

10 Baseball Drills for Kids Ages 5–8

Coach's Checklist

1. Ready Position Drill

- Teach players to bend knees and keep glove ready
- Practice “ready” stance before every ground ball
- Emphasize quick feet and focus

2. Bucket Toss

- Set up buckets or cones as targets
- Have kids throw from short distances
- Reward accuracy over strength

3. Ground Ball Rollers

- Roll easy grounders to each player
- Teach “alligator hands” technique
- Encourage staying in front of the ball

4. Tee Hitting Drill

- Use batting tees for consistent swings
- Focus on balance and eye contact with ball
- Practice follow-through after contact

5. Run the Bases

- Teach players where to run after hitting
- Practice touching every base
- Introduce proper stopping at first base

6. Catching Pop Flies

- Toss soft pop flies or use tennis balls
- Teach players to call “Mine!”
- Encourage two hands when catching

7. Relay Race Throwing

- Divide players into small teams
- Practice quick catches and throws
- Keep the drill fun and fast-paced

8. Soft Toss Hitting

- Toss balls gently from the side
- Focus on making solid contact
- Encourage short, controlled swings

9. Cone Fielding Drill

- Set cones for players to shuffle through
- Add ground balls after movement
- Teach staying low and balanced

10. Freeze Tag Baseball

- Combine running and baseball movements
- Use gloves while playing tag
- Build coordination and teamwork

Coaching Tips

- Keep drills short (5–10 minutes each)
- Use lots of encouragement and praise
- Focus on fun first, skills second
- Bring water breaks often
- End practice with a fun team activity or game 🎮

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