

Warm up- PreThrowing

- Wrist/Forearm Stretch
- Big Shoulders Stretch
- Square (Robot) Wave
- The Player
- Team Jog

Throwing - Gloveless

- Ball Flip – End in Mind
- Ball to the Wall – Proper Start
- Elbow over Knee – Follow Thru

Throwing - Gloved

- Short Toss- Warmup toss
- Mid Toss – Simulate throw to 1st
- Long Toss – Extended target

Note: V Formation for beginnings

Fielding

- Hand drills
 - Fingers Up/Down
 - Diamond
 - Gator
- Rollers (grounders)
- Small Pop Flies
- 1st Base (Scissor step)
- Basics
 - Force Outs
 - Base Throws and Receiving (1st)
 - Multi base throws (2nd)
 - Cutoff drills (2nd)

Hitting

- Knocking Knuckles
- Bat on Shoulder
- Stepping off the plate
- Tee Work
 - Tee Tap
 - Slap Swing
 - Full Swing
- Live Pitch
 - No swing tap
 - Quarter swing tap
 - Full Swing

Base Running

- Run to and through 1st
- Add the turn to Second
- Alternate – attention to 1st base coach
- Rounding all the bases
- Slide feet first, avoid contact

Pitching – 8U Rookie Only

- Large strike zone
- Target across plate
- Player scissor to rubber
- Evolve to slide step (no full wind up)