

At-Home Softball Drills (8U–14U)

A progressive guide of drills for players from 8U through 14U. Designed to improve hitting, fielding, throwing, speed, and agility at home with minimal equipment.

General Guidelines:

- Hitting:
 - <https://www.youtube.com/watch?v=J0IbU7CluDM>
- Fielding:
 - <https://www.youtube.com/watch?v=wmR1rRfUL4g&list=PL4dNufxXiNArwYS3SvBU1i6cgChYVroFh>
- Throwing:
 - <https://www.youtube.com/watch?v=URcUxaCEpYU>
- Wall Ball:
 - <https://www.youtube.com/watch?v=KuM-ce9MIGg>

8U (Intro to Fundamentals)

Hitting

- Tee work (focus on contact, not power)
- One-handed swings with a light bat
- Soft toss with tennis balls

Fielding

- Wall ball (rolled balls for glove angle)
- Barehand tennis ball rolls
- Fly ball toss with tennis balls

Throwing

- Target toss into bucket
- Knee throws for arm motion
- Step and throw, focusing on accuracy

Speed & Agility

- 10–15 ft sprint starts
- Hopscotch/lateral footwork with chalk
- Reaction game (parent points left/right)

10U (Building Consistency)

Hitting

- Tee work with inside/outside pitches
- One-handed swings (heavier bat allowed)
- Soft/front toss with real balls into a net

Fielding

- Wall ball (harder throws, glove transfer focus)
- Grounders with quick throw after fielding
- Fly ball tracking with drop step footwork

Throwing

- Target toss (accuracy contest)

- Quick glove-to-hand transfer throws
- Long toss (short distance build-up)

Speed & Agility

- 15–20 ft sprints with game starts
- Agility ladder or cones (side shuffles, in/out steps)
- Reaction tennis ball drill (catch before 2nd bounce)

12U (Game-Like Training)

Hitting

- Tee work with specific pitch locations
- Soft toss with timing emphasis
- Tracking pitches (don't swing, just call ball/strike)

Fielding

- Wall ball with stopwatch (field ® throw quickly)
- Barehand short hops with tennis ball
- Fly ball toss, including sun/shade adjustments

Throwing

- Long toss for arm strength
- Target toss under time pressure
- Quick release drills (catch ® throw within 2 sec)

Speed & Agility

- 20–25 ft explosive sprints
- Ladder drills with high knees, crossover steps
- Base running simulation (rounding bases, sliding on mat)

14U (Advanced/Competitive)

Hitting

- Tee work with situational hitting (hit behind runner, opposite field)
- Front toss/live toss with mixed speeds
- Bat speed drills (weighted bat + normal bat)

Fielding

- Wall ball with rapid-fire reps
- Advanced glove transfer + throw accuracy challenges
- Fly balls with directional calls ('left', 'right', 'back')

Throwing

- Long toss to max comfortable distance
- Target toss with moving target (player shifts side to side)
- Quick pop-and-throw drills (simulate game plays)

Speed & Agility

- 25–30 ft explosive sprints
- Reaction sprints (go on coach clap/ball drop)
- Full base running sequences (steals, leads, slides)