



GWGSA Practice Fundamentals Guide

T-Ball & 8U Coaches

The focus at these age levels is FUN, repetition, and teaching the basic foundations of softball. Players should be active as much as possible with minimal standing around.

HITTING FUNDAMENTALS

- Proper batting stance (feet shoulder width, knees bent)
- Hands together on the bat, knocking knuckles aligned
- Eyes on the ball
- Short swing and follow through
- Running hard through first base after contact
- Basic bunt introduction (8U)

THROWING FUNDAMENTALS

- Proper grip across the seams
- Step toward target with glove-side foot
- Throw over the top (avoid sidearm)
- Point glove at the target before throwing
- Follow through toward the target

FIELDING FUNDAMENTALS

- Ready position (knees bent, glove down)
- Field ground balls in front of the body
- Use two hands when possible
- Stop the ball first, then throw
- Learn where to throw the ball after fielding

BASE RUNNING

- Run hard to first base
- Stay in the base path
- Listen to coaches for stop/go decisions
- Understanding first, second, third, and home base
- Basic sliding safety discussion (8U optional)

DEFENSIVE AWARENESS

- Knowing where the play is
- Throw to first base on most ground balls
- Pitcher covering the pitching area
- Getting the ball back to the infield quickly

RECOMMENDED PRACTICE STRUCTURE

- Warm-up (throwing & stretching) – 10 minutes
- Skill stations (hitting, fielding, throwing) – 20–30 minutes
- Team drills or mini scrimmage – 15–20 minutes
- Fun competitive game to end practice

Key Coaching Focus: Keep players moving, keep instructions simple, and celebrate effort and improvement. The goal is building confidence and love for the game.