

# **8u Baseball Practice Drills**

## **8u Baseball Practice Drills: Maximizing Fun and Development in Young Players**

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Summary: This article provides a comprehensive look at 8u baseball practice drills, addressing the unique challenges and opportunities inherent in coaching this age group. It emphasizes the importance of fun, engagement, and age-appropriate development while outlining effective drills targeting fundamental skills. The article explores the balance between structured drills and free play, offering practical advice for coaches and parents alike.

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### **Introduction: The Unique World of 8u Baseball Practice Drills**

Coaching 8u baseball presents a unique set of challenges and rewards. At this age, players are still developing fundamental motor skills, coordination, and cognitive abilities. Effective 8u baseball practice drills need to be engaging, fun, and focused on building a solid foundation for future success. This means moving beyond rote repetition and embracing creative approaches that keep young athletes motivated and learning. Simply put, 8u baseball practice drills shouldn't feel like work; they should feel like play. This article delves into the specifics of designing effective and enjoyable practice sessions for this critical developmental stage.

# Understanding the 8u Baseball Player: Attention Spans and Developmental Needs

Before diving into specific 8u baseball practice drills, it's crucial to understand the developmental characteristics of 8-year-olds. Their attention spans are relatively short, and they're more receptive to learning through play and positive reinforcement. Therefore, 8u baseball practice drills should be varied, short, and engaging, incorporating elements of fun and games. Overly long or repetitive drills will quickly lead to boredom and disengagement. Remember, the goal isn't just to teach skills but to foster a love for the game.

## Fundamental 8u Baseball Practice Drills: Building a Solid Base

The core of any effective 8u baseball practice should focus on building fundamental skills. These include:

### 1. Throwing:

**Soft Toss:** A simple yet effective drill to improve throwing accuracy and arm strength. Start close, gradually increasing distance as accuracy improves. Use a variety of targets (cones, buckets) to add challenge.

**Partner Throws:** Players pair up and practice throwing to each other, focusing on proper mechanics (grip, throwing motion, follow-through). Introduce different throwing distances and angles.

**Around the Horn:** A classic drill that enhances throwing accuracy and arm strength in a fun, game-like setting.

### 2. Catching:

**Soft Toss Catching:** Similar to throwing, start close and increase distance as skills improve. Emphasize soft hands and proper glove positioning.

**Partner Catching:** Players practice catching throws from each other, focusing on proper technique and hand-eye coordination. Vary throwing speeds and angles.

**Pop Fly Catching:** Practice catching pop flies, focusing on proper positioning, tracking the ball, and making the catch.

### 3. Hitting:

**Soft Toss Hitting:** Perfect for building hand-eye coordination and developing proper swing mechanics. Focus on contact and making solid contact.

**Tee Ball:** A great way to improve swing consistency and develop bat control. Vary the height of the tee to practice different types of pitches.

**Whiffle Ball:** Lightweight and easy to hit, making it perfect for developing timing and swing mechanics in a fun environment.

#### 4. Fielding:

Ground Ball Fielding: Practice fielding ground balls focusing on proper footwork, glove positioning, and throwing technique. Use different angles and distances.

Pop Fly Fielding: Similar to catching, but focused on proper positioning and communication with teammates.

Reaction Drills: Use quick throws or balls rolled randomly to improve reaction time and hand-eye coordination.

### **Advanced 8u Baseball Practice Drills: Challenging the Players**

Once players master the fundamentals, you can introduce more advanced 8u baseball practice drills to further challenge their skills:

Base Running Drills: Focus on lead-offs, stealing bases, and sliding techniques.

Situational Hitting: Practice hitting with runners on base, focusing on advancing runners and scoring runs.

Defensive Plays: Practice executing double plays, cutoffs, and relays.

Game Simulations: Create short game situations to put skills to the test in a more game-like setting.

### **Incorporating Fun and Games into 8u Baseball Practice Drills**

The key to keeping 8-year-olds engaged is to make practice fun. Incorporate games and competitions into your drills:

Relay Races: Combine throwing, catching, and running into a fun competition.

Accuracy Challenges: Award points for accurate throws and catches.

Team Competitions: Divide players into teams and compete in various drills.

### **The Importance of Positive Reinforcement and Coaching Techniques**

Positive reinforcement is crucial for young players. Focus on effort and improvement rather than just results. Offer encouragement, constructive feedback, and celebrate successes. Avoid harsh criticism and focus on building confidence and a love for the game.

### **Creating a Structured Yet Flexible Practice Plan**

While structure is essential, flexibility is equally important. Be prepared to adjust your plans based on the players' needs and engagement levels. Allow for some free play and let the players have some fun.

## **The Role of Parents in 8u Baseball Practice Drills**

Parents can play a significant role in supporting their children's development. Encourage them to practice regularly, offer support and encouragement, and avoid putting undue pressure on their performance.

## **Conclusion**

Effective 8u baseball practice drills are about more than just skill development; they're about building a foundation of love and enjoyment for the game. By focusing on fundamentals, incorporating fun and games, and providing positive reinforcement, coaches can create a positive and productive practice environment that helps young players develop their skills and grow their passion for baseball. Remember to adapt drills to the players' skill levels and ensure that practice is both challenging and enjoyable. The goal is to create confident, skilled players who love the game and are eager to learn.

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## **FAQs**

1. How long should an 8u baseball practice be? Practices should typically last between 60-90 minutes, with shorter, more frequent sessions preferred over longer, less frequent ones.
2. How many drills should I include in a practice? Aim for 3-4 main drills focusing on different aspects of the game, with shorter, supplementary drills interspersed.
3. What if some players are significantly better than others? Adapt drills to accommodate different skill levels. Offer individualized attention and challenges.
4. How can I keep players engaged during drills? Incorporate games, competitions, and positive reinforcement. Vary the drills to prevent boredom.
5. What are the most important skills to focus on at the 8u level? Throwing, catching, hitting, and basic fielding are the foundations.
6. How do I deal with frustrated players? Offer encouragement, positive feedback, and focus on

effort rather than results. Provide individualized attention and adjust drills accordingly.

7. What equipment do I need for 8u baseball practice? Soft toss balls, tees, whiffle balls, cones, bases, and gloves are essential.

8. How can I make practice fun and enjoyable? Incorporate games, competitions, and rewards. Let players have some input in the activities.

9. What if a player is consistently struggling with a specific skill? Offer extra practice time and individualized attention. Consider working with a qualified instructor if necessary.

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## **Related Articles:**

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2. Hitting for Contact: Effective Tee Ball Drills for 8u Players: Explores tee ball variations and techniques to help young players develop consistent contact and improve batting skills.

3. Fun Fielding Drills to Engage Young Baseball Players (8u): Provides creative and engaging fielding drills designed to improve reaction time, hand-eye coordination, and fundamental fielding techniques.

4. Base Running Techniques for 8u Baseball: Lead-offs, Stealing, and Sliding: Covers essential base running techniques to help young players develop speed, agility, and awareness on the bases.

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7. Understanding the Psychology of Coaching 8u Baseball: Explores motivational techniques and communication strategies for effectively coaching young players.

8. The Importance of Positive Reinforcement in Youth Baseball Coaching: Highlights the impact of positive reinforcement on young players' development and confidence.

9. Selecting the Right Baseball Equipment for 8u Players: Provides a guide on selecting age-appropriate and high-quality baseball equipment.

**8u baseball practice drills: Youth Baseball Drills** Marty Schupak, 2005 Youth Baseball Drills features helpful tips to make on-field practice more fun and can be employed to develop players' understanding, skills, and love for the sport.

**8u baseball practice drills: Survival Guide for Coaching Youth Baseball** Daniel Keller, 2011-01-25 You volunteered to coach the local baseball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Baseball* has the answers. In *Survival Guide for Coaching Youth Baseball*, longtime coach Dan Keller shares his experiences and provides advice you can rely on from the first practice to the final game. From evaluating players' skills and establishing realistic goals to using in-game coaching tips, it's all here—the drills, the strategies, and most important, the fun! Develop your team's fielding, catching, throwing, pitching, and hitting skills with the *Survival Guide's* collection of the game's best youth drills that young players can actually use. Best of all, you'll be able to get the most out of every practice by following the ready-to-use practice plans. *Survival Guide for Coaching Youth Baseball* has everything you need for a rewarding and productive season.

**8u baseball practice drills: Baseball Skills and Drills** Mark Johnson, 2001 Top college baseball coaches offer drills for players at all levels. Focuses on hitting, baserunning, fielding, pitching, and catching.

**8u baseball practice drills: *Coaching Youth Baseball the Ripken Way*** Cal Ripken, Jr., Bill Ripken, Scott Lowe, 2006-12-15 Coaching young players, developing their skills, and cultivating a love for the sport may be the most rewarding experience baseball can offer. Cal and Bill Ripken understand this like few others. From their father, Cal Sr., a legend in the Baltimore Orioles organization for 37 years, they learned to play the game the right way. Those lessons, paired with their combined 33 years of big league experience, helped develop the Ripken Way, a method of teaching the game through simple instruction, solid explanations, encouragement, and a positive atmosphere. In *Coaching Youth Baseball the Ripken Way*, Cal and Bill share this approach to coaching and development. Whether you're teaching your children at home, managing the local travel team, or working with high school-level players, *Coaching Youth Baseball the Ripken Way* will help you make a difference both on and off the field, with these features: More than 50 drills covering defense, hitting, pitching, and baserunning Age-specific practice plans for players ranging from 4 to 15+ Strategies for setting goals and reasonable expectations for your players and team Advice on communicating with parents, players, and staff Methods for creating a positive and fun environment in which kids can learn the skills and strategies of the game Bill Ripken was once voted by his peers as one of the big league players most likely to become a manager. Cal Ripken, Jr., known as baseball's Iron Man, is a member of the game's All-Century Team and a future Hall of Famer. Together, they are proof positive that the Ripken Way is the right way to teach the game of baseball.

**8u baseball practice drills: Coaching Baseball For Dummies** The National Alliance For Youth Sports, 2011-04-18 If you are a baseball fan, then coaching youth baseball is one the most enjoyable and rewarding activities you'll experience. But what if you've never coached before? Or you haven't played the game in a while and have forgot some key points to the sport? No worries! *Coaching Baseball for Dummies* guides you through the rules of the game, explaining all the essential skills and the best ways to teach them to your players. Covering different age groups and great practice routines, this guide is all you need to have a fun-filled season. You'll discover how to: Fulfill the role of being a coach and parent Develop a coaching philosophy Understand how your league works Evaluate your team Teach your players fundamentals Understand all kinds of children Create your practice plan Prepare for game day Overcome challenges and problems This plain-English guide also shows you how to run all kinds of drills, from hitting and pitching to fielding and base running. And when your team is tense or low on morale, it shows you how to relax your players and keep them focused on the game. There are also suggestions for making your season, and theirs, a memorable one. *Coaching Baseball for Dummies* shows you how much fun it can be to train kids to be athletes, have good sportsmanship, and work together as a team.

**8u baseball practice drills: *T Ball Skills and Drills*** Marty Schupak, 2017-01-10 *T-Ball Skills & Drills* presents 37 creative drills that T-Ball coaches and parents can do with their team or with their

own kids at home. Over a million kids participate in T-Ball every year. Hitting fundamentals, throwing, baserunning, and fielding are just some of the skills covered. Coaches need to be creative to keep kids stimulated in practices and during games. Many of the drills in T-Ball Skills & Drills use common household items as props. The drills give useful hints for skills like throwing and catching fly balls that will make it achievable for 5, 6, and 7 year old kids. Other important T-Ball issues are emphasized such as safety. This book is appropriate for all T-Ball coaches and parents. Children as young as four up to seven years old will learn useful skills should they continue playing baseball or softball.

**8u baseball practice drills: *The Baseball Drill Book*** Bob Bennett, American Baseball Coaches Association, 2004 Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

**8u baseball practice drills: *Catching-101*** Xan Barksdale, 2011-07-28 CATCHING-101: The Complete Guide for Baseball Catchers is the most comprehensive book ever written for baseball catchers. It contains tips, drills, and proper mechanics that will help every catcher or coach better understand the most difficult position on the field. This book contains information on EVERY aspect of catching that Coach Barksdale has learned through his years of experience from coaching nationally ranked NCAA teams, and playing at almost every level from Little League to professional baseball. A few of the topics covered in CATCHING-101 are: Receiving Blocking Catching Pop Flies Throwing Fielding Bunts Plays at Home Plate Drills Pitchouts Pass Balls/Wild Pitches Giving Signals And More! If you have been searching for a source with lots of high quality information about catching, this is the book for you! CATCHING-101 was written by Coach Xan Barksdale who is currently an NCAA Division I baseball coach and an ex-professional baseball player. Coach Barksdale played in the Atlanta Braves organization and has been a featured speaker at the prestigious ABCA (American Baseball Coaches Association) national convention.

**8u baseball practice drills: *Baseball Hitting Drills for a Batting Tee*** Doug Bernier, Sarah Bernier, 2015-01-31 20 baseball hitting drills, accompanied by 20 streaming videos - one to describe and demonstrate each drill in the book. Illustrated with full color diagrams, and includes bonus material. Written by professional baseball player

**8u baseball practice drills: *Winning Baseball*** Trent Mongero, 2011 From age-appropriate drills to motivation strategies, this step-by-step guide to youth baseball offers all the information parents and coaches need to help young players reach their full potential.

**8u baseball practice drills: *Catapult Loading System*** Joey Myers, 2018-02-14 My son at 10yo (90-lbs) is highly coach-able. I taught him the system in February and he hit well during the season but could only hit the ball around 180'. Then all of a sudden around June he started killing the ball. He was hitting home runs every game and hit a ball at least 250-feet - Michael Parillo (via email) Sick of struggling to help hitters drive the ball hard with more consistency? Dramatically increase power without sacrificing swing quality. Literally thousands of coaches across the nation are getting predictably positive results with hitters using the CLS system. How? By applying human movement principles validated by REAL science to hitting a ball, and NOT bro-science. THIS STEP-BY-STEP GUIDE TO CONSISTENT POWER TEACHES: How to master a handful of human movement principles, so you can slice the teach hitting learning curve in half. How to effectively load the body, so your hitters can optimize their batted ball distance potential. How elite-hitters are revealing ways to hit balls with High-Exit-Speeds, swing after swing, using three elements a 4-year-old can understand. Why 'loading and exploding the hips' is bad for lower back, and how to teach hitters a highly effective but SAFE swing. THE NEW EXPANDED EDITION INCLUDES: 'How to practice' section at end of each movement principle Chapter. How to train a 2-year-old to hit a moving ball (proof that NOT only elite hitters can be taught these movements). Why pitchers are taught to pitch around ineffective swing paths, and how to turn their weapon against them. Why coaches MUST focus their hitters' efforts on targeting and elevating pitches low in the zone. How to teach timing and get hitters on-time more often in games.

**8u baseball practice drills: *Youth Baseball Drills*** Peter M. Caliendo, 2014

**8u baseball practice drills: *Heads-Up Baseball*** Ken Ravizza, Tom Hanson, 1995-06-01 This book provides practical strategies for developing the mental skills which help speed you to your full potential.---Dave Winfield What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with. -- Hank Aaron Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential. -- Dave Winfield

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**8u baseball practice drills: *Youth Baseball Bible*** Dan Gray, 2018-12-08 Youth baseball instruction guide for coaches, parents and players. Written by Dan Gray, former MLB catcher with the LA Dodgers and who now runs a two-location instructional academy in Mount Kisco and Port Chester, NY.

**8u baseball practice drills: *Hitting with Torque*** Paul F. Petricca, 2017-11-07 Paul Petricca draws on his experience as a coach, player, blogger, and student of baseball and softball to share what he's learned about hitting in this essential guide for players seeking dramatic results at the plate. The author presents easy to understand hitting mechanics highlighting how the engineering concept of torque can be applied to hitting and is often the difference between a weak groundball or a long home run. Topics covered include understanding where hitting power really comes from and the importance of increasing bat speed through the fundamentals of a repeatable and powerful rotational swing. Hitters of all ages who adopt his eight hitting keys will enjoy a dramatic increase in bat speed and power almost immediately. *Hitting with Torque* is more than a set of hitting mechanics---it's a mindset. Readers will be challenged to look past the worn-out hitting theories and myths that have been holding back hitters from reaching their full potential. With an open mind and practice, all hitters can unlock the power and consistency that is *Hitting with Torque*.

**8u baseball practice drills: *Play Baseball the Ripken Way*** Cal Ripken, Jr., Bill Ripken, Larry Burke, 2005-01-25 Every year, hundreds of thousands of children play "Cal Ripken Baseball" in the largest division of Babe Ruth League, Inc. *Play Baseball the Ripken Way* is the ultimate guide to playing the game, by one of the sport's living legends. Baseball is America's national pastime, but that doesn't mean we're all born naturals. Kids of all ages (and their parents) are eager to improve specific skills, and now they can learn from one of the most respected baseball families in history. Cal and Bill Ripken have written a thoroughly illustrated instructional book that clearly explains proper baseball fundamentals—hitting, fielding, baserunning, pitching, and much more. Based on the teachings of the late Cal Ripken, Sr., a player, coach, manager, and scout in the Baltimore Orioles system for thirty-seven years, *Play Baseball the Ripken Way* shows players just what they need to do to be their best while maintaining a sense of fun and accomplishment with every new lesson. The Ripken Way consists of the following principles: \*Keep It Simple: Teaching that is too complicated is difficult to remember and can result in frustration. \*Explain Why: A teacher who



cannot explain why is not truly teaching. Lessons that make sense will stick with players. \*Celebrate the Individual: No two players are alike, so why treat them as if they are? \*Make It Fun: The game gets serious enough quickly enough on its own. Drills and instruction should be structured so that players can enjoy themselves while learning. The book also includes tips for parents and coaches, practice workouts, and drills for players of every level.

**8u baseball practice drills: Softball Skills & Drills** Judi Garman, Michelle Gromacki, 2011-02-14 Looking for the ultimate book to help you learn and master softball's essential skills? Look no further than the guide that has helped develop the game's top players and most successful teams. This new edition of *Softball Skills & Drills* is completely updated with more skills, more drills and strategies, and more of the stellar instruction that have made it the top-selling title on the sport. Judi Garman, one of the winningest coaches in NCAA history, teams with Cal State Fullerton's Michelle Gromacki to share their secrets to developing and mastering every aspect of the game. With step-by-step instruction, full-color photo sequences, technique tips, and unique insight into the game, you'll learn every fundamental skill: •Hitting •Bunting •Slap Hitting •Baserunning •Sliding •Fielding •Throwing •Pitching •Catching And with over 230 of the game's best drills, coverage of team offense and defense, pitch selection, pitch recognition, and in-game strategies, *Softball Skills and Drills* is simply the most comprehensive and practical guide on the sport. Whether striving to become a complete player or preparing your team for another championship run, *Softball Skills & Drills* is the one book you cannot be without.

**8u baseball practice drills: Baseball Strategies** Association American Baseball Coaches, 2018

**8u baseball practice drills: The Matheny Manifesto** Mike Matheny, Jerry B. Jenkins, 2015-02-03 St. Louis Cardinals manager Mike Matheny's New York Times bestselling manifesto about what parents, coaches, and athletes get wrong about sports; what we can do better; and how sports can teach eight keys to success in sports and life. Mike Matheny was just forty-one, without professional managerial experience and looking for a next step after a successful career as a Major League catcher, when he succeeded the legendary Tony La Russa as manager of the St. Louis Cardinals in 2012. While Matheny has enjoyed immediate success, leading the Cards to the postseason four times in his first four years—a Major League record—people have noticed something else about his life, something not measured in day-to-day results. Instead, it's based on a frankly worded letter he wrote to the parents of a Little League team he coached, a cry for change that became an Internet sensation and eventually a "manifesto." The tough-love philosophy Matheny expressed in the letter contained his throwback beliefs that authority should be respected, discipline and hard work rewarded, spiritual faith cultivated, family made a priority, and humility considered a virtue. In *The Matheny Manifesto*, he builds on his original letter by first diagnosing the problem at the heart of youth sports—it starts with parents and coaches—and then by offering a hopeful path forward. Along the way, he uses stories from his small-town childhood as well as his career as a player, coach, and manager to explore eight keys to success: leadership, confidence, teamwork, faith, class, character, toughness, and humility. From "The Coach Is Always Right, Even When He's Wrong" to "Let Your Catcher Call the Game," Matheny's old-school advice might not always be popular or politically correct, but it works. His entertaining and deeply inspirational book will not only resonate with parents, coaches, and athletes, it will also be a powerful reminder, from one of the most successful new managers in the game, of what sports can teach us all about winning on the field and in life.

**8u baseball practice drills: Changing the Game** John O'Sullivan, 2013-12-01 The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. *Changing the Game* gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call

to action to return youth sports to our kids.

**8u baseball practice drills: Youth Baseball Coaching** John T. Reed, 2000 In this guide for youth baseball coaches, experienced coach John T. Reed demonstrates how he has achieved extraordinary results by focusing on players' innate skills in areas such as base running, waiting for a good pitch, and fielding.

**8u baseball practice drills: Play Baseball the Ripken Way** Cal Ripken (Jr.), Bill Ripken, Larry Burke, 2004 Features illustrated guidelines on baseball fundamentals as drawn from the late Cal Ripken, Sr.'s years as a coach and manager and Cal Ripken Jr.'s record-making career, in a primer with complementary information for parents and coaches.

**8u baseball practice drills: Taking on the Title of Coach** Duke Baxter, Steve Nikorak, 2017-07-12 Bridgewater's own Duke Baxter and Steve Nikorak have joined forces to tackle one of the most daunting tasks of parenthood, taking on the title of Coach. Every parent that has stepped up and accepted the responsibility to coach their child's youth baseball team has felt that warm sense of pride and excitement, soon to be replaced by sheer terror. What am I going to do with a bunch of 7-year olds! This book is for every parent that has taken on the title of Coach but didn't have a clue what to do next. Duke Baxter, former professional baseball player and CEO of Zoned Sports Academy and Steve Nikorak, former professional baseball player and Coach at Zoned Sports Academy share their coaching wisdom in a simple 5-step guide for even the most reluctant of sports parents. This book covers everything from how to run a practice appropriate for the age group to fun drills that will keep all players engaged to what is a baseball knee and how should I use it. Each of the 5-steps also shares key Diamondisms, from the Dominate the Diamond secrets to success. These unique insights, little nuggets are the grit that makes the difference in making a successful coach.

**8u baseball practice drills: Jeff Burroughs' Little League Instructional Guide** Jeff Burroughs, 1994 As millions of Little League fans around the world know, Jeff Burroughs is coach of the two-time Little League world champions, the Long Beach All-Stars. In Jeff Burroughs' Little League Instructional Guide, he shares with other coaches and parents the lessons he has learned in the big and little leagues, on the field, on the bench, and in the dugout.

**8u baseball practice drills: Baseball Just for Kids** Jerry Kasoff, 1996 Written for 8-12 year olds, this book covers basic rules plus and strategies to make you a better player.

**8u baseball practice drills: Dear Baseball Gods: A Memoir** Dan Blewett, 2019-04-08 Dear Baseball Gods, Why didn't you look out for him? Didn't he deserve better? He hustled, competed, and played the game the right way. What happened wasn't fair. A Second Comeback Dan sat by a tree, staring at the ground trying to decide what he would do next. The doctor had just explained that everything he worked for was now ruined. A second Tommy John surgery? Does anyone come back from that? Is my career over? Is this it? A Winding Road to the Top As a walk-on in college, Dan had to earn everything. He pitched on three hours sleep, lived in the clubhouse, played for a team that collapsed mid-season, and endured more arm pain than any kid should. A Way to Move On When finally forced to hang up his cleats, Dan looked in the mirror and didn't recognize the man peering back. If no longer a ballplayer...what would he do? What had been the point of it all? Who was he? The Deeper Side of Life as an Athlete In this philosophical memoir, written as a series of letters, you'll learn that the pinstripes don't wash off so easily.

**8u baseball practice drills: *Coaching Youth Softball*** Babe Ruth League, Inc., 2019-01-22 Congratulations on your commitment to coach youth softball. If you're new to coaching, you'll find *Coaching Youth Softball* invaluable in making your first season a success. If you have previous coaching experience, you're sure to discover tips and strategies that will help you improve on last year. *Coaching Youth Softball* will help you manage your team with confidence. This age-specific and field-tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach; communicate with players, officials, other coaches, and parents; teach softball skills and strategies using a combination of 27 drills and 39 coaching tips; minimize the risk of injury, establish a safe playing environment, and administer basic first aid; plan and conduct efficient practices; manage your team on game day; and keep it all fun. Written for coaches of

players ages 18 and under, this book is a valuable component of the Coaching Youth Softball the Babe Ruth League Way online course, the official certification course of Babe Ruth League, the premier amateur baseball and softball program in the world. With this book, you will create and nurture an athlete-centered environment that promotes player development, enjoyment, motivation, safety, and sportsmanship—an environment that inspires players to perform at their best and come out for the team year after year.

**8u baseball practice drills: Youth Baseball Drills** Peter Caliendo, 2014-04-28 Coaches know the importance of drills. The cornerstone of most practices, they are essential in developing player skills and team execution. For younger players, however, the best drills go one step further. They engage the player, promote teamwork, and establish a lifelong love of the game. Youth Baseball Drills is a comprehensive collection of more than 100 of the very best team drills for young players and their coaches. Developed specifically for players aged 6 to 18, the drills teach and reinforce fundamental skills such as these: • Hitting • Bunting • Fielding • Catching fly balls • Throwing • Pitching • Base running Easy to understand and easier to implement, each drill is accompanied by step-by-step instructions, equipment needs, field diagrams, and key coaching points. And the ready-to-use 30-, 60-, and 90-minute practice plans help coaches put them to use and create enjoyable and productive practices. With variations and progressions for difficulty, Youth Baseball Drills has something for every coach and every player. It is a must-have guide for anyone wanting to teach youngsters how to play, and enjoy, the game of baseball.

**8u baseball practice drills: Just Tell Me I Can't** Jamie Moyer, Larry Platt, 2013-09-10 An extraordinary -- and surprising -- memoir from Jamie Moyer, who at age 49 became the oldest pitcher to ever win a game in the major leagues. Long-time fans of the National Pastime have known Moyer's name for more than 25 years. That's because he's been pitching in the bigs for all those years. With his trademark three pitches - slow, slower, and slowest - the left-handed Moyer is a pinpoint specialist whose won-lost record actually got better as he got older -- from his 20s to his 30s and into 40s. He's only a few wins shy of 300 for his amazing career. But this is where the book takes an unusual turn. Moyer was just about finished as a big leaguer in his mid-20s until he fatefully encountered a gravel-voiced, highly confrontational sports psychologist named Harvey Dorfman. Listening to the in-your-face insights of Dorfman, Moyer began to re-invent himself and reconstruct his approach to his game. Moyer went on to become an All-Star and also a World Series champion. Yogi Berra once observed that Half of this game is 90% mental. And Moyer's memoir proves it.

**8u baseball practice drills: Lau's Laws on Hitting** Charley Lau, 2000-05-01 After working as a minor league hitting instructor, Charley Lau Jr. began his quest to resolve the myths and misunderstandings on how to hit a baseball in the most effective way possible. This book not only includes the secret ingredients to building the most dynamic swing possible, but he shows, step-by-step, how to teach yourself or your students.

**8u baseball practice drills: How to Coach Tee Ball Without Going Insane** Robert Doss, 1998-06

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