



JOIN TEAM CODE  
**6MZR5Y8**



## PRACTICE

AGE: 8 TO 9  
**06/3/2025 - 60 MINUTES**



Have parents join  
team by scanning  
with camera.

## OVERVIEW

- Follow the Leader - 5 minutes
- Extreme Catch - 5 minutes
- Two Ball - 10 minutes
- Four Corners - 10 minutes
- Wide Receiver - 10 minutes
- Knock It Off - 10 minutes
- Pop Quiz - 10 minutes

## Catching & Throwing Fundamentals

This throwing and catching session will work on the basics of hand-eye coordination, footwork, and nailing down every reaction after the moment of contact, from impact to transfer to throw, helping your team get better no matter their experience level.

### ### STATIONS

If you have enough adults on hand, run **\*\*Two Ball\*\***, **\*\*Four Corners\*\***, **\*\*Wide Receiver\*\*** and **\*\*Knock It Off\*\*** as separate stations—and rotate the small groups to keep players active and engaged.

### ### COACHING TIPS

Make sure your players do not lose the fundamentals of catching and throwing once the distance is increased. Keep the focus on hand-eye coordination; **\*\*Two Ball\*\*** will help emphasize locking in on multiple targets.

Emphasize the importance of the forgotten element of catching and throwing—the transfer! The amount of time you save with a clean transfer could be the difference between recording an out or the runner crossing the bag safely.

**\*\*Wide Receiver\*\*** might be the most fun your athletes have during the session.



## Two Ball

### 10 minutes

#### DESCRIPTION

Keep your eyes on the ball... both of them!

#### WHAT YOU NEED

2 balls

#### SETUP

Circle up your players so they're standing equidistant from each other, without gloves.

You stand in the middle of the circle with two balls, one in each hand.

Make eye contact with a player and underhand both balls to them at the same time.

They must catch one in each hand, before underhanding them back to you.

Make your way around the circle until every player has had a chance.

Keep track of how many successful catches they make before a ball hits the ground, then challenge them to beat their streak next time.

Once they get the hang of it, volunteers can take a turn in the middle.

#### WHAT TO EXPECT

Sure, most players would rather catch softballs and baseballs with their gloves, but that's not always possible. This game gives them confidence to barehand the ball when necessary.

#### COACHING TIPS

Catching two balls at once isn't easy. Encourage players to stick with it so that they can improve their hand-eye coordination and handwork over time.

#### CHANGE IT UP

Help the team bond. Have players call out their teammate's name as they throw the balls, or any personal fact, like their favorite team or candy.

Make it more competitive. Give players a point for every ball they catch. Whoever has the high score after 5 rounds wins.

Make it an elimination game. If the player receiving the balls drops one or both



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balls, they get an out. But if it's not a good throw, the \*thrower \*gets an out. (If there's a debate about the quality of a throw, the whole team gets to vote.) Three outs and you're out of the circle—and the last player standing is the winner.

## **DO IT AT HOME**

Players can keep working on their ball skills with the at-home game we call [The Juggler](#). Available with MOJO+.

## **MAKE IT A STATION**

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

**Additional Notes:**



## Four Corners

10 minutes

### DESCRIPTION

In this game, players sharpen their throwing accuracy.

### WHAT YOU NEED

1 bucket of balls  
1 glove per player

### SETUP

Divide your team into four groups and send each group to a different base.

Everyone has a glove.

The first player in each group sets up on the bag; whoever is at catcher gets a ball.

On your call, the players throw the ball around the diamond—from catcher to 1st to 2nd to 3rd, then back to home.

After two rounds, change the order—now going from catcher to 2nd to 1st to 3rd, then back to home.

Play two more rounds before the next players in each line are up.

Count how many times the team can throw the ball without dropping it, and have them go for a new record next time.

### WHAT TO EXPECT

Remind them that the best way to whip the ball around the field is with a smooth transfer—moving their ball from glove to hand in one fluid motion. In the actual game, that can be the difference between getting the out or allowing a run!

### MAKE IT HARDER

Add a time element. Use a timer or stopwatch, and have players throw four rotations under their best time.

### MAKE IT A STATION

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

Additional Notes:



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## Wide Receiver

### 10 minutes

#### DESCRIPTION

The diamond meets the gridiron in this outfielding game.

#### WHAT YOU NEED

1 bucket of balls  
1 glove per player  
1 cone

#### SETUP

Line the team up in the outfield with their gloves

You set up next to them with a few balls. Place a cone about 20 feet in front of the first player in line.

Tell them you're the "quarterback" and they are the "wide receivers."

On your call—or hike—the first player sprints to the cone before breaking right at a 45 degree angle.

That's when you throw the ball, leading them so they must run to track it down and catch it. You can toss underhand at first, then throw progressively harder based on their ability.

It's not every day that ballplayers get to channel their inner wide receiver, so have them show off their best endzone dances once they make the grab!

#### WHAT TO EXPECT

If players are struggling, remind them to not quite run, but rather *glide* on the balls of their feet. That will help steady their head so they can accurately track the ball into their glove.

#### MAKE IT EASIER

For beginners, or younger players, use plastic or foam training balls and have them catch barehanded.

#### DO IT AT HOME

Players can keep working on their fielding skills with the at-home version of [The Box](#). Available with MOJO+.



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## **Knock It Off**

### **10 minutes**

#### **DESCRIPTION**

Find out what a soccer ball is doing on a tee in this game.

#### **WHAT YOU NEED**

1 tee  
1 bucket of balls  
1 large ball

#### **SETUP**

Line up your team behind a bucket of balls. Then, set up a tee 20 feet away and place a large ball, like a soccer or volleyball, on top. The first player in line grabs a ball and throws it, trying to knock the ball off the tee. They get 2 points for knocking the ball clean off, and 1 point for hitting the tee. Whoever has the most points after 5 rounds, wins.

#### **WHAT TO EXPECT**

Players love to compete, but don't let their competitive juices distract them from using proper form.

#### **COACHING TIPS**

Remind them to take a step while throwing. In the actual game, they'll be much more accurate if they stride toward the teammate they're throwing to.

#### **MAKE IT HARDER**

Move the tee further away, or use a standard baseball or softball.

#### **MAKE IT EASIER**

Move the tee closer, or use an even bigger ball—even a beach ball!

#### **DO IT AT HOME**

Players can keep working on their throwing accuracy with the at-home game we