



JOIN TEAM CODE

**61N5EQB**



## **PRACTICE**

### **U8 Baseball**

AGE: 6 TO 7

**06/9/2025 - 45 MINUTES**



Have parents join  
team by scanning  
with camera.

## **OVERVIEW**

- Name Game - 5 minutes
- Selfies - 10 minutes
- Over Under - 10 minutes
- Knock It Off - 10 minutes
- Mind the Gap - 10 minutes

**Practice Notes:**



## **Name Game**

**5 minutes**

### **DESCRIPTION**

In this warmup, players get to know who's sitting next to them in the dugout.

### **WHAT YOU NEED**

1 bucket of balls  
1 glove per player

### **SETUP**

Circle up your team, so your players are at arm's-length apart. Give one player a ball.

On go, whoever has the ball tosses it to a teammate, who must shout their own name before catching it.

Once everyone in the circle has had a turn, switch it up! Make the player with the ball call out the name of the teammate they're throwing to.

### **COACHING TIPS**

Remind players to make eye contact with their throwing target before tossing them the ball. Safety first—and hey, it's polite!

Once they get the hang of it, challenge them to each choose a nickname, then play again using those, instead of their real ones. Out on the diamond, nicknames are just as important as real ones.

### **CHANGE IT UP**

Make it a spiderweb. Have your players form a large circle, with one player standing in the center. That player is the spider. On your call, the spider tosses the ball back and forth with each player standing around them—saying their name each time.

Once the spider passes to everyone and builds its web, have the players rotate so a different player gets to be the spider in the next round.

**Additional Notes:**



## Selfies

### 10 minutes

#### DESCRIPTION

Players are in a literal league of their own in this game.

#### WHAT YOU NEED

1 glove per player

1 ball per player

#### SETUP

Spread players out at a safe distance from each other. Everyone gets a ball and a glove.

On your call, players throw the ball to themselves and practice catching it.

First, they toss it directly into their glove.

Then, they throw it in the air in front of them, but not above their heads. They should catch it with their gloves facing the sky.

Finally, they throw a pop up and catch it, making sure to turn their hand in the proper direction as they track the ball into their glove.

Challenge them to catch as many balls in a row as they can without dropping one.

Then, see if they can beat their streak next time.

#### WHAT TO EXPECT

Kids love selfies because they can do them anytime, anywhere. Whether it's in the dugout, on the schoolbus, or just hanging out in their room. There's always enough time to have a catch with yourself.

#### COACHING TIPS

Remember the golden rule of selfies: If you toss it, it will fall. So remind newbies to protect their noses. Encourage them to keep their glove in front of their face. That's the best way to catch the ball... and protect themselves if they miss!

#### MAKE IT HARDER

Encourage them to throw the ball higher (if they're able).

#### CHANGE IT UP



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To add a degree of difficulty, have each player walk the bases in a line while flipping the ball up to themselves. This distance they go will help them gauge their success.

## **DO IT AT HOME**

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

## **MAKE IT A STATION**

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

**Additional Notes:**



## Over Under

### 10 minutes

#### DESCRIPTION

Infielders practice two ways to throw and catch in one simple game.

#### WHAT YOU NEED

1 glove per player  
1 ball per 2 players

#### SETUP

Divide players into pairs spaced about 15 feet apart, and give each pair a ball. Within each pair, one player will throw overhand and the other underhand. On your call, they throw the ball back and forth. After 10 throws, players swap roles so everyone gets a chance to try both styles.

#### WHAT TO EXPECT

Infielders may not always be able to feed the ball cleanly to their teammate. This game helps players prepare for all possible throws.

#### COACHING TIPS

Remind them that no matter how they're sending their partner the ball, the thrower must make eye contact with their teammate.

#### MAKE IT A STATION

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

Additional Notes:



## **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



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call [Hit the Helmet](#). Available with MOJO+.

## **MAKE IT A STATION**

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

**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:**