

8/10u Skills Development

General Game Play

Ball, Base, Backup (strongly reinforce this concept)

If the ball is hit to me I'm going to....

Be loose, be aggressive, have fun

Catching

Receive Ball – 2 hands

Finger tips up

Throwing

Wrist snap

Over the top

Glove positioning

Footwork

Infielders

Butt down glove down

Come to the ball

Pull the ball in

Footwork on throws

1st basemen techniques (stepping to thrown ball)

Outfielders

Drop step

Catch ball between shoulders

Knee down ground balls

Running through fly balls

Communication among outfielders and infielders

Cutoffs

Base Coverage

Foot work around first base

Receiving ball and covering bases

Introduce basic footwork around 2nd base

Run downs

Basic Bunt Coverage (where applicable)

Corners Up

Pitcher/Catcher Get In There

SS to 3 - 2nd to 1st

Outfielders backup bags

Catchers (where applicable)

Proper stance
Throwing motion (short c)
Proper target
Blocking drills
Positioning for plays at plate

Pitchers (where applicable)

Mechanics, mechanics , mechanics
Location and footwork
Fielding position
1st pitch – 1st strike

Batting

Tee work
Soft toss (side, front)
Batting Stance (hands, feet, head)
Swing and follow through
Bunting techniques (where applicable)

Base Running

Running through 1st base
Breaking down foul
Never stand here approach (slide into it or round it)
Listen to coaches
Tag ups
Sliding
Taking a lead (where applicable)