

8U or FARM LEAGUE – Coaching Guidelines

Hitting	Discuss safety – not swinging when others are around Must use helmet and other proper equipment Proper stance Even swing Keep eyes on the ball Step to hit Run to first base and other bases allowed Coach will pitch at the beginning of season but work towards using a pitcher
Fielding	Proper stance “ready position” Pay attention (ready on every pitch) Glove down Head up Place your body behind the ball Throwing to proper base Teach all positions (where to throw the ball from that position)
Throwing	Step towards target when throwing Throw on a line Where to throw Develop distance throwing
Catching	Proper stance Show them the ball is soft and if they catch it, it won’t hurt Start close and work away Start with the basics and work up to throwing “pop flies” and then to hitting pop flies
Game / Practice	Run bases correctly What is and “out” Switching sides Safety Everyone bats and fields Players should learn all positions Make practices fun Learn rules Down play winning and losing Proper behavior on bench Sportsmanship (other team cheer and hand shake)

HAVE FUN!