Pre-Season Meeting with all *Selects* Coaches (Head Coaches & Assistants)**
 - a. Determine roles each coach will assume within the program based on strengths & interests (i.e. Pitching coach, hitting coach, outfield coach, etc.); this facilitates consistency in messaging & allows individual coaches to focus efforts and observations on a specific area**
 - b. 2-3 Coaches per team is ideal (dependent on number of volunteers)**

- 3. Practice Planning**
 - a. Determine a Practice Format / routine for each phase of the season**
 - i. Ex. Saturday Practice (Pitching / Catching & Infield); Sunday Practice (Outfield, Baserunning, & Cut-offs / relays)**
 - b. Position coaches establish drills and progressions to be included in the practice**
 - c. Common practice plans are developed to ensure continuity in coaching and development opportunities (google drive)**

- 4. Develop a practice / game schedule based on field availability and house league schedules**
 - a. Pre-Season (2:1 practice to game ratio)**
 - i. Ex. Practice Saturday; Mini-practice Sunday followed by a game**
 - ii. *Field availability dependent**

 - b. In-Season (1:2 practice to game ratio)**
 - i. Ex. Practice Saturday; double header gameplay Sunday**