

## Top Drills To Incorporate Into Your Practice:

**Machine Pitch:** Put Baseball into a 8 year old's perspective

### **YOUTUBE: A Great Source For Practice Ideas!**

#### ✓ Warm Up

- "Practice Planning 101"
  - <https://www.youtube.com/watch?v=GLQAHpbqxyo&feature=youtu.be>
- MLB INFIELD DRILLS ("Hands Routine" by Matt Antonelli)
  - <https://www.youtube.com/watch?v=SHA1orN7eHE>
- "Ron Washington runs Braves rookie Ozzie A. through fielding drills"
  - <https://www.youtube.com/watch?v=vDlnzZs4DUU>
- "The Infield Drill you should practice every day"
  - <https://www.youtube.com/watch?v=VaizYglUJdA>

#### ✓ Hitting off the Tee & Soft Toss

- How to HIT A BASEBALL (Step-By-Step!)
  - <https://www.youtube.com/watch?v=q7CPS0RYDPM>
- "Load, Stride, Swing"
  - <https://www.youtube.com/watch?v=fG7020cZM1Q&feature=youtu.be>
- Soft Toss From the Side Cal Ripken
  - <https://www.youtube.com/watch?v=O7FHkj4EUpY>
- "One Hand Drill- Cal Ripken"
  - <https://www.youtube.com/watch?v=9XkdpzNrsw0>
- "THE 7 BEST YOUTH BASEBALL HITTING DRILLS!"
  - <https://www.youtube.com/watch?v=UeJpXF55kvs>

#### ✓ Teaching how to Catch

- "Coaching Beginner Baseball | How to Catch"
  - <https://www.youtube.com/watch?v=Ohy4hOefDx4>
- "How to Teach Baseball Catching to 5-7 Year Olds"
  - <https://www.youtube.com/watch?v=2mRuWPJS64E>
- "Ripken Baseball Fielding Tip - Outfield Drop Step"
  - <https://www.youtube.com/watch?v=qvwkdxepqTk>
- "Ripken Baseball Fielding Tip - Receiving the Throw from First Base"
  - <https://www.youtube.com/watch?v=Cj5IYbBniV4>
- "Ground Ball Work - Mike Candrea"
  - <https://www.youtube.com/watch?v=XDwFdR4gluQ>



# 8U KID PITCH DRILLS



Consistency



Repetition



High Energy



Small Groups

2

## Top Drills To Incorporate Into Your Practice:

### ✓ Teaching how to Throw

- “Four-Seam Grip & Release Drill (7 & 8 yr. olds)”
  - <https://www.youtube.com/watch?v=To2QUFVrBw8>
- “One Knee Drill”
  - <https://www.youtube.com/watch?v=Xp7ble6OSFI>
- “How to Throw a Baseball - Baseball Throwing Mechanics”
  - <https://youtu.be/UHRU973uu2c>
- “Baseball Throwing Technique Drill #2 (7 & 8 Yr. Olds)”
  - <https://www.youtube.com/watch?v=1n7reOeGCvg>
- “Rifle Baseball Shadow Pitching Drills”
  - <https://www.youtube.com/watch?v=Byvv1ljkzmA>

### Practice Tips:

- Small groups, high energy, keep it moving, learn the position names, repetition...repetition...repetition but... always bring something new to each practice.
- Throw to targets: hula hoops, buckets, targets, nets, coaches.
- Engage the parents for help both in games and practices.
- If you can time it, race it, or score it... you keep their interest.
- “Target Practice” set a baseball bat upright at first base and have the kids throw from a bucket of balls to knock over the bat: Time how fast they can do it from 2<sup>nd</sup>, SS, 3<sup>rd</sup> (make teams or as one big group)
- Use golf ball whiffle balls with your soft toss routines. If they can hit these they can hit anything.
- When hitting off a Tee the batters eyes should remain on the top of the Tee all the way through their swing.
- The players should always see the ball no matter on defense or offense. The player with the ball should always look at the glove they are throwing to until the ball is received post throw.

### **YOUTUBE RESOURCES FOR ADDITIONAL IDEAS:**

1. Ultimate Baseball Training: With Coach Justin
2. Ripken Baseball: With Bill & Cal Ripken Jr.
3. YouGoPro Baseball: With John Madden