

BASEBALL DEVELOPMENT PLAN FOR 8-9 YEAR OLDS

THROWING

COACHES TEACH THE PLAYERS TO LEARN GRIPS. 4 SEAM, 2 SEAM AND CHANGE UP GRIPS. FINGER TIPS ON SEAMS IF THEY CAN.

COACHES TEACH PLAYERS TO BREAK HANDS APART AFTER FIELDING AND GETTING FEET SET TO THROW/TRY TO TEACH PLAYERS TO GET THEIR ELBOW AS HIGH AS THEIR SHOULDER AND HAVE EITHER THEIR GLOVE OR ELBOW POINTING TOWARDS TARGET. THE MAX. THROW AT THIS AGE FOR MOST PLAYERS WOULD BE APPROX. 65 FEET. WORK ON LINE DRILLS AT ABOUT 45 FEET APART.

FIELDING

COACHES TEACH PLAYERS TO HAVE A GOOD STANCE FEET APART, BEND AT THE KNEES AND NOT THE WAIST. CATCH WITH BOTH HANDS BECAUSE IT'S FASTER TO GET RID OF THE BALL AFTER THE CATCH.

TEACH PLAYERS TO GET IN FRONT OF THE BALL IF THEY CAN, CHARGE THE BALL ON A SLOW ROLLER, BACK HAND THE BALL OR FOREHAND THE BALL ON A HARD LINER...FUNNEL THE BALL INTO THE BODY AND USE THE ALIGATOR METHOD WITH THE GLOVE AND THROWING HAND.

COACHES USE SOFT BALLS OR TENNIS BALLS IF NEEDED UNTIL PLAYERS BUILD UP CONFIDENCE.

HITTING

COACHES TEACH PLAYERS TO HAVE A NEUTRAL STANCE, (NOT OPEN OR CLOSED)

TEACH PLAYERS TO SQUISH THE BUG WITH BACK FOOT WITH MOST OF THE WEIGHT 60% PLUS ON BACK FOOT

TEACH PLAYERS TO HIT DOWN ON THE BALL WITH THEIR HANDS

TEACH PLAYERS TO HAVE ELBOWS POINT AT THE GROUND WHEN HOLDING THE BAT, ELBOWS / ARMS HANDS SHOULD FORM A Δ GRIP SHOULD BE WITH THE KNOCKING KNUCKELS IF THEY CAN

FLY BALLS

TEACH PLAYERS TO GET UNDER THE BALL IF THEY CAN, KEEP EYE ON THE BALL ALL THE WAY INTO THE GLOVE/ USE DRILLS TO HAVE PLAYERS MOVE AND CATCH FLY BALLS. USE TENNIS BALLS TO GET PLAYERS CONFIDENCE.

BASE RUNNING

TEACH PLAYERS TO RUN ALL THE WAY THROUGH 1ST BASE, AND ALL OTHER BASES JUST HUSTLE AND DON'T LET THE BALL HIT YOU IF YOU ARE RUNNING. IF PLAYERS SLIDE THEY MUST SLIDE FEET FIRST.