



INSTRUCTIONAL “BILL OF PLAYS” 2026

INSTRUCTIONAL: AGES 7&8

1. Coach Pitch first ½ season – Second ½ season Coach determined.

- a. During the first half of the season, coaches will pitch to hitters from a shortened distance between the mound and home plate. This allows players to focus on developing proper swing mechanics, timing, and making consistent contact.
- b. 2nd half coach TBD - based off player readiness.
 - i. Kid Pitch, to begin developing young pitchers and introduce players to live pitching.
 - ii. Coach Pitch, to continue emphasizing hitting mechanics and contact.

2. Defensive Ground Ball Progressions

Ground Ball “Specials” Routine

- a. No Glove Ball Rolls
 - i. Partners roll the ball back and forth in a ready athletic stance.
 - ii. Emphasis on positioning the body in front of the ball.
 - iii. Glove hand extended with palm up and throwing hand ready to secure the ball.
- b. Glove Work
 - i. Same drill be performed using the glove while maintaining proper fielding mechanics.
- c. Short Hops
 - i. Players work on fielding short hops while keeping the ball in front of their body.
- d. Forehand and Backhand Ground Balls
 - i. Players create distance and react to balls hit to their glove side and backhand side.
- e. Shuffle and Reaction Drills
 - i. Players shuffle side to side to react to balls rolled away from them.
 - ii. Fielding techniques include forehand, backhand, or center fielding positions.

3. Defensive Pop-fly Progressions

Players will learn proper technique for tracking and catching fly balls.

Key teaching points include:

- Running at an angle toward the ball rather than backpedaling.
- Positioning the body under the ball for a two-handed catch above the head.
- Using tennis balls early in training to build confidence and improve tracking.

Players will also be introduced to the crow hop, helping them generate stronger throws back into the infield.

Defensive Emphasis: Players will learn the importance of throwing to cutoff players when returning the ball to the infield.

4. Pre-Game Readiness

Proper warm-ups are essential for both performance and injury prevention.

Typical pre-game routine includes:

- Team stretching
- Light throwing and catching
- Ground ball practice
- Pop fly practice
- Quick team meeting and game preparation

Parent Reminder: Players should arrive 15–20 minutes before all practices and games to allow enough time for proper warm-ups.