

Koa Travel Baseball- 10 Year Player Development Plan

Age Group	Organization Priority	Expectation by End of Season
10U	<ul style="list-style-type: none"> • Team- Situational baseball, IQ, and be able to take a team infield practice- including throwing around the horn • Defense- Improve catch/throw skills • Offense- Make consistent contact, while swinging hard. Begin to hit the ball to the outfield. Learn the fundamentals of bunting • Catchers- Learn to prevent passed balls • Pitching- Develop 5 pitchers (pitch count between 40-60 pitches for regular season double headers) and consistently cover home on passed balls 	<ul style="list-style-type: none"> • Situational and fundamental understanding of the game • Understand lead runners and backups • During warm ups, consistently playing catch without dropping and routinely fielding ground balls in practice • Strike out 30% or less of at bats and intro to loading • Pitchers throw 50% strikes, with two pitches, either 4 seam fastball, 2 seam fastball or changeup ONLY <p>NO BREAKING BALLS</p>
11U	<ul style="list-style-type: none"> • Team- Begin to establish roles/positions on the team (50% attention on situational baseball & 50% on skills development) Can run through a full infield/outfield practice • Defense- Learn how to turn a double play and 1st and 3rds, and bunt defense • Offense- Stay behind the ball when swinging. Primary lead and secondary leads • Catchers- Properly receiving (not framing) and footwork is- catch, right foot, left foot, and throw • Pitching- Develop 5 pitchers, learn how to hold on runners and pickoffs (pitch count 45-65 pitches) 	<ul style="list-style-type: none"> • Players have a primary and secondary position, situational understanding of the game is nearly complete, and we consistently hit the cutoff man • The team is skilled enough to turn one double play during the season. Our outfielders are catching fly balls at a rate over 75% • A consistent load and hip rotation while at the plate and can take a primary & secondary lead when on base • Pitchers throw 55% strikes, and can execute a basic pickoff move (less than 1 balk p/pitcher) • Players realize that playing outfield is not a punishment • The team can properly take a pregame infield/outfield
12U	<ul style="list-style-type: none"> • Team- Focus 30% attention on situational baseball and 70% attention on skill development • Defense- Master tandem and double cut offs, 1st and 3rd and bunt defenses. • Offense- Can hit the ball over the outfielder's head • Catchers – Gain ground when throwing out would be base stealers, master- catch, right, left, throw • Pitching- Develop 4 primary starting pitchers and 1-2 relief pitchers. Learn a breaking pitch (pitch count 50-70). 	<ul style="list-style-type: none"> • Situation baseball is perfected, and primary and secondary positions set • The team introduces 2-3 team captains- who can lead stretches and help the coaches • Pitchers throw 60% strikes, and have the ability to use 2-3 pitches. • Master pickoff move • Can effectively pitch from a slide step • Introduce breaking ball • Compete at Cooperstown

<p>13U</p>	<ul style="list-style-type: none"> • Team- Adjusting to new field dimensions. • Defense- Become familiar with bigger diamond with cuts, positioning, etc... • Offense- Can adjust to off-speed pitching • Catchers – Master the quick release and 1 hop to second base • Pitching- Develop at least 5 pitchers. Adjustment to 60ft 6in distance (pitch count 55- 70) 	<ul style="list-style-type: none"> • The team is comfortable on the new diamond. • Fielders’ have the arm strength to throw across the diamond. • Hitters recognize off-speed pitches and have success hitting curves and change ups • Pitchers throw 60% strikes, and can use 2-3 pitches effectively • Begin to prep for High School baseball (long toss and conditioning program) can complete 20 pushups without stopping and basic weight lifting movements
<p>14U</p>	<ul style="list-style-type: none"> • Team- Focus 20% attention on situational baseball and 80% attention on skill development. • Defense: Middle infielders can consistently turn double plays • Offense- Learn how to drive the baseball in both left and right center field gaps. • Catchers – Can throw runners out at second base (1 hop or all the way down), call all cuts and become on field leader • Pitching- Develop at least 6 pitchers. Master off-speed pitches (pitch count 60-80) 	<ul style="list-style-type: none"> • Players are prepared for high school baseball • All defensive situations are understood and able to be executed • Pitchers throw 65% strikes and can locate three pitches • Practices outside of practice • Conditioning is an integral part of all players regiment can do 25 pushups without stopping and understand the basics of bench press, deadlift and squat
<p>High School</p>	<ul style="list-style-type: none"> • Team- Decide if you are a pitcher (ONLY) or position player for showcases • Defense- Excellent footwork for infielders and outfielders and test arm strength from SS to 1B and RF to 3B • Catching- Call all- pitches, bunt defenses, and 1st and 3rd situations, on field leader and thumb up while receiving • Offense- Be able to hit the ball over the fence, begin thinking about walks like singles- OBP is key • Pitching- Learn how to throw to both sides of the plate, throw down in the zone, get ahead and put hitters away (pitch count 65-85) • Conditioning- Have a throwing and lifting program to improve exit and throwing velocity • Showcases & Camps- Summer after freshman year 1 showcase and 1 camp, sophomore year 1 showcase and 2 camps, and junior year 2-3 showcases and 2 camps 	<ul style="list-style-type: none"> • Become a Varsity impact player • Arm strength at least 80 mph either across the diamond or RF to 3B or from the mound (catchers’ sub 2.1 to second base) • Exit velo 85+, ground ball percentage less than 50%, individuals slug at least .450 and an OBP greater than .330 (.780 OPS) with a swing speed of 55-65 mph- DO DAMAGE AT THE PLATE • Develop 3 pitches for strikes in any count, have at least 2 pick off variations to 1B & 2B, master a slide step, and a pitch out with 65% strike percentage, with a ground ball rate of 50% or better (pitch count 65-85) • Fall in to love the weight room and conditioning (middle guys sub 7 60’ and corner guys sub 7.25P, understand a balanced diet to gain or lose weight (whatever your program is designed to do) • Create a list of tier 1-3 schools for academics and athletics, have at least two 1-3-minute video clips to send to college coaches
<p>College</p>	<ul style="list-style-type: none"> • Team- Gain as much experience against high level competition in a relaxed summer baseball environment • Defense- Fine-tune skills. • Offense- Fine-tune skills. • Pitching- Further develop all pitches (stay to your college designated pitch count). 	<ul style="list-style-type: none"> • Gain exposure to professional recruitment • Master your primary position • Be able to hit with power with a wood bat • Pitchers- throw 65% strikes, and their strikeout to walk ratio is better than 2-1 • Weight training and/or conditioning 5+ days p/week

Koa Travel Baseball 12 Month Calendar 10U-12U

Roster Size: 12-13 players

Important Dates:

Winter: ~January 25th-March 8th - Seven 1.5-hour Sunday indoor trainings (will test metrics)

Spring/Summer: ~March 15th- June 30th - 15 weeks, two 2-hour practices during the week, 1-hour Saturday hitting at Koa, and Sunday double headers. Easter Weekend we are off. 4-5 Tournaments which include Memorial Day Tournament, End of League Tournament, and 2-3 other events (will test metrics)

Fall: ~August 22nd-November 3rd -10 weeks, two 1.5-hour practices during the week, 1-hour Saturday hitting at Koa, and Sunday double headers, 1-2 fall tournaments (will test metrics)

***Our 12U team finishes their summer season in Cooperstown, NY ~July 6th -12th**

Tryouts and Commitment:

All Koa Travel players MUST tryout every October for the following calendar year. If accepted on a Koa travel team, you have Koa's commitment for the winter, spring/summer, and fall. Our goal is to keep our teams intact to build camaraderie, improve skills, and get each player ready for the next level of baseball. We will test metrics three times during the calendar year, winter, spring, and fall. Your son will receive two written end of season evaluations after the spring/summer and their three testing which includes metrics.

Koa Travel Baseball 12 Month Calendar 13U & 14U

Roster Size: 12-13 players

Important Dates:

Winter: ~January 25th-March 8th - Seven 1.5-hour Sunday indoor trainings (will test metrics)

Spring: ~March 15-May 26th - 11 weeks, two 2-hour practices during the week, 1-hour Saturday hitting at Koa and Sunday double headers. Easter Weekend we are off. Two Tournaments which an end of the spring Memorial Day Tournament (will test metrics)

Summer: ~June 1st-July 19th (6 weeks of practice, two, 2-hour practices during the week and 4-5 weekend tournaments)

Fall: ~August 22nd-November 3rd -10 weeks, two 1.5-hour practices during the week, 1-hour Saturday hitting at Koa and Sunday double headers, 1-2 fall tournaments) (will test metrics)

Tryouts and Commitment:

All players MUST tryout every October for the following calendar year. If accepted to a travel team, you have Koa's commitment for the winter and spring season. Koa will ask for a summer commitment by March 1st and commitments for fall ball will be made in early May (before May 10th). Koa offers a one season commitment at this age group, because making their high school JV team is paramount.

Koa Travel Baseball 12 Month Calendar for HS Athletes & College Program

Roster Size: 14-16 players (HS Training Program)
26-30 players (College)

Important Dates:

Summer (High School): ~June 1st- August 1st (2 local tournaments + 2 days p/week of and a weekend day of practice & 3 days p/week of weight lifting)

Summer (College): ~June 1st-July 26th (~32 games, one pre-season practice + Playoffs if we qualify)

Fall (High School): ~August 22nd-November 3rd (10 weeks, two practice during the week, Sunday double headers)

Tryouts and Commitment:

All players MUST tryout every winter for summer play. The collegiate team is typically by invitation only, however private workouts are available upon request. The goal of the high school group is to become impact Varsity players while improving their size, speed, and strength. The college players are looking to gain valuable in game experience.