



JOIN TEAM CODE

253R5EK



PRACTICE

U10 Baseball

AGE: 8 TO 9

06/10/2025 - 40 MINUTES



Have parents join
team by scanning
with camera.

OVERVIEW

- Extreme Catch - 10 minutes
- Mind the Gap - 10 minutes
- Pop Quiz - 10 minutes
- Pickle - 10 minutes

Practice Notes:



Extreme Catch

10 minutes

DESCRIPTION

Players build arm strength and throwing accuracy in this go-to game.

WHAT YOU NEED

1 bucket of balls
1 glove per player
4 cones

SETUP

More experienced baseball and softball players use this as a warm-up to loosen their arms... but for beginners, you'll want to give it more structure and turn it into a game.

Divide players into pairs, then create a line using 4 cones—3 spaced 5 feet apart, and another cone 20 feet away.

One player stands at the far cone, holding a ball, with their partner facing them at the next cone.

On your call, the player with the ball throws it to their partner, who catches it and throws it back. With each successful catch, the player on the line moves back a cone.

After throwing from the last cone, they start moving forward again, first to the middle cone, then the starting cone.

Give each pair a turn, then have players switch roles and play again.

WHAT TO EXPECT

Inexperienced players may have trouble reaching their partner on the fly. That's OK—not everyone has an arm like the natural. The rest of us need to use our whole bodies when throwing.

COACHING TIPS

Make sure players are working on the fundamentals of catching and throwing.

Remind your players to use both hands and to move their feet!

CHANGE IT UP



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Add a different kind of movement. Instead of a straight line of cones, have players set up an imaginary circle. As one player shuffles around the circle, the other player throws to them from the center. The player on the outside of the circle has to successfully catch the ball and throw it back while moving. Continue for about a minute, then have the players swap positions—and go again.

Add Hot Potato rules. Instead of stepping back for a longer throw each time, the idea is to catch the ball and get rid of it quickly, without moving the feet. This variation helps players work on their ball transferring skills.

DO IT AT HOME

Players can keep working on their throwing and catching skills at home with [Go Long](#). Available with MOJO+.

Additional Notes:



Mind the Gap

10 minutes

DESCRIPTION

Outfielders make themselves heard while tracking fly balls in this game.

WHAT YOU NEED

1 bucket of balls
1 glove per player
2 cones

SETUP

Place 2 cones in the outfield about 30 feet apart.

Then, divide the team into two equal groups, lined up at each cone. You stand in between the 2 cones, about 20 feet away with a ball.

The players in one line are the primary fielders, while the players in the other line are the backups.

Tell the first 2 players in each line to get into ready position—on the balls of their feet with knees slightly bent.

Lob a ball high in the air, aimed directly between the 2 cones.

As both players run towards the ball, the primary fielder calls out for the ball, while the backup gets out of their way but stays ready to grab the ball if it's dropped.

Whoever gets the ball throws it back to you before the next 2 players are up.

WHAT TO EXPECT

Remind players that there's no such thing as calling too loudly for a ball. Stay silent and they may wind up colliding with a teammate and missing the ball. With parents, coaches, and fans at the ballpark, the actual game can get noisy, so encourage them to make themselves heard!

MAKE IT HARDER

Move the outfielders further apart—and throw the ball higher.

Add an infielder to the equation. Same setup as above, but the infielder goes back on the fly ball and the outfielder charges inward toward the ball. One calls the other off and the other peels out of the way back into the backing up position.

MAKE IT EASIER



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Move the outfielders closer together to start.

MAKE IT A STATION

This activity can be run as a station. Learn more about stations [here](#).

Additional Notes:



Pop Quiz

10 minutes

DESCRIPTION

Fielders practice catching fly balls at each position (without the pressure of the actual game).

WHAT YOU NEED

1 bucket of balls
1 glove per player

SETUP

Your team takes the field with players at each position, with gloves.

You stand in front of home with a bucket of balls.

Set a target number of consecutive pop-ups for the team to catch. Then, throw fly balls all around the field at random.

To win, they must hit the target number of catches without the ball hitting the ground.

If anyone drops the ball, they all have to start over at zero.

WHAT TO EXPECT

Some players may copy their favorite pros and field pop-ups with one hand.

Remind them that the only way to make it to "The Show" is by securing the catch with both hands.

COACHING TIPS

Remind them to make their voices heard! Even when there's no doubt about where the ball is heading, it's important to develop good communication to avoid any errors in the actual game.

MAKE IT HARDER

Use a practice bat and hit the balls, instead of tossing them.

DO IT AT HOME

Players can keep working on their fielding skills with the at-home game we call [The](#)



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Box. Available with MOJO+.

Additional Notes:



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Pickle

10 minutes

DESCRIPTION

Fielders trap runners in a jam in this classic game.

WHAT YOU NEED

1 bucket of balls
1 glove per player

SETUP

Divide the team into groups of 3. Within each group, name 2 fielders and 1 runner. Place one fielder on 2nd base and the other on 3rd. Give a ball to the fielder on 2nd and place the runner 15 feet off the bag.

On your call, the fielders throw the ball back and forth, trying to trap and tag the runner.

The runner can escape by getting on base safely, or by forcing the fielders to throw the ball more than 3 times.

Give fielders 1 point if they get the runner back to 2nd, but no points if they let the runner advance to 3rd.

Play until the fielders get 5 points, then rotate.

WHAT TO EXPECT

In the actual game, runners should avoid a pickle at all costs. But if they find themselves in one, they should try to stay alive as long as possible. That gives other runners on base a chance to advance, possibly even into scoring position.

Additional Notes: