10U Baseball Drills: A Coach's Library for Practice

10U | Drills | Coach Nick & the YSC Coaching Team

I had a 10U player last fall who could make contact in the cage all day but kept rolling over everything in games. We tried more tee work. More soft toss. More cage reps. None of it stuck until we ran the hip separation drill below — one session, and his barrel angle changed completely.

The best 10U baseball drills target five areas: hitting mechanics, infield footwork, throwing accuracy, outfield ball-tracking, and pitching location — in short competitive reps. At 10U, athletes have enough body awareness to learn real mechanics but not enough to self-correct under pressure. That means drills need to isolate one movement at a time and return feedback immediately. Eight to twelve minutes per drill is the sweet spot. Longer does not add learning at this age, it removes it.

This library covers ten drills we run with our 10U and 12U teams — each works with one coach and a bucket of balls. To string them into a full session with warm-up and game situations, our 10U baseball practice plan has the schedule and station timing already built. For more by age and position, see our baseball coaching hub.

Hitting Drills

Hip Separation Tee Drill (8 min)

This drill fixes the root cause of rolled-over grounders: hitters whose hands lead the swing before the back hip has cleared.

> **Step 1 — Load (2 min)** Place a tee at the front of the strike zone. Hitter pushes the back knee inward and feels tension build in the back hip. Coaching cue: "Pinch your hip like you are holding something behind you."

> **Step 2 — Fire the Hip (6 min)** Place a cone 12 inches behind the back hip. On the swing, the hip must clear the guide before the hands arrive. If hands lead, the hitter is casting. 15 reps. Coaching cue: "Hip first, then hands."

Short Fence Compact Path Drill (8 min)

A net or cone placed 6 inches outside the back elbow eliminates bat drag and the looping path that produces pop-ups on fastballs.

> **Step 1 — Set the guide (2 min)** Position the guide so the elbow cannot drift behind the body. If it does, the elbow clips the guide — immediate feedback without any coaching input required.

A good adjustable batting tee from theranchsports.com — 10% off, no sales tax — makes this drill easy to run.

> **Step 2 — Reps from tee (6 min)** 20 reps, back elbow stays in front of the guide the entire swing. Coaching cue: "Slot the elbow, drive the knob at the ball."

Rapid Fire Soft Toss (6 min)

Two feeders alternate soft toss to one hitter. The hitter does not know which side is coming until the ball leaves the feeder.

> **Step 1** Both feeders call "ready" together, then alternate sides at random. Hitter stays loaded until the ball is released — 15

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Step 2 Coaching cue: "Eyes first, hips second, hands third — in that order, every time." Builds the eye-to-hip sequencing that breaks down in 10U hitters who rush their hands at the earliest movement cue.

For a four-week hitting progression, see our hitting drill sequence progressions for youth baseball.

Infield Drills

Slow Roller Funnel Drill (10 min)

The most-missed play at 10U is not the hard grounder — it is the slow roller where fielders wait too long or attack with no footwork ready for the throw.

Step 1 — Barehand reps (5 min) Coach rolls slow grounders from 20 feet. Fielder barehands the ball, plants the throwing-side foot, and makes the transfer without a glove. Coaching cue: "Approach at an angle — chest stays behind hands until ready to throw."

Step 2 — Glove and throw (5 min) Same drill with gloves, full throw to first. 10 reps. Coaching cue: "Quick feet — if you are flat-footed when you catch it, you are already late."

Two-Ball Reaction Drill (8 min)

Coach holds two baseballs. The fielder reacts to whichever one is dropped. This forces a true athletic stance instead of the rigid position that freezes 10U fielders on hard-hit balls.

Step 1 Fielder at 15 feet from coach, in ready position. Coach holds both balls and drops one left or right with no announcement. Fielder breaks laterally and fields the dropped ball.

Step 2 After 10 reps, add a throw to a partner. Coaching cue: "Watch my hands, not the ball. React to the release, not the bounce." Shows you fast which players are guessing instead of reading cues.

Our youth baseball infield drills page covers footwork, feeds, and glove mechanics by position.

Pitching and Throwing Drills

Balance Point Hold (8 min)

Most mechanical problems at 10U — rushing, flying open, arm drag — trace back to a collapsed balance position before foot fall. This drill isolates the fix.

Step 1 — Wall hold (4 min) Pitcher stands 6 inches from a fence, lifts to balance point, and holds 3 seconds before completing the motion. Coaching cue: "Freeze right here. If you fall forward, momentum is running your delivery."

Step 2 — Full delivery reps (4 min) 10 full-speed deliveries to a partner at 40–46 feet. Focus only on repeating the balance position — not the result. Coaching cue: "Tall and still, then go."

Towel Extension Drill (6 min)

A long-standing youth pitching staple: snap a small towel against a target to train full arm extension at release — no ball required, no arm stress.

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Step 1 Pitcher holds a small towel in the throwing hand. Coach holds a glove or pad at strike zone height, 2–3 feet in front of the rubber. Pitcher goes through a full delivery and snaps the towel against the target at full extension.

Step 2 If the towel does not reach, the pitcher is releasing early. Coaching cue: "Drive through the ball, not to it." At 10U, keep pitching drills on fastball arm action — pitch types come later at 11–12 when mechanics are reliable.

Outfield Drills

Drop Step Progression (10 min)

Most 10U outfielders miss fly balls not because of glove work — they miss because they take a curved first step instead of a clean drop step.

Stage 1 — Kneeling catch (3 min) Outfielder kneels at the ready position. Coach throws fly balls at various angles. Player catches without footwork — removes the movement variable and builds only the tracking habit. Coaching cue: "Eyes on the ball all the way into the glove."

Stage 2 — Drop step only (4 min) Player stands. On each throw, drop the back foot first on the side the ball is going before starting the run. Coaching cue: "Foot drops as your eyes move — both happen at the same time."

Stage 3 — Over-the-shoulder run (3 min) Coach throws deep balls. Player turns and runs, picks up the ball over the shoulder at the catch point. 8 reps. Coaching cue: "Find it early. If you are searching on the way down, you are already out of position."

Two-Line Communication Drill (8 min)

Split outfielders into two lines 30 feet apart, both converging on a fly ball between them. Goal: calling the ball early, loud, and decisively before any collision risk.

Step 1 Coach hits or throws fly balls between the two lines. The player with the better angle calls "I got it" early. Coaching cue: "Early claim wins. Late silence causes collisions — call it before you are certain you have it."

Step 2 Rotate after 6 reps. Debrief each rep: who called it, and was it early enough? At 10U, outfield often gets the quietest players — exactly why communication breaks down. Build the habit now.

Baserunning

First-to-Third Read Drill (10 min)

Most 10U runners reach second on a ball to the outfield and stop — because nobody taught them to read the play. This drill installs the habit.

Step 1 Runner at first. Outfielder sets in left or center field. Coach hits a grounder or fly ball to the outfield. Runner reads the play and decides: hold at second or take third.

Step 2 Coach calls the decision out loud after each rep. 8 reps per player. Coaching cue: "Ball off the bat first, then find the outfielder's feet. If the feet are moving back, the ball is going deep — you are going to third."

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Using These in Practice

These ten drills do not all run in one session. Pick three or four, set them up as stations, and rotate. Station-based practice keeps every athlete moving and multiplies the rep count compared to a whole-team format. For the full station rotation with warm-up and game situations, our 10U baseball practice plan has everything in one place.

The three highest-return drills at this age: Hip Separation Tee, Drop Step Progression, and Slow Roller Funnel. Fix those movement patterns and you will see the difference in games within two or three practices.

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