



8U Fundamentals

The team Manager and coaching staff will teach and develop the following core fundamentals during the regular recreational season:

- Throwing Techniques
 - Basic mechanics – Scarecrow, point to target, jack knife
- Catching and Fielding Techniques
 - Basic catching mechanics
 - Catching a fly ball – Basics, getting under the ball and glove up. Use of 2 hands.
 - Fielding a ground ball – triangle, rear and head down, glove and throwing hand placement.
 - Hitting the cut-off player for the outfielders
- Defensive Positions
 - Through verbal command, players should know where the positions are on the field.
 - Develop 3 catchers
 - Develop the infield positions (1st, 2nd, SS, 3rd)
- Defensive Strategies
 - Getting an out
 - Keeping the other team from scoring
 - Base stealing coverage
 - Intermediate understanding of game play – force outs, tag outs, bunt coverage, double plays
- Offensive Strategies
 - Leading off
 - Base stealing
 - Figure 4 slide
 - Watching for coach signs
 - Advancing on a passed ball
 - Running through 1st
 - Rounding the bases
- Hitting Techniques
 - How to properly hold the bat
 - Proper swing mechanics
 - Timing the swing
 - Bunting
- Pitching
 - Introduce pitching strategies and basic fundamentals
 - Develop 2-3 pitchers from your roster
- Inspire a passion for the game; get them come back next year
- Motivate more advanced players by introducing 10U advanced techniques

Season success measurements for core fundamentals:

Develop 2 pitchers who can throw strikes at least 50% of the time

Develop 2 catchers with beginner skill levels

50% of the roster can catch a fly ball

50% of the roster can throw accurately from SS to 1st base
50% of the roster can field a ground ball cleanly
75% of the roster can hit a ball pitched by a Manager/Coach
50% of the roster can hit a ball pitched by a roster pitcher
50% of the roster can consistently catch a ball thrown by a roster player
50% of the roster can bunt a pitched ball
100% of the roster gets experience at every defensive position
Prepare 2nd year 8U players for 10U
Develop 3 All Star candidates from your roster