



8U Skills Checklist - Spring 2026

This checklist is a guide for parents and coaches to evaluate areas of focus for their 8U athletes and to represent a readiness guide for the next level of softball (10U).

Fielding

- ☐ Transition from fielding to throwing in one motion.
- ☐ Covers base properly on balls in play and backups.
- ☐ Remain softball ready throughout game (remains focused).

Throwing

- ☐ Throw's the softball 30-50ft in the air.
- ☐ Makes consistent throws to target.
- ☐ Aligns body properly down target line.

Catching

- ☐ Actively play catch with teammates.
- ☐ Understands proper fly ball technique (glove up, body under the ball).
- ☐ Moves glove to make catches (windshield wiper technique).

Hitting

- ☐ Comfortable facing kid pitch (confidently swings at strikes).
- ☐ Has grasp of strike zone and can recognize balls versus strikes.
- ☐ No issues hitting off coach pitch

Baserunning

- ☐ Take proper lead on each pitch.
- ☐ Understands when to steal bases (sign from coach or on pass balls).
- ☐ Understands hitting corner of bases and correct routes between bases

Gameplay

- ☐ Can interpret signs from coaches.
- ☐ Does not need coaches in field to identify proper play.
- ☐ Understands rules of the game (3 outs, runs, innings, etc.)
- ☐ Knows the name of all defensive positions and locations