

STANLEY BOYD



8U BASEBALL 2026 Handbook

• 2 Hours/Practice • Beginner–Intermediate Level

Warm-Up	Hitting Stations	Break	Defensive Stations	Wrap-Up
30 min	4 stations × 9 min + 3 rotations × 1 min	5 min	4 stations × 9 min + 3 rotations × 1 min	5 min

Built for fun, skill development, and love of the game.

PRACTICE 1	8U Youth Baseball
Theme: Stance, Grip & Making Contact	2-Hour Practice Plan

WARM-UP 0:00–0:30	HITTING STATIONS 0:30–1:12	BREAK 1:12–1:17	DEFENSE STATIONS 1:17–1:59	WRAP-UP 1:59–2:00
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WARM-UP | 30 Minutes (0:00 – 0:30)

Activity	Description	Duration
Team Huddle & Stretch	Circle up, introduce coaches and players. Light arm circles, leg swings, and trunk rotations. Coach leads the count.	5 min
Jog the Bases	Jog around all four bases together as a team. Focus on touching the inside corner of each base — not the top.	5 min
Throwing Warm-Up	Partners 20 ft apart. Overhand throws with a step — step toward your partner every time. Two-handed catches. Move to 25 ft if comfortable.	8 min
Fun Activity: Freeze Tag on Bases	Players run the bases freely. Coach blows whistle — everyone must freeze on the nearest base. Last one moving is 'it.' Builds base awareness.	7 min
Water Break & Station Setup	Players get water while coaches set up stations.	5 min

HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Grip & Stance Check	Check each player's grip: door-knocking knuckles aligned. Feet shoulder-width, knees slightly bent, weight balanced. Get into stance 5 times on coach's signal.	9 min
ROTATE — Players move to next station 1 minute			
Station 2	Tee Work — Waist Height	Set tee at waist height. Swing and make solid contact. Coach watches for head staying down and two hands through the swing. 8–10 swings each.	9 min
ROTATE — Players move to next station 1 minute			
Station 3	Rope Bat — Feel the Swing	Introduce the Rope Bat. Explain: if you swing correctly, the rope stays taut and the barrel snaps through the zone. If you cast or arm-bar, the rope goes slack and floppy. Let each player take 5–6 slow, deliberate swings and simply feel the difference. No balls yet — just getting comfortable with the tool.	9 min
ROTATE — Players move to next station 1 minute			
Station 4	Soft Toss — Side Toss	Coach kneels to the side and tosses gently into the hitting zone. Player swings and tries to make contact. Use real or wiffle balls. 8–10 swings each.	9 min

WATER BREAK & REST — 5 Minutes (1:12 – 1:17)



DEFENSIVE STATIONS | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3

Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Athletic Ready Position	Feet shoulder-width, knees bent, weight on balls of feet, hands in front. Coach rolls grounders — players must be in ready position before each one.	9 min
ROTATE — Players move to next station 1 minute			
Station 2	Two-Hand Grounders	Coach rolls medium-speed grounders. Player charges slightly, gets low, fields with glove on ground and bare hand covering on top. Field 8 in a row.	9 min
ROTATE — Players move to next station 1 minute			
Station 3	Overhand Throw to First	After fielding a grounder, player steps toward first base and throws to coach standing there. Emphasize stepping with opposite foot and throwing overhand.	9 min
ROTATE — Players move to next station 1 minute			
Station 4	Pop Fly Practice	Coach tosses ball 10–15 ft in the air. Player gets under it, calls 'I got it!', and catches with two hands. Move feet early — don't wait for the ball.	9 min

Coach's Note: Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

PRACTICE 2

Theme: Swing Mechanics & Fielding Fundamentals

8U Youth Baseball




2-Hour Practice Plan

WARM-UP 0:00–0:30	HITTING STATIONS 0:30–1:12	BREAK 1:12–1:17	DEFENSE STATIONS 1:17–1:59	WRAP-UP 1:59–2:00
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WARM-UP | 30 Minutes (0:00 – 0:30)

Activity	Description	Duration
Team Huddle & Review	Quick quiz: what's the grip cue? (Door-knocking knuckles.) What do we do in ready position? High-fives for correct answers.	4 min
Dynamic Warm-Up	High knees down the foul line, butt kicks back, then shuffle sideways both directions. Gets legs and hips loose.	6 min
Stretches	Leg swings front-to-back and side-to-side, arm swings across the chest, hip circles. Coach leads, players count to 8 each.	5 min
Throwing Warm-Up	Partners at 25 ft. Focus on crow-hop: catch, small skip-step, then throw. Builds a consistent pre-throw rhythm.	8 min
Fun Activity: Simon Says Baseball	'Simon says get in your batting stance... Simon says get in ready position...' Reinforces both hitting and fielding positions in a fun way.	7 min

HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Tee Work — High & Low Zones	Set tee high (chest), then low (below the knee). 4 swings at each height. Teach players to bend their knees more for low pitches instead of reaching down.	9 min
 ROTATE — Players move to next station 1 minute			
Station 2	Hip Rotation Drill	Player places hands on hips (no bat). Coach calls 'go' — player rotates hips open toward the pitcher. Feel how the hips lead. Then add the bat and swing.	9 min
 ROTATE — Players move to next station 1 minute			
Station 3	Rope Bat — Tee Contact	Now use the Rope Bat on the tee with foam or wiffle balls. Player swings and tries to make solid contact. Coaching cue: 'Keep the rope tight — if it goes slack before you hit the ball, your hands got away from your body.' 6–8 swings each, reset and repeat.	9 min
 ROTATE — Players move to next station 1 minute			
Station 4	Swing & Freeze Finish	After each swing off a tee or soft toss, player freezes at the finish. Coach checks: weight on front foot, bat over shoulder, balanced. Builds muscle memory.	9 min

WATER BREAK & REST — 5 Minutes (1:12 – 1:17)



DEFENSIVE STATIONS | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Shuffle & Field Grounders	Coach points left or right — player shuffles 3 steps and fields a rolled grounder. Stay low the whole time. Don't cross feet when shuffling.	9 min
ROTATE — Players move to next station 1 minute			
Station 2	Alligator Hands Drill	Field grounders using the 'alligator' method: glove is the bottom jaw on the ground, bare hand is the top jaw coming down to secure the ball. Slow rolls.	9 min
ROTATE — Players move to next station 1 minute			
Station 3	Field, Pivot & Throw	Coach rolls a grounder to the player's glove side. Player fields it, pivots feet toward first base, and makes an overhand throw to a coach at first (~30 ft).	9 min
ROTATE — Players move to next station 1 minute			
Station 4	Base Running — Run Through First	Coach hits or rolls a ground ball. Player runs hard through first base, touching the inside corner. Don't slow down before the bag — burst through it.	9 min

Coach's Note: Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

PRACTICE 3

Theme: Putting the Pieces Together

8U Youth Baseball




2-Hour Practice Plan

WARM-UP 0:00–0:30	HITTING STATIONS 0:30–1:12	BREAK 1:12–1:17	DEFENSE STATIONS 1:17–1:59	WRAP-UP 1:59–2:00
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WARM-UP | 30 Minutes (0:00 – 0:30)




Activity	Description	Duration
Team Huddle & Cheer	Players vote on a team cheer or nickname. Do the cheer together. Builds team identity and energy going into practice.	4 min
Jog + Baserunning Circuit	Jog to first, shuffle to second, sprint to third, walk home. Repeat twice. Simulates game-speed movement around the bases.	7 min
Dynamic Stretches	Inchworms, leg cradles, trunk twists, shoulder rolls. Keep it moving — 30 seconds each exercise.	6 min
Throwing Warm-Up	Partners at 30 ft. Work on throwing accuracy — aim for partner's chest every throw. Crow-hop before each throw. Count consecutive accurate throws.	8 min
Fun Activity: Relay Race	Split into two teams, race around all four bases with a tag-off at home plate. First team to get all players around wins. Loud cheering encouraged!	5 min


HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Tee Work — Load & Stride	Before each swing, player loads hands back slightly and then takes a controlled stride forward. Coach watches for timing: load first, then step, then swing.	9 min
 ROTATE — Players move to next station 1 minute			
Station 2	Soft Toss — Directional Hitting	Place a cone at center field. Player tries to hit the ball up the middle toward the cone. Focus on making square contact — not pulling everything to one side.	9 min
 ROTATE — Players move to next station 1 minute			
Station 3	Rope Bat — Hip Rotation Drill	Use the Rope Bat with no ball. Player focuses on firing hips first before the hands come through. If hips lead, the rope loads up and snaps cleanly at contact. If hands come out first, the rope tangles or goes slack. Take 8 slow swings focusing only on the hip-to-hands sequence.	9 min
 ROTATE — Players move to next station 1 minute			
Station 4	Two-Strike Approach	Call out '2 strikes!' before the toss. Player chokes up an inch, shortens swing, and focuses on just making contact. Survival swing, not a home run swing.	9 min

 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS** | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Charging Slow Rollers	Coach rolls a slow grounder in front of the plate area. Player charges hard, fields on the run with glove down, and tosses to coach at first. Keep feet moving!	9 min
 ROTATE — Players move to next station 1 minute			
Station 2	Fly Ball Drop Step	Coach points left or right, then tosses a fly ball over the player's shoulder. Player drop-steps in that direction and runs to make the catch. No backpedaling.	9 min
 ROTATE — Players move to next station 1 minute			
Station 3	Catch & Throw Sequence	Coach hits a grounder or fly ball. Player fields it cleanly, resets their feet, and throws to a coach at a base. Full catch-to-throw sequence, no shortcuts.	9 min
 ROTATE — Players move to next station 1 minute			
Station 4	Simple Situational Play	No runners on base: player fields the ball and throws to first. Runner on first, ground ball: player fields and throws to second for the force. Walk through both.	9 min

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

PRACTICE 4

Theme: Game Ready — Compete & Have Fun

8U Youth Baseball




2-Hour Practice Plan

WARM-UP 0:00–0:30	HITTING STATIONS 0:30–1:12	BREAK 1:12–1:17	DEFENSE STATIONS 1:17–1:59	WRAP-UP 1:59–2:00
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WARM-UP | 30 Minutes (0:00 – 0:30)



Activity	Description	Duration
Team Huddle — Month Recap	Ask players to name one skill they improved this month. Coaches share specific praise for each player. High energy, positive tone.	5 min
Jog + Sprint Intervals	Jog one lap around the bases, then sprint one full lap. Repeat. Builds game-speed conditioning and base running instincts.	7 min
Player-Led Stretches	Pick 3–4 players to each lead one stretch. Builds leadership and reinforces the movements they've learned.	5 min
Throwing Warm-Up	Partners at 30–35 ft. Crow-hop, aim for the chest, snap the wrist on release. Coach watches for full arm follow-through.	8 min
Fun Activity: Home Run Derby	Each player gets 5 swings off a tee. Any ball that reaches the outfield cone counts as a home run. Team cheers for everyone. Coaches keep count.	5 min


HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Full Mechanics Check — Tee	One-on-one with a coach: grip, stance, load, stride, hip rotation, contact, finish. Coach gives each player one specific thing they did well and one to keep working on.	9 min
 ROTATE — Players move to next station 1 minute			
Station 2	Front Toss — Varied Location	Coach front-tosses to different zones: inside, outside, up, down. Player must identify the location and adjust swing path. Don't always aim for the same spot.	9 min
 ROTATE — Players move to next station 1 minute			
Station 3	Rope Bat — Soft Toss Challenge	Rope Bat with soft toss — the hardest rope bat drill yet. Coach tosses from the side and the player must time the swing AND stay connected. If they lunge or cast, the rope droops on contact. Goal: 5 clean, connected contacts in a row. Coach counts the streak out loud.	9 min
 ROTATE — Players move to next station 1 minute			
Station 4	Confidence Rounds	Easy, hittable tosses — just rip it! Loud encouragement from coaches and teammates. End the month's hitting on a high note with big swings and big cheers.	9 min

 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS** | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Ground Ball Gauntlet	Coach hits 6 grounders in a row to the player — mix of left, right, and straight-on. Player fields as many cleanly as possible. Count their streak. Beat your score!	9 min
 ROTATE — Players move to next station 1 minute			
Station 2	Fly Ball + Communication	Two players at a time. Coach hits a fly ball between them. Both must communicate — louder player calls 'mine!' and takes it. Other player backs up.	9 min
 ROTATE — Players move to next station 1 minute			
Station 3	Live Infield Situations	Coach hits to different infield spots with a baserunner. Fielders make the play — field it, decide where to throw, and execute. Walk through any confusion right away.	9 min
 ROTATE — Players move to next station 1 minute			
Station 4	Full Team Defense Game	Mini live defense game: coach hits to random positions, a baserunner takes off. Team earns a point for every clean defensive play. Coaches celebrate the small wins.	9 min

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

PRACTICE 5	8U Youth Baseball
Theme: Refining Skills — Fix the Weak Spots	2-Hour Practice Plan

WARM-UP	HITTING STATIONS	BREAK	DEFENSE STATIONS	WRAP-UP
0:00–0:30	0:30–1:12	1:12–1:17	1:17–1:59	1:59–2:00

WARM-UP | 30 Minutes (0:00 – 0:30)

Activity	Description	Duration
Team Huddle & Goal Setting	Coaches ask each player: what's one thing you want to get better at today? Write it on a sticky note or just say it out loud. Creates personal ownership of the practice.	5 min
Dynamic Warm-Up	Leg swings, inchworms, trunk rotations, arm circles, and carioca. Players move through each one without stopping — keep the pace up.	6 min
Throwing Warm-Up	Partners at 25–30 ft. Crow-hop on every throw. After 5 minutes, step back to 35–40 ft and increase arm effort. Focus on throwing on a downward plane — not a rainbow arc.	10 min
Fun Activity: Knockout Fielding	Players line up at shortstop. Coach hits a grounder — if you field it cleanly, you stay in. An error means you do 5 jumping jacks and get back in line. Last 2 players standing win.	9 min

HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Tee Work — Fix Your Flaw	Coach identifies each player's most common mechanical flaw from Weeks 1–4 (casting, stepping in the bucket, dropping the back shoulder, etc.) and designs 8–10 reps specifically targeting that issue. Personalized correction time.	9 min
ROTATE — Players move to next station 1 minute			
Station 2	Soft Toss — Up & In vs. Down & Away	Coach alternates: one toss up and inside, next toss down and away. Player must identify the zone and adjust — pull the inside pitch, stay back and drive the outside pitch to the opposite field.	9 min
ROTATE — Players move to next station 1 minute			
Station 3	Rope Bat — Tee + Immediate Real Bat Rep	Player takes 3 swings with the Rope Bat on the tee (feel the connected path), then immediately picks up a regular bat and takes 3 swings. The goal: transfer the feel from the Rope Bat into a real swing. Alternate back and forth 3 times.	9 min
ROTATE — Players move to next station 1 minute			
Station 4	Front Toss — Count Your Hits	Player gets 10 front-toss reps. Coach counts only hard line drives or hard ground balls — no pop-ups or weak contact. Goal: 6 out of 10 quality contacts. Track improvement week over week.	9 min

WATER BREAK & REST — 5 Minutes (1:12 – 1:17)



DEFENSIVE STATIONS | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Slow Roller — Barehand or Charge	Coach pushes a very slow grounder toward third base or first. Player charges aggressively, decides barehand or glove based on speed, and fires to first. Urgency is the key — don't wait for the ball.	9 min
ROTATE — Players move to next station 1 minute			
Station 2	Backhand Grounders — Reps	Dedicated backhand station. Coach rolls to the player's throwing-hand side. Player opens the glove, extends, fields out in front of the body, pivots, and throws. 10 backhand reps each.	9 min
ROTATE — Players move to next station 1 minute			
Station 3	Fly Ball — Comm & Positioning	Two players side by side in the outfield. Coach hits a fly ball between them. Both must move AND communicate. The player who calls it takes it; the other immediately moves to back up. Rotate pairs.	9 min
ROTATE — Players move to next station 1 minute			
Station 4	Baserunning — First to Third	Player starts at first base. Coach hits a ball to the outfield — player reads the ball, rounds second with a good turn, and decides to go to third or hold. Coach gives feedback after every rep on the read and the turn quality.	9 min

Coach's Note: Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

PRACTICE 6	8U Youth Baseball
Theme: Peak Performance — Best of the Season	2-Hour Practice Plan

WARM-UP	HITTING STATIONS	BREAK	DEFENSE STATIONS	WRAP-UP
0:00–0:30	0:30–1:12	1:12–1:17	1:17–1:59	1:59–2:00

WARM-UP | 30 Minutes (0:00 – 0:30)




Activity	Description	Duration
Team Huddle — Season Celebration	Coaches give each player a specific shoutout for the biggest improvement they've made over 6 weeks. Players can shout out teammates too. High energy, positive close to the plan.	6 min
Full Dynamic Warm-Up — Player Led	Players volunteer to lead each exercise: high knees, butt kicks, inchworms, carioca, arm circles. Coaches give feedback. Ownership of warm-up = ownership of practice.	7 min
Throwing Progression	Start at 30 ft, progress to 45 ft over 8 minutes. Final 2 minutes: each player picks their max comfortable distance and throws 3 accurate reps at that distance. Arm strength check.	10 min
Fun Activity: Team Skills Challenge	Two-team competition: relay race around bases, then a throwing accuracy contest (hit the hula hoop from 30 ft), then a tee home run count. Track team points. Winning team picks the cool-down activity.	7 min


HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Tee — Season Best Swing	No coaching corrections this round — just let players swing freely with everything they've learned. Coach watches and notes: who looks most improved? Give genuine, specific praise after each player. 10 swings each.	9 min
ROTATE — Players move to next station 1 minute			
Station 2	Soft Toss — All Zones, Best Effort	Coach tosses to every zone — inside, outside, high, low — in random order. Player reacts and adjusts with their best swing. No do-overs. This is their best at-bat of the season.	9 min
ROTATE — Players move to next station 1 minute			
Station 3	Rope Bat — Season Final: Full Sequence	Full Rope Bat sequence: 3 reps with no ball (feel the path), 3 reps on the tee (stay connected through contact), 3 reps off soft toss (time it and stay connected). That's 9 total reps showcasing everything learned with the tool. Coach gives final Rope Bat feedback.	9 min
ROTATE — Players move to next station 1 minute			
Station 4	Home Run Derby — Bracket Style	Each player gets 5 front-toss swings. Count home runs (balls past outfield cone). Top 2 get a bonus round. Loud team cheering required. End the 6-week plan on the biggest, most fun hitting note possible.	9 min

 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS** | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
Station 1	Position Showcase	Each player plays their best or preferred position. Coach hits them 6 balls — mix of grounders and fly balls. Their job: make every play look routine. No panic, just confident execution.	9 min
 ROTATE — Players move to next station 1 minute			
Station 2	Full Relay — OF to IF to Home	Outfielder catches or fields, throws to cutoff in shallow outfield, cutoff relays home. Full team coordination. Rotate all players through every role. Emphasize communication on every single throw.	9 min
 ROTATE — Players move to next station 1 minute			
Station 3	Season Best Grounders — Personal Record	Coach hits 10 grounders to each player: forehand, backhand, straight-on, slow roller, and hard-hit mix. Player counts their clean fields. Try to beat their personal best from any previous week.	9 min
 ROTATE — Players move to next station 1 minute			
Station 4	Live Game Situation — Final Inning	Full live defense with baserunners and a batter. Coach creates a specific scenario: bottom of the last inning, one run game. Team must execute. Every player has a role. Coaches celebrate every play, correct nothing in the moment — let them play.	9 min

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.