

T-Ball Practice Plan - Day 1

During the first practice, rate players skills based upon Fielding, Throwing and Hitting

This is useful at later practices, to group players together based upon skill level, and adjust station complexity for each group

No	Name	Comments	Station Strengths		
			Field	Throw	Hit
		Pair players up in future practices based upon similar strengths	Ratings: 1 = Beginner, 2 = Fair, 3 = Strong		

Start	Coach	Drill	Comments
5:30	Group	Warm-ups (10 min)	Arm and Leg Stretching. Some time allotted for stragglers to arrive

5:40	Group 5 min	Ready Position	Basic demonstration of a good Baseball Ready position - Will spend more time at stations
		Alligator	Basic demonstration of the fielding position - Will spend more time at stations
		Nose-Toes-Throws	Basic demonstration of the throwing mechanics - Will spend more time at stations
		Knuckle Knockers	Basic demonstration of the hitting grip - Will spend more time at stations

Rotate Stations every 10 Minutes - Evaluate each player as they move through your station - Rating 1, 2 or 3

5:45	Adult 1	Fielding	Ready & Alligator - 2 parents roll balls so two kids are working. Coach works on mechanics
		5 tosses each - Repeat	Glove fingertips on ground to stop a rolling hit - Trap the ball in the glove with other hand
	Adult 2	Throwing	Work Throwing - 2 parents to catch so two kids are working. Coach works mechanics
		5 tosses each - Repeat	Looking at target - Stepping & Pointing at the target - Throwing to target
	Adult 3	Hitting	Work the grip and basic swing - 1 player at a time for safety! No hitting balls at Practice 1
		5 hits each - 1 cycle	Knocker Knuckles aligned - Proper stance alignment with the plate

6:15	Group	The Bases	Identify each base and home plate to the kids
			Kids run forward to 1st, sideways to 2nd (in ready position), sideways to 3rd, Forward to home
			Kids run the bases at 10 second intervals, yelling the base name as they touch it
			Finish w/ a base race (running forward) - set intervals so players do not bunch up

End @ 6:30

T-Ball Practice Plan - Day 2

Group players together based upon skill level, and adjust station complexity for each group

No	Name		Station Strengths		
			Strong	Fair	Beginner
		Group 1			
		Group 1			
		Group 1			
		Group 1			
		Group 2			
		Group 2			
		Group 2			
		Group 2			
		Group 3			
		Group 3			
		Group 3			
		Group 3			
		Group 3			

Start	Coach	Drill	Comments
5:30	Group	Warm-ups	Arm and Leg Stretching. Some time allotted for stragglers to arrive

5:40	Group	Ready Position	Feet shoulder width apart, crouch position, hands in front in a ready position
		Fielding	Review the Alligator
		Nose-Toes-Throws	Review the throwing basic - Nose, Toe, Throw
		Knuckle Knockers	Review the hitting grip basic

Rotate Stations every 10 Minutes

5:50	Adult 1	Fielding	Ready & Alligator - 2 parents roll balls so two kids are working. Coach works on mechanics
		5 tosses each - Repeat	Glove fingertips on ground to stop a rolling hit - Trap the ball in the glove with other hand
	Adult 2	Throwing - Slap 5	Work Throwing mechanics - multiple adults so each player is working.
			Working arms coming over the top, and ending up by the opposite hip (slapping 5 with the adult)
	Adult 3	Hitting	Stick it into the fence drill hitting off of the T
	Adult 4		Work on Knocker Knuckle alignment and contact with the ball (hit the word / top of the ball)

6:20	Group	The Bases	Identify each base and home plate to the kids
			Kids run forward to 1st, sideways to 2nd (in ready position), sideways to 3rd, Forward to home
			Kids run the bases at 10 second intervals, yelling the base name as they touch it
			Finish w/ a base race (running forward) - set intervals so players do not bunch up

End @ 6:30

T-Ball Practice Plan - Day 3

Start	Coach	Drill	Comments
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5:30	Group	Warm-ups	Stretching. Some time allotted for stragglers to arrive
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5:40	Group	"Pizza Slices"	Before practice begins, break the field into the slices
			Show players how to stay in their slices

Rotate Stations every 10 Minutes

5:50	Adult 1	Soccer Goalie & Throw	Working the lateral movement and proper fielding position - Down on ball, Feet spread apart, Glove OPEN & Finger tips on ground, Other hand ready to trap. Nose-Toes-Throw on return
	Adult 2	Pop-ups	Work having the kids get under the ball For those who can get under the ball - start tossing off to the side & make them move to it Our only goal...get the kids used to staying under the ball (no ducking out)
	Adult 3	Hitting	Stick it into the fence drill hitting off of the T
	Adult 4		Work on Knocker Knuckle alignment and contact with the ball (hit the word / top of the ball)

6:20	Group	Throw to the Bucket	Refer to the drill section in the Practice Guide
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End @ 6:30

T-Ball Practice Plan - Day 4

Start	Coach	Drill	Comments
5:30	Group	Warm-ups	Stretching. Some time allotted for stragglers to arrive
5:40	Group	"Pizza Slices"	Before practice begins, break the field into the slices
			Show players how to stay in their slices
10:00	Adult 1	Station 1: Pop-Ups	Work having the kids get under the ball
			For those who can get under the ball - start tossing off to the side & make them move to it
			Our only goal...get the kids used to staying under the ball (no ducking out)
10:00	Adult 2	Station 2: Squish the Bug	Refer to the drill that places a bat behind the back
			Cradling the bat in the crook of the elbows, have the players swing
			This will produce the proper foot work that will "squish the bug"
10:00	Adult 3	Station 2: Soft Toss	Working on grip
			Work "squish the bug" to the foot work
			Working full power swings

End @ 10:30

T-Ball Practice Plan - Day 5

Start	Coach	Drill	Comments
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5:30	Group	Warm-ups	Stretching. Some time allotted for stragglers to arrive
5:40	Group	"Pizza Slices"	Before practice begins, break the field into the slices
			Show players how to stay in their slices
5:50	Group	Simulated Game. Work your Pizza Slices!!!!	Working:
			Hitting off the tee - Running through 1st base
			Rotate players from position to position after each hitter. (Pitcher to 1st base, 1st to right field, right field to 2nd, 2nd to center field, etc.). After a runner "scores", they go to the pitchers mound. The 3rd baseman leaves the field to go in and prepare to hit.
			Teach the 1st Baseman to move and cover the bag
			All throws go to 1st base
			Instruct the "outfielders" to throw the ball in to 2nd base if a hit goes to the outfield
6:20	Group	The Bases	Identify each base and home plate to the kids
			Kids run forward to 1st, sideways to 2nd (in ready position), sideways to 3rd, Forward to home
			Kids run the bases at 10 second intervals, yelling the base name as they touch it
			Finish w/ a base race (running forward) - set intervals so players do not bunch up

End @ 6:30