

8U

We expect our players to develop proper softball skills and a growing knowledge of the game. What you teach these girls at the 8u Level is critical to their development and ability to successfully move up through our softball program. Developing pitchers and catchers at the 8U level is crucial to their development, your teams success and the growth of the league.

As coaches you are asked to prepare these girls by working with them to master some basic softball skills and introduce more intermediate skills.

Basic Skills-

- Execute the basics of a batting stance.
- Automatically run to first base upon hitting the ball.
- Identify bases and home plate on the field.
- Understand and execute a "Ready Position" in the field.
- Field a ground ball using the "Alligator" technique.
- Step with the proper foot and throw to a general target.
- Catch a ball.

By the end of this Season, we want our 8U softball players to....

- Visually track and swing with urgency at a pitched ball.
- Knows the basics of Bunting.
- Run with urgency through first base, break down and look for coach instruction.
- Round first base and run to second base upon a coach's instruction.
- Makes an attempt to slide or slides safely at appropriate bases.
- Move to field a ground ball and throw with general accuracy to a given target.
- Catch a thrown ball to complete a force out at a base.
- Catch a medium-high pop up.
- Understand basic rules of softball (i.e., out vs. safe, runs, fair vs. foul ball, etc.)
- Has basic softball situational awareness (i.e. If a ball is hit on the left side of the field where do I go?)