

Teaching Beginning Players Fundamentals and Mechanics



**Includes Practice Plans
and other tips
to help you succeed in
Coaching T-Ball**

Index

Coaches Introduction	2
Tips for Coaches	3
What will players know prior to practice	3
Developmental Characteristics of 5 year olds	4
Developmental Characteristics of 6 year olds	5
Skills Checklist	6
MECHANICS	
Glove	7
Throwing	8
Catching	9
Hitting	10
Base Running	11
Fielding	12
PRACTICE OVERVIEW	
Position Checklist	13
Extra Practice Tips	14
Practice Set-up	15
Warm-ups/Stretching Exercises	16
PRACTICE PLANS	
Practice #1	17
Practice #2	18
Practice #3	19
Practice #4	20
Practice #5	21
Practice #6	22
Practice #7	23
Practice after Games Begin	24
Extra Drills and Games	25-29
Practice #1 Assignment Sheets	30
Practice #2 Assignment Sheets	31
Practice #3 Assignment Sheets	32
Practice #4 Assignment Sheets	33
Practice #5 Assignment Sheets	34
Practice #6 Assignment Sheets	35
Practice #7 Assignment Sheets	36
Supply Lists for Practices	37
Blank Practice Template	38
Blank Calendar Template	39
EVALUATIONS	
Season Evaluation Form	40
Player Checklist	41

T-ball Coaches Handbook Livingston Recreation FORWARD

This curriculum has been compiled to assist coaches at all levels in their experience. It is to help the children of the community learn how to play this sport correctly and be given the opportunity to learn the proper mechanics whether their coach is in their first year or 50th of coaching. From the beginnings as a Mite Giant to the journey as a pro player fundamentals are always at the top of the list for practices and not just learning the fundamentals but learning the correct mechanics. If a player has started with sloppy mechanics or has learned bad habits, and they have not been corrected by the time they are a major player most likely they will not be able to play high school ball. Let's lay a good foundation for our kids and teach them properly.

The best part is that every coach is being given this valuable information that will not only improve their players but it will improve their ability as coach. I hope this helps and have a great season!

Jacque Benoit
Recreation Superintendent



Coaches Introduction

As a coach you want to provide the best baseball instruction you possibly can. Baseball fundamentals are essential to a successful team and your ability to teach those baseball skills is going to be a major factor on how fast your players learn. Make sure your baseball instruction and expectations are age appropriate. If you are new to coaching you will often find that many players on your team will not be at a skill level you expected when you have that first practice. Adjust your baseball instruction to get them caught up. Don't stress out that your team is not where it should be. Instead focus on the basics. Youth baseball games are won with sound baseball fundamentals. T-Ball is a baseball game for young boys and girls. It is a way to have fun while learning how to play.

Here is a list of ten points to keep in mind when coaching T-Ball:

1. Keep things simple.
2. Avoid technical information.
3. Apply basic fundamentals.
4. Use easy to understand terminology and use it consistently.
5. Adopt the kids' slang and apply it to your baseball teaching.
6. Celebrate the individual talents and differences ... no cloning.
7. Work in small groups, we call them stations.
8. Keep things interactive and fast moving. This will deal with their attention span.
9. Involve parents as your helpers. This is absolutely important.
10. Whenever possible, make things into a game.

What is T-ball

The ball is not pitched. It is hit off a batting tee. Every player bats and plays in the field. There are no strikeouts or walks (bases on balls).

When the ball is hit, don't throw the bat. Runners must stay on base until the ball is hit. There is no stealing. The inning is over when all players have batted once. Player must hit off a tee and no keeping score. Safety helmets must be worn when at bat or on base. At all time remember Safety comes first.



T-Ball Tips For Coaches

1. As a coach, get organized; develop a plan before for your practices and game situations. Learn as much about t-ball and baseball as you can.
2. Remember to present your material in kids' terms. Successful coaches know their audience and use analogies and common visual imagery for their coaching tools. For t-ball players, these images are best when they are a bit dramatic.
3. Don't assume anything. Go over all the basics: Where all the bases are and the defensive positions, which way to run to first, when to start and stop running, how to hold a bat and glove, number of outs, innings, fouls etc.
4. One of the most difficult things a coach has to do is see the Twelve players on the field who are not related to him or her. Remember to be a coach on the field and a parent off the field. If possible have your assistants instruct your son or daughter to avoid conflicts.
5. Coaches need the assistance of their players' parents. Parents are normally willing to help out but are usually reluctant to come forward unless asked to assist. If you give them specific things to do, they will be more comfortable. **Extra Practice Plans have been provided for you at the end of this manual.**
6. On the field, you have to be a teacher as well as a coach. Teach them what they need to know, show them what you taught them, practice the things you taught them over and over, then be prepared to do it all over again
7. To make the most of your practice time, break the team up into two or three groups, depending on the number of coaches. This will enable you to keep more kids occupied and less bored. Remember the attention span of a 5-6 year old is measured in minutes.
8. The game: Sit the players on the bench in the batting order. No one should have a bat in their hands. Horsing around on the bench will translate into foolish behavior in the field. Place batting tee directly on top of plate. Position batter slightly back of tee. Do not sit tee on home plate but in front of it encouraging the kids to swing through in their motion.
9. Keep the parents informed as much as possible. An ideal handout will have a schedule of practices and games, the times and location. It is important to include your phone number and try to insist that parents call if their child will not be at a game.
10. Recruit a Team MOM or parent they will be a lifesaver to you as they can handle the "business" of the team such as phone calls, phot, game and snack schedules, banner making and sitting on the bench to keep order.

What Will My Players Know?

Players entering this season from the Mite Giant program should know the following skills.

- Able to identify all of the bases and be able to run them in order.
- Basics of throwing the ball with their knuckles up and their elbow at an L shape.
- Fielders began the process of getting the ball back to the pitcher.
- Closing their mitt when they catch the ball.
- How to hold the bat and take a swing

With this in mind as with any new season everything should be reviewed.

What is a 5 & 6 year old capable of retaining. This sections should help you as you implement the practices.

Developmental Characteristics – 5 Year Olds

Developmental Stages	5 Year Olds
<p>Physical Development (motor skills)</p>	<ul style="list-style-type: none"> • Growth slows down • Gross motor competencies expand - somersault, beginning to ride bikes, balances on beam, walks backward, beginning to skip, catches and throws balls • Fine motor proficiency - dresses self, traces and cuts well, writes some letters and numbers
<p>Social Development (relationships with people)</p>	<ul style="list-style-type: none"> • Prefers to be with other children, can usually play cooperatively • Chooses own friends, many same sex friends, can spend more time away from parents • Plays simple card games, simple team sports, dramatizes real life situations with detail and accuracy • Problem solving skills are emerging • Engages in silly talk, bathroom talk
<p>Emotional Development (personal development, self-esteem)</p>	<ul style="list-style-type: none"> • Less ego centric, growing sense of independence • Positive outlook • Aware of sexual differences • Beginning of moral development - self worth, pride • Concern with in eyes of others • Desires privacy, anxious to please, comply with authority
<p>Intellectual Development (concepts, language)</p>	<ul style="list-style-type: none"> • Learn by doing • Growing vocabulary & sentence structure, plays with words, rhymes • Time concepts developing, rote counting, matching, retelling stories, letter & number recognition • Eager to learn, creative - ready to engage • Beginning to understand sequence, follows simple instructions • Sorts objects by single attribute

Developmental Characteristics – 6 Year Olds

Developmental Stages	6 Years Old
<p>Physical Development (motor skills)</p>	<ul style="list-style-type: none"> • Need physical activity - sitting is difficult • Physical confident can control body movements & positions • Cuts accurately, jumps rope, ride two wheeler • Fine motor skills are being practiced, hand-eye coordination required concentration (sometimes frustrated) shouldn't copy from board, beginning to tie shoes, simple sewing, hand dominance, use proper pencil grip
<p>Social Development (relationships with people)</p>	<ul style="list-style-type: none"> • Friendships are very important. Mostly same sex. Social play is rich. • Can wait, take turns, share • Engages in conversations about experiences • Selects toys and books for own amusement • Beginning to understand others points of view
<p>Emotional Development (personal development, self-esteem)</p>	<ul style="list-style-type: none"> • Concern about self worth as it relates to school tasks • Feels pride in accomplishments - can be competitive, aware of self & personal interests • Has a strong sense of independence in self help areas • Needs adult assistance in structuring time & space beyond immediate
<p>Intellectual Development (concepts, language)</p>	<ul style="list-style-type: none"> • Interested in and word play • Can guess conclusion to simple story which has been read to them • Can analyze a story and compare to real life situations, speaks clearly and in sentences

TEE BALL SKILLS CHECKLIST

Listed below is a Checklist of accomplishments your players should be able to do successfully at the end of the season. These are all very basic fundamentals that if taught correctly will lay another layer to the foundation of this great sport. It will also give a consistency in player preparation for the next level of play. The 7 & 8 year old division coaches will love you.

You will receive a checklist and evaluation at the end of the season to let us know how the players have progressed by using this curriculum in your coaching experience. This evaluation will help us build an even better program next year.

A. Glove

- How to Wear One
- How to use one
- Each child fitted for the right size

Throwing

- How to hold the ball
- How to throw knuckles up
- How to look and step toward the target
- How to release the ball
- How to follow through

Catching a Thrown Ball

- Properly holding the glove
- Catching above the waist
- Catching below the waist

Fielding

- Fielding a ground ball
- Fielding a fly ball
- Watching the ball into the glove

Batting

- Correct Grip
- Correct Stance
- Correct Swing

Running the Bases

- Running the bases in order
- Running through first base
- Listening to the base coaches

Game Play

- What they do if they get the ball
- Calling the ball
- Retrieving a hit ball in their area
- Moving to their base to receive a throw
- Getting the ball back to the pitcher



The Section will cover proper mechanics for each Skill.

A. Glove

Choosing the proper glove size:

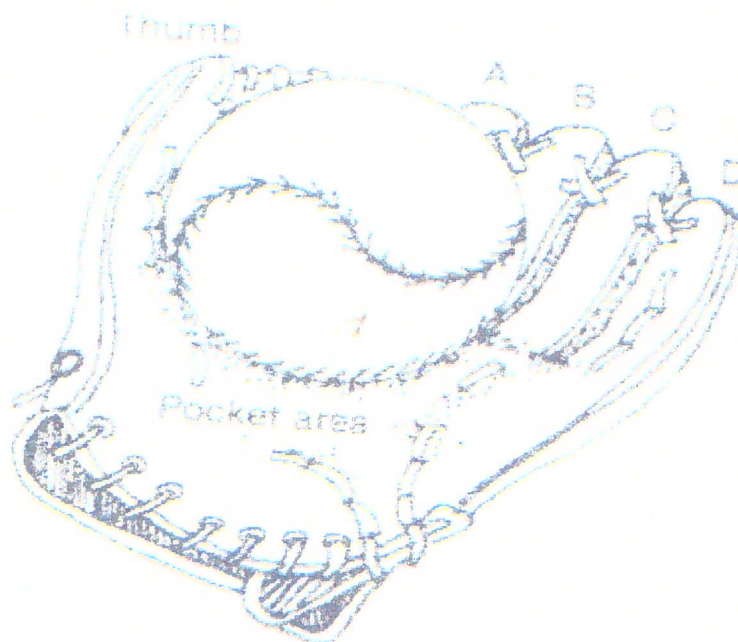
A younger player just needs a glove that will withstand a throw of a baseball. One that they can control the ball with.

Youngsters / Beginners

- Youth models are smaller to help kids maintain control
- Avoid the urge to buy a bigger glove that you'll grow into
- Kids under the age of 8 should stick with a glove from 9 - 11 inches
- Kids from 8 to early teens - consider an 11 inch glove
- Beginners also benefit from the added control that they get from smaller gloves

Becoming Familiar with the Glove:

- Have child place their fingers in the correct slot of the glove.
- Child should be able to open and close the glove comfortably with their hand.
- Balls should be caught in the pocket of the glove
- Ball should close over the ball when caught
- Throwing hand should cover the ball after it is caught



Throwing

Throwing is one of the most important skills in baseball. Stress to your players that accuracy is more important than speed. Teach them to throw over the top and not side arm. This creates bad habits that are hard to change later. Thumb under the ball. Knuckles towards the sky.

Windup

Bring the throwing arm back and up, turn your front shoulder so it is pointing at the target. The glove hand points toward the target. The arm extends behind the body with wrist cocked and elbow bent in an L Shape:

Delivery

As you start your delivery you pick up the lead foot and stride toward the target. As the lead foot touches the ground, the hips rotate toward the target. Release the ball in front of the body and follow-through. Always look at the target thought out the throw. Knuckles toward the sky.

Follow- Through

The follow-through ends with the throwing arm down in the front of the body and the feet almost parallel, in a balance ready position.

Helpful tips for throwing

- Hold ball in fingers not palm – knuckles towards the sky – thumb under the ball
- Side inline with target – point glove shoulder at target
- Throwing elbow higher than shoulder
- Arm in L Shape
- Step forward with opposite foot to throwing arm.
- Release ball at the “HIGH FIVE” position
- Follow through – arm down to opposite knee.



Catching

A major defensive skill is catching. Initially, some players will be afraid of catching a baseball. That fear will make them flinch right before the ball reaches their glove. This will cause them to drop the ball instead of catching it, or worse, the ball may hit them. This can create a fear that can eventually cause players to quit. Teaching players the correct catching technique is not easy. You must first overcome their fear of getting hit with the ball. Demonstrate that the ball is softer than a standard hard ball. You might want to work with some of your players with a tennis ball for the first couple weeks.

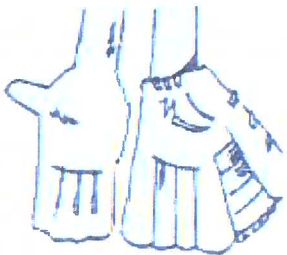
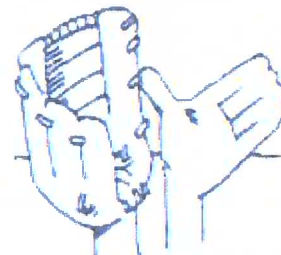


Catching the baseball

- keep your eyes on the ball
- have both hands ready, with arms relaxed and extended toward the ball
- bend the elbows to absorb the force of the throw
- watch the ball into the glove and squeeze it
- Cover the ball with your throwing hand to make sure it does not pop out.

Glove positions when Catching the Baseball

Glove positions for above the waist “*fingers up*”



Glove position for below the waist “*fingers down*”

Don't forget to cover the ball with your hand so it does not pop out.



Hitting

Hitting a baseball is probably the most difficult skill to master in baseball.

Five separate hitting components should be taught to young players : grip, stance, stride, swing and finish.

Grip

Grip the bat firmly (don't squeeze) hands together above the knob with the middle knuckles lined up. The player at this level should be encouraged to hold onto the bat until contact is made and then to drop the bat vs. throwing it.



Stance

Players should be comfortable in the batters box. Don't try to make every batter assume the same stance, but do stress these basics:

- feet comfortably wider than shoulders, set in a square stance
- toes pointing towards the tee/plate
- knees slightly bent with weight centered on the balls of the feet
- upper body bent slightly at the waist, eyes focused on the ball
- bat at a 45 degree angle
- elbows out from the body and flexed, point towards the ground

Stride

The stride is a triggering motion to begin the motion of the shoulders hips and, knees as the pitcher releases the ball. This will become a more useful tool as the players develop but for now a small stride of the front foot toward the mound will be a good start to force some weight distributions and begin their swing sequence.

Swing

Adjust the tee with the ball set even to the hitter's waist. The legs and hips initiate the swing. Eyes on the ball, shoulders level, bat and head steady. The swing should be level to slightly downward bring the bat through the center of the ball. Watch the bat hit the ball; keep your head down. Extend arms and follow through. Focus on making contact and not swing too hard.

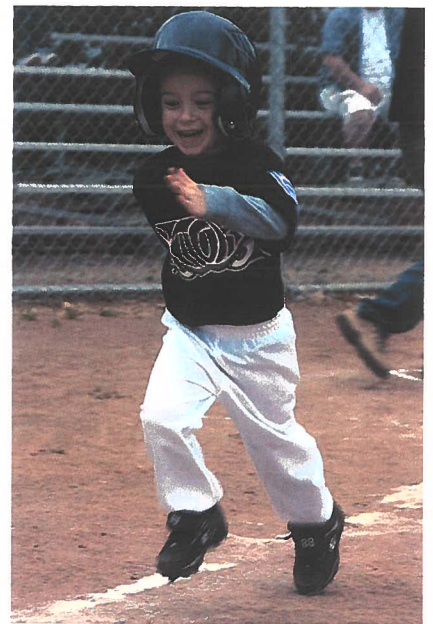
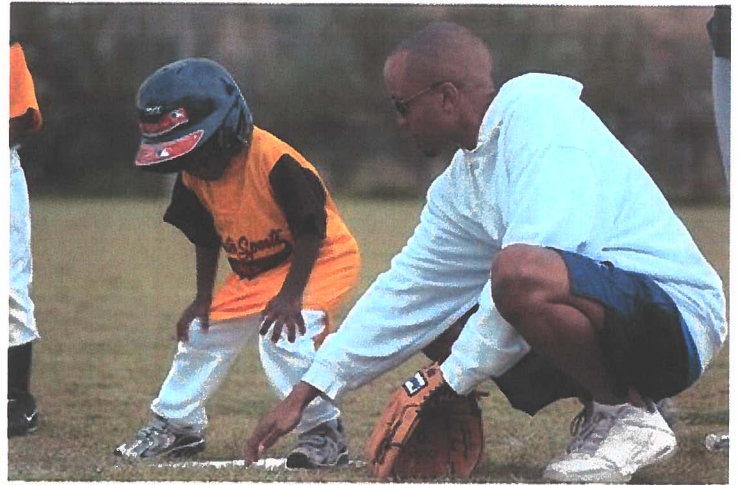
Finish

Balanced position when the swing is over. Do not watch the ball. Drop the bat and run hard to first base.



Base Running

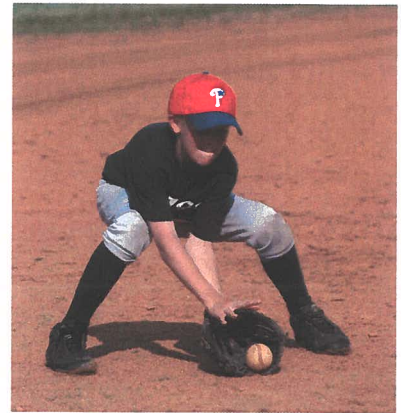
- Run on the balls of the feet.
- Look at the base you are running to, not where the ball went.
- Run out side the foul line.
- Teach the players to run straight through 1st base ; don't jump on it or slow down.
- Watch and listen for coaches instructions.
- Keep one foot on base leaning forward until the batter hits the ball and use the base to push off.
- Know where the ball is.
- When running the bases touch the inside corner.
- Make sure you touch every base.



Fielding

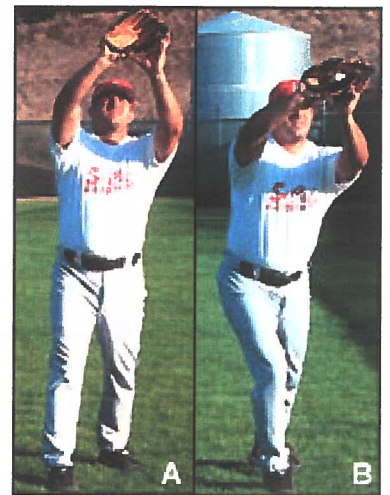
Ground balls

- Move body and feet towards ball (feet apart as you get close to the ball).
- Bottom close to ground.
- Little fingers together, palms out and back of finger tips of glove on the ground.
- Watch ball into glove, place throwing hand over ball and gently bring ball(in glove)to heart.
- With ball in throwing hand, turn side on to target and throw.



Fly Balls

- Move body and feet towards the ball
- Do not go in front of the ball stay behind it.
- Keep thumbs together, palms out(fingers up, palms out)
- Catch away from body(above chest)
- Bring ball, in glove, gently towards heart.
- Player must be able to see the ball at **ALL** times



Position Checklist

Remember in T-Ball No Defensive player shall play the same position for more than one inning per game. All Players must play at least one inning in the infield per game.

First base - Show where 1st base person is to stand when no runner is on base and when one is on the base. Practice fielding plays; ball thrown to 1B by infielders.

Second base - Position player in place, anticipating action. Practice fielding plays; such as, tagging a runner out at 2nd base and if running in the base line to the base.

Shortstops - Show positions: one between 2B and 3B. Practice fielding balls and throwing to 1B or 2B for an out. Remind them they can tag a runner.

Third base - Show position, anticipating action. Practice action such as, player diving to knock down ball and fielding pop-ups in foul territory.

Pitcher - Stands in pitcher's area but acts as an infielder. Practice fielding ball and throwing to 1B. This position sees a lot of action and the player must pay attention.

Catcher - Stands behind and away from home plate until ball is hit Demonstrate: after ball is hit, adult removes tee and bat; catcher moves up to cover plate. Practice actions: catcher tagging base runner out, catcher throwing to 1B.

General Infield Activity - Catching short fly balls.

Field balls and throwing to a base or to home plate. Do not run with ball)

Tagging runners on the base path.

Relaying a ball from an outfielder to a base; to the catcher at home plate.

Outfielders - Position players.

Practice catching fly balls in a crowd. "I've got it"

Practice catching ground balls and throwing to infield.

Have one outfielder receive relay from another and throwing to an infielder.

Batter - Give basic hitting instructions.

Practice hitting ball, then dropping bat properly and running to first. Don't watch the ball when running to first base.

Base Runners - Instruct runners to look for 1B Coach signals to run past base or to turn and go on to 2B Instruct that forced runner on base must advance. non-forced runner can hold position on base. Player on base watch what next batter does; where the ball goes.

Instruct sliding.

Bench - Team sits in batting order, encouraging the batter.

Coach talks to team: Listen for instructions. Play fair; follow the rules. Have fun.

Coach - Talking to team, after the game:

Summarize team's activity. Be specific and recognize progress. Note any humorous thing that happened. No public criticism; as necessary, take player aside. What's next: i.e., practice at home, next team practice and game schedule; tell parents.

Extra Practice Tips

As you plan your practice always have more activities than you have time for. Some drills last longer than planned and others not as long. Below are some fill in activities when those drills you planned do not last as long as you planned.

Batting:

Practice, Practice, Practice. Work with small groups using a tee and go over the five components of hitting.

Bounce to the bucket:

Use a large basket or bucket and place it on the base. Outfielders try to throw it into the container. Can be done as a game with 10 points for in the bucket and 5 for hitting the bucket and 1 point for two feet either side of bucket

Catch:

Two or more players catch. Keep track of the number of successful catches. See how many you can catch in a row.

Catching Flies:

Hit or throw fly balls to fielders. Throw ball right to the player to develop confidence and then toss ball to right or left. During this drill you can introduce someone coming over to backup the play. Make sure to instruct the use of two hands.

Coach in the Middle:

Circle the kids with the coach centered rolling the ball or tossing to each player. For practice have the kids field the grounders without a glove, to reinforce the use of two hands.

Crab Drill:

Player is in basic fielding set position stance, crouched forward with glove open and down. Player takes three or four steps as the coach rolls the ball.

Track meet:

Player stands at home plate with bat in hand. Coach claps hands and player drops bat and runs hard to first base. Time how long it takes to get to first and record it. Run drill later in season and see if there is any improvement.

Remember:

You should be satisfied if the kids have fun, learn the basics of baseball and are enthused to play again next year.

BASIC PRACTICE SET-UP

Depending on the number of coaches and or parent volunteers available at practice, each skill can be practiced at a station led by a coach or parent volunteer(*remember any parent working with anyone other than their child must be cleared by the Recreation Department*).

Divide the team up into even groups and send each to a station. Rotate each group through each skill station, each lasting about 10 minutes each. The entire practice should last 60 to 65 minutes.

For example, practice may be set up in the following manner:

Team Meeting 5 minutes

Warm-up and Stretching 5 minutes

Rotation Stations – 45 minutes

- Throwing/Catching Activities 10 minutes
- Fielding Activities 10 minutes
- WATER BREAK 5 minutes
- Batting Activities 10 minutes
- Running and/or Defense Activities 10 minutes

Group - 5-10 minutes

- Activity On the Field
- Announcements/Team Cheer



STRETCHING EXERCISES

These are always the same you can even do them to music to add a little creativity to your warm-up.

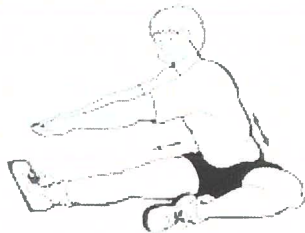


1. Arms/Neck

Roll arms around in a 'windmill type' action. First rotate right arm forward 10 times, then switch to left arm. This can be done using both arms at the same time. Then, change to rotating arms backwards using the same sequence. Move head up and down holding each position for 8-10 seconds. Move head from side to side holding each position for 8-10 seconds.

2. Quadriceps

These muscles are the big muscles that cover the front of your thigh. Stand straight. Bend one leg and hold your ankle or the top of your foot. Pull your bent leg until your heel is close to your bottom. Use a wall or a teammate to balance. Hold for 10 seconds. Switch legs.

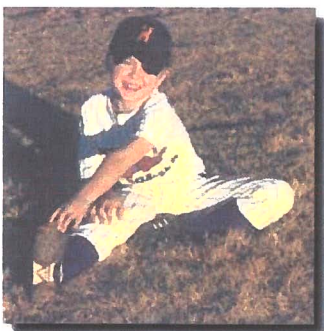


3. Hamstrings

These are the muscles at the back of your thigh. In a sitting position with your left leg straight, place the sole of your right foot against the inside of your left thigh. Bend your trunk toward your extended leg, keeping your knee straight and foot in a relaxed position. Hold for 10 seconds. Switch legs.

4. Groin (Butterfly stretch)

In a sitting position with your back straight, bend your knees and place the bottoms of your feet together. Pull your feet towards your groin. Place your elbows on your knees and gently push the knees toward the floor. Hold for 10 seconds, rest and repeat.



5. Calves

In a sitting position with legs straight, place right foot next to your left thigh. Pull left toes towards body with hands. Hold for 10 seconds. Switch legs. Then put both legs together in front of you and pull both feet towards you for 10 seconds.



**Team Meeting - 5 minutes**

1. Introduce all coaches
2. Attendance - Give each player a stick on name tag
3. Go Over the Skill Stations and Assign the kids to a group and coach (benefit of Coaches at each station)

Warm-up and Stretching - 5 minutes**Reference Stretching Exercises****Skill Stations – 45 minutes - Whistle Blows**

every 10 minutes after the

20 minutes take a 5 minute water break

1. Divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals within each activity.
4. Evaluate and note individual skill level, attention span and personality.

Station #1 – Throwing and Catching

Station #2 - Fielding Activities

Station #3 – Batting Activities

Station #4 – Running and listening to the coach

Station Directions – 10 minutes per station**#1 Throwing and Catching Activities**

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.

2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

#2 Fielding Activities

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.

2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

#3 Batting Activities

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.

2. Practice Swing: Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.

3. Batting Practice: Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

#4 Running Activities

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Group Lesson/Closing Announcements/Team Cheer – 10 min

Show your kids the baseball field and all the positions have them repeat the position after you explain it. Refer to the Position Checklist.

Supply List

24 incrediballs

2 Tee's

2 bats

2 sets throw down bases

1 dozen small cones

Field Diagram

Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps

Water/snacks



Team Meeting – 5 minutes

1. Re-Introduce all coaches
2. Attendance - Give stick on Name Tags
3. Announcements

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Skill Stations – 45 minutes - Whistle Blows every 10 minutes after the 20 minutes take a 5 minute water break

1. Divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals within each activity.
4. Evaluate and note individual skill level, attention span and personality.

Station #1 – Throwing and Catching

Station #2 - Fielding Activities

Station #3 – Batting Activities

Station #4 – Running and listening to the coach

Station Directions – 10 minutes per station

Throwing and Catching Activities

1. One-Knee Throws: Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.

2. Bounce to the Bucket: Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Fielding Activities

1. Left or Right: Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.

2. Fast Fingers: Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach’s whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

Batting Activities

1. Coach Says: This game is similar to Simon Says. Coach rapidly calls out one of five commands:

Hands: players grip an imaginary bat - **Feet:** players jump with feet apart facing an imaginary tee

Stance: players stand in batting position with arms raised toward rear shoulder

Squash the bug: players step, swing and rotate on the ball of their back foot

Swing and drop: players do a full swing, including dropping the “imaginary” bat

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Defense and Running Activities

1. Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

2. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Group Lesson/Closing Announcements/Team Cheer – 10 min

Explain the basic rules of the game, Review the baseball field and all the positions

Supply List

24 incrediballs
2 Tee’s
2 bats
2 sets throw down bases
Large bucket or cooler
1 dozen small cones
Field Diagram
Name tags
Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
Water/snacks



PRACTICE #3

Team Meeting – 5 minutes

1. Attendance – Give sticker name tags
2. Announcements
3. Highlight the positives from the previous practice

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Skill Stations – 45 minutes - Whistle Blows every 10 minutes after the 20 minutes take a 5 minute water break

1. Divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals within each activity.
4. Evaluate and note individual skill level, attention span and personality.

Station #1 – Throwing and Catching

Station #2 - Fielding Activities

Station #3 – Batting Activities

Station #4 – Running and listening to the coach

Station Directions – 10 minutes per station

Throwing and Catching Activities

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner. Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

Fielding Activities

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Batting Activities

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Running Activities

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base. They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Supply List

24 incrediballs

2 Tee's

2 bats

2 sets of throw down bases

1 dozen small cones

Field Diagram

Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps

Water/snacks

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Practice #4



Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from the previous practice

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Skill Stations – 45 minutes - Whistle Blows every 10 minutes after the 20 minutes take a 5 minute water break

1. Divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals within each activity.
4. Evaluate and note individual skill level, attention span and personality.

Station #1 – Throwing and Catching

Station #2 - Fielding Activities

Station #3 – Batting Activities

Station #4 – Running and listening to the coach

Station Directions – 10 minutes per station

Throwing and Catching Activities

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.

Fielding Activities

1. To Second Base: Position a coach or a more experienced player at second base.

Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

Batting Activities

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Defense Activities

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out. Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Supply List

24 incrediballs

2 Tee's

2 bats

2 sets of throw down
bases

1 dozen small cones

Field Diagram

Name tags

Whistle and clip board

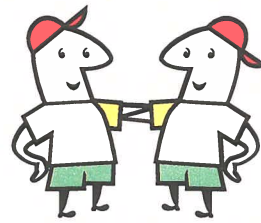
Instructions for each
rotation to give to
coaches/helpers

Reward stickers/stamps

****Water/snacks****

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from the previous practice



PRACTICE #5

Supply List

- 24 incrediballs
- 2 Tee's
- 2 bats
- 2 sets of throw down bases
- 1 dozen small cones
- Field Diagram
- Name tags

- Whistle and clip board

- Instructions for each rotation to give to coaches/helpers
- Reward stickers/stamps
- **Water/snacks**

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Skill Stations – 30 minutes - Whistle Blows every 10 minutes

1. Divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals within each activity.
4. Evaluate and note individual skill level, attention span and personality.

Station #1 – Throwing and Catching

Station #2 - Fielding Activities

Station #3 – Running and listening to the coach

Station Directions– 10 minutes per station

Throwing and Catching Activities – 10 minutes

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

Fielding Activities – 10 Minutes

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

Running Activities – 10 minutes

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

5 minute Water Break

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

PRACTICE #6

Team Meeting – 5 minutes

1. Attendance – Give Name Tag Stickers
2. Announcements
3. Review highlights from the previous practice



Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Skill Stations – 28 minutes - Whistle Blows every 7 minutes

1. Divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals within each activity.
4. Evaluate and note individual skill level, attention span and personality.

Station #1 – Throwing and Catching

Station #2 - Fielding Activities

Station #3 – Running and listening to the coach

Station #4 – Batting Activities

Station Directions– 7 minutes per station

Throwing and Catching Activities -7 minutes

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught. Using this scoring place 3 buckets each of them having a point value and these buckets are to the side of the catcher. The thrower has a bucket of 1 dozen balls. See how many balls are in each bucket for point totals. Take turns being the thrower and the catcher. Be sure the mechanics are done correctly.

Fielding Activities -7 minutes

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate and put a player in the pitching position or put a bucket at the pitching position. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base. Remember to have the kids get the ball back to the pitcher after each play.

Batting Activities -7 minutes

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Running Activities -7 minutes

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Supply List

24 incrediballs

2 Tee's

2 bats

2 sets throw down bases

1 dozen small cones

8 buckets

Field Diagram

Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps

Water/snacks

PRACTICE #7



Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from the previous practice

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Skill Stations – 30 minutes - Whistle Blows every 10 minutes

1. Divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals within each activity.
4. Evaluate and note individual skill level, attention span and personality.

Station #1 – Throwing and Catching

Station #2 - Fielding Activities

Station #3 – Running and listening to the coach

Station Directions– 10 minutes per station

Throwing and Catching Activities

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill until every player has thrown and caught a ball.

Fielding Activities

1. Shortstop-Second Base: One player is in position between 1st and 2nd base and another player is in position between 2nd and 3rd base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

Running Activities

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Supply List

24 incrediballs

2 Tee's

2 bats

2 sets throw down bases

1 dozen small cones

Field Diagram

Whistle and clip board

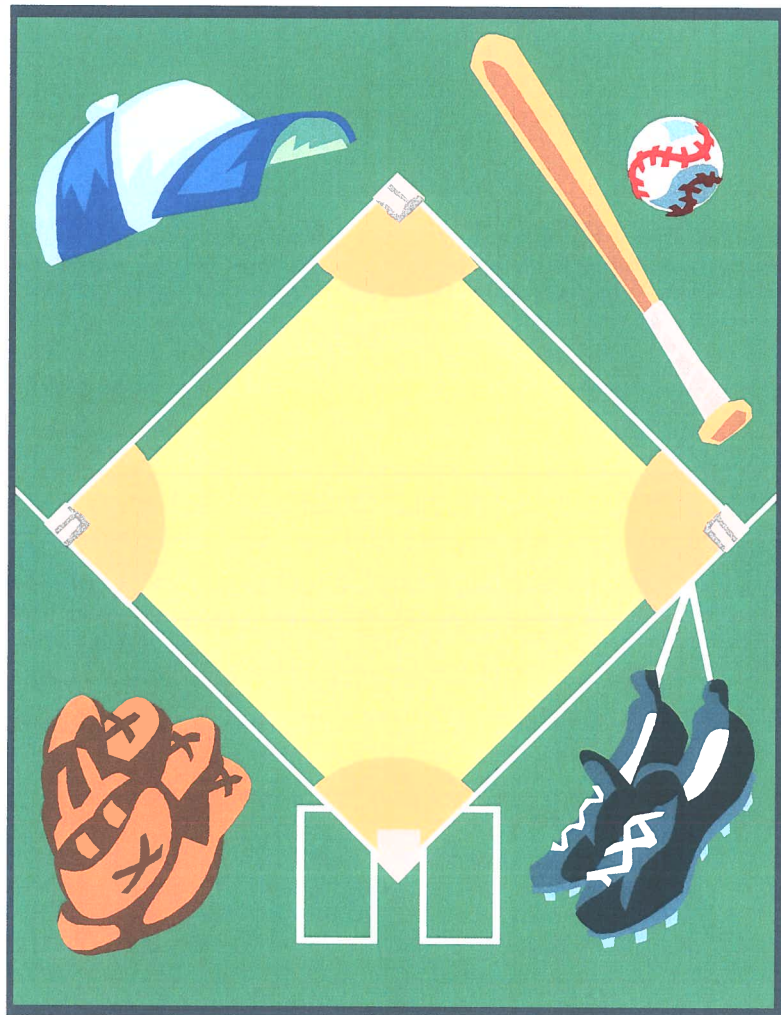
Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps

****Water/snacks****

PRACTICE BETWEEN GAMES

SINCE T-BALL IS INSTRUCTIONAL AND THE TEAMS WILL HAVE 2 GAMES PER WEEK THERE WILL BE NO PRACTICES ONCE THE GAMES BEGIN. If you choose to practice remember the 3 contact rule which states a team can not gather more than 3 times per week.



Extra Drills and Games

Throw out the Trash (fielding/throwing on the run)

Skills Taught: This is a great game to get players running full speed to a ball, picking it up and then throwing as quickly as they can at a target.

How the game works:

- Put all the available balls on the ground around the short stop area.
- Place a large trash can (or some other large target) on its side on the spot where first base would be.
- Have 2 (or more) teams line up about 10 ft behind the scattered balls.
- On your whistle, the first player in each line runs to pick up a ball and tries to throw it into the trash can. The player then runs to the back of the line and the next player in line goes.
- Play until all the balls have been thrown and each team counts their “makes” to determine the winner. If you have more than 10 kids playing, either add a third line or make this a station game with 6 total players to reduce the time of players standing in lines.

Throw It In! (fielding/throwing/relay)

Skills taught: This a relay race simulating a ball thrown in to home from the outfield.

How the game works:

- Divide your players into 3-player teams (add a fourth for players under 9).
- Set up infielder #1, infielder #2, in the infield area and an outfielder in the outfield.
- Place several balls by the outfield fence, spreading them out as much as possible.
- On your whistle, the outfielders sprint to pick up a ball. Infielder #1 runs to the position just on the grass behind the infield, lifts his or her hands and yells for the ball. Infielder #2 runs to cover the area around home.
- First ball thrown in to infielder #2 near home plate wins.
- Do it again with the players switching positions. With more than three teams competing, have your home infielders keep 5 feet between them when they set up around home plate for safety.

Tip: Don't worry that you are not throwing into a catcher and just let all the players practice the teamwork needed to get a ball back into the infield as efficiently as possible.

Teaching players to watch the ball...

Using a tee, draw a large black dot on the ball. Have the batter concentrate on hitting the dot and watching the dot until after their swing is complete. Using the tee helps to keep their swing level. They will get it - repetition is the key.

Improving throwing and catching...

Put the gloves down and use a tennis or rubber ball. Roll grounders to them and instruct the players to use both hands.

Get the players used to using both hands, then graduate to gloves. This drill may also be used to improve catching line drives or pop ups

Throwing

Have the player(s) make an L shape with their throwing arm, and concentrate on hitting the coach's nose with the ball. Having a focal point helps players understand the ball will go where they aim. Your nose is about as good as focal point as any.

Great Article on Teaching kids to Bat

Teaching kids something new isn't that different from teaching adults something new. Rather than to cover every single aspect of a skill or subject, you pick handful of crucial fundamentals to stress and ignore everything else until you see they can consistently demonstrate those fundamentals without prompting.

So buckle up folks, I'm about to give you the keys to turning your future little sluggers into **Big Papi**. You can thank me later when your kid is the best batter on the team. Just tell them you learned the secrets to batting at H.I.T. - the Hammer Institute of Technology.

- Don't let them stand too close to the tee. Have them stand back in a spot that puts the sweet part of the bat on the ball when they swing with their arms fully extended. If they miss, make sure they move back and reset - it baffles me why kids never remember to reset their feet if they miss, but they just never do and it's your job to remind them.
- Don't put the tee *on* home plate - put it in *front* of home plate. This way you teach kids to start their swing just before the ball is over the plate. When you teach kids to start their swing when the ball's right over the plate, all you're really doing is teaching them to strike out when they get to the next level.
- Make sure they watch the ball the *entire* time. Stand opposite from them as they swing and devote one-third of your attention to watching their swing and two-thirds to watching their eyes. A *lot* of kids take their eye off the ball either mid-swing or at the last minute, and if you don't correct this immediately they'll keep swinging and missing and have no idea why. (If one of your sluggers all of a sudden starts to slump, watch their eyes. Most of the time this is because they've gotten so cocky that halfway through their swing they're looking at the outfield fence instead of the ball.)
- Have them swing level. No "wood-chopping swings" and no "aiming for the moon." Tell them to swing level by pretending they're using the bat to sweep a pile of books off their desk at school.
- Bat speed = power. Have them swing hard every time. (Also, unless they're really tall for their age, have them hold the bat in the middle of the grip. Or maybe 2/3 of the way down. Only tall kids and accomplished batters need to be holding it at the end. Remember that while your tee-ball players come in all sizes, the bats only come in one and adjustments are usually going to be needed.)

Some of you may be thinking right now, "This all makes sense, Hammer. What else?"

Nothing. That's it. If your current and/or future tee-ball players can do all that every time without being reminded, you can start tweaking the small stuff or maybe even have them try **switch-hitting**. (Studies show that tee-ball age is the best time to teach switch-hitting to kids who have an interest and aptitude for it, and this season I actually turned my youngest and smallest player into a pretty good switch-hitter.)



HITTING DRILLS

One Player Hitting Drill

Set-up a tee at home plate and have one hitter and everyone else in the field. The player hits the ball and goes to first base. You can repeat this drill with the same player or rotate everyone 1 at a time

Invisible Tee Drill

Pretend you are a major league baseball/softball player and just take swings of the ball with no ball and no Tee around. This drill is used to work on form so watch for that

Bottom and Top Isolation Drill

Choking up on the ball or using a shorter bat, each player will take turns swinging at the ball on the tee with the use of only one arm. Make sure players swing with both the top and bottom arm. By isolating the arms you are training the hands to work together. It also prevents people from being dominant with one arm during the swing

Soccer Ball Drill

Place a soccer ball on top of the Tee. If the Tee is an open tube place a small bathroom plunger inside the tube. The batter hits the ball hard off the Tee. If the ball doesn't explode off the ball then the player isn't driving through the ball

Balance Beam Hitting

The hitter stands on a 2 x 4 with both feet while hitting off of a Tee. This will develop good balance throughout the swing

THROWING/CATCHING DRILLS

2 Person Throwing Drill (from knees)

Get in groups of two with the kids about 5-10 feet apart on one knee (If you throw right-the left knee is up and the right knee is down on the ground). Work on proper throwing form and use a tennis ball or a softer ball. Perform this drill at first with no gloves then add a glove later on in the drill. Can make it into a game by having players keep track of how many in a row the 2 players caught

2 Person Throwing Drill (standing position)

Get in groups of two with the kids about 5-10 feet apart while standing up. Work on proper throwing form and use a tennis ball or a softer ball. Perform this drill at first with no gloves then add a glove later on in the drill. Can make it into a game by having players keep track of how many in a row the 2 players caught

Basic Catching Drill

Have each player facing the coach and the coach demonstrates the thumbs together catching technique for catching a ball above the waist and also demonstrates the pinky catching technique for catching a ball below the waist. This is a basic drill, no balls are need and you can do this either with or without a glove

Round The Clock Form Drill

This is set up just like a clock (forehead is 12 O'clock and stomach is 6 O'clock). Have the players start at the 12 O'clock position with the thumbs together and then go either counterclockwise or clockwise and as they head down to 6 O'clock they switch to the pinky together position. At 10, 11, 12, 1, and 2 O'clock position their hands are up with thumbs together. At the 4, 5, 6, 7, and 8 O'clock position their hands are down with their pinkies together. The 3 and 9 O'clock position is where the switch occurs

Circle Toss Drill

The team forms a circle or with 2 coaches you can have 2 circles formed. The coach is in the middle with a tennis or softer ball and the coach tosses the ball to players randomly, high and low to work on both catching high and low balls. When the player catches the ball they toss it back to the coach

Bag Position Drill

It's Important to teach each player to only use the corner of the ball to put their foot on and not in the middle. Start everyone at home plate, have one at a time run to first base and put their foot in the correct

position then have the first base person run to second base and the next person in line at home plate run to first. The players want to use the side of the plate facing the pitchers mound

Around The Horn Drill

Have 4 players, one at each position (first, second, third, home) and throw around to each position either clockwise or counterclockwise. You can bring the players closer to together if players are having trouble with accuracy. For added difficulty, coach can call switch and the player with the ball must switch from either clockwise to counterclockwise or vice versa

The Alligator

This is a 2 player drill where player one rolls the ball directly to player two, player two picks it up and throws it to player one. Once player one catches the ball they throw it back to Player two and player two now rolls the ball to player one so each player gets a chance to field grounders. For added difficulty roll the ball slightly to the left or right of the player so they have to move to catch it

The Bouncing Ball Drill

This is a 2 player drill where player one bounces a tennis ball directly to player two, player two picks it up and throws it to player one. Once player one catches the ball they throw it back to Player two and player two now bounces the tennis ball to player one so each player gets a chance to field grounders. For added difficulty bounce it slightly to the left or right of the player so they have to move to catch it

Pop Flies

Have all the players line up behind either first, second or third or have some players at each position. Coach stands at home plate and tosses (or use a tennis racket) a pop fly up (Not too high, we want to toss it low enough where the kid has a chance to catch it, even if 7 or 8 feet high or to drop it from above them) the coach calls the name of the player and that player makes the catch. After the player has their turn they go back to the end of the line. With multiple coaches you can give players more repetitions

Fly Ball

Use three to five players in this drill. The coach uses a tennis racket or bare hand to throw it up in the air. Hit the ball to the outfield, who catches it and throws it the relay person who is directly between the outfielders and the coach. With three players use a catcher, relay and outfielder. The fourth and fifth players are also outfielders. With the fourth and fifth players, teach them to back up the person who is going for the catch

Outfield Ground Ball Drill

Use as many as 6 outfielders and the coach, using a tennis ball and tennis racket or bare hand to throw. The coach hits a grounder to the outfielder which they need to catch and throw back into the assistant coach who is halfway between the outfielders and coach and the assistant relays it back to the catcher who is a player next to the coach. Teach the other outfielders to backup the person who the ball is hit to

Bounce to a Bucket

Put a large basket or cooler on a base with the open end on the side, not up. Outfielders try and throw the ball into the container. Can make this into a game where players get 10 points for throwing it into the bucket and 5 points for hitting the bucket

Crab Drill

Players assume the basic ground ball catching position (Alligator). The coach roles the ball and the player takes 3 or 4 steps forward to get the ball

Just Block It

The coach hits the ball directly to the fielder. Fielder must stop the ball from getting into the outfield. It's okay to just stop the ball (better to catch it). You can make this into a game with a point scored for every block, 2 for a block and 0 for a ball that gets through

Throwing Accuracy

Adjust the Tee so that the top is about chest high for the average player. Place an empty bucket upside down on top of the Tee. Line up players at the pitchers mound (or closer) and give each player the same amount of throws at the bucket. Keep track of how many times a player hits the bucket

Relay Drill

Make 3 or 4 even teams of at least 3 players and station them an equal distance apart (start close and work your way back when they get comfortable with the close distance) and spread the teams out so no one gets hit with a stray ball. Start with the ball at one end of the line and they must relay the ball to the other side of the line and back before the other teams can

BASERUNNING DRILLS

Base Running Drill

Each player, one at a time, will practice running to first base, home to second, home to third, run all the bases at one time. You can also time first to second and second to third. Use a stopwatch to time each player and have them run individually and not against teammates. Have each player call out the base they just hit (example: "FIRST") so they can learn the bases and what ones to run too. With this drill teach each player to go for the outside of the ball, farthest from the pitchers mound

Rounded Base Running Drill

Using Cones or some kind of barrier you have the first player hit the ball and runs toward first base around the cones or barrier and continues to second base. This player stays at second base and the next batter comes up and hits the ball and runs from home to second while the person at second base runs from second base back to home plate. You should also set up cones around third base so they have to run in a rounded way

Behind T Running

Have each player take a turn batting and have cones/barriers in front of the Tee so that the batter must run behind the Tee onto first base, make sure they run through the base not slow down before they get there

Run Down

Use 2 fielders and 1 runner, who try to run from one base to another without getting tagged. Rotate positions after each attempt

Sacrifice Fly Drill

With runners on third base, a coach hits an imaginary ball to the outfield. The coach gives the command "Fly ball to Right/Left/Center" "Tag up." Player looks to that field and when the coach says "GO" that means the ball has been caught and each runner tags up and attempts to score

Fielder Knockout

Have all the fielders line up at shortstop. In succession, each infielder fields one ground ball (coach can roll the ball, or hit a tennis ball). If the fielder fields it cleanly, prevents it from going to the outfield or makes a great effort to keep it in front, they go back to the end of the line. Otherwise they are out of the game. The last remaining player is the winner

Practice Assignment Sheets – 5 copies are provided for your convenience

Practice #1

Team Meeting - 5 minutes

- 1. Introduce all coaches
 - 2. Attendance
- Give each player a stick on name tag

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.

2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

Notes: _____

#2 Fielding Activities -Name

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.

2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

Notes: _____

#3 Batting Activities – Name

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.

2. Practice Swing: Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.

3. Batting Practice: Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Show your kids the baseball field and all the positions have them repeat the position after you explain it. Refer to the Position Checklist.

Notes: _____

Practice Assignment Sheets – 5 copies are provided for your convenience

Practice #1

Team Meeting - 5 minutes

- 1. Introduce all coaches
 - 2. Attendance
- Give each player a stick on name tag

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.

2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

Notes: _____

#2 Fielding Activities -Name

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.

2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

Notes: _____

#3 Batting Activities – Name

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.

2. Practice Swing: Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.

3. Batting Practice: Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Show your kids the baseball field and all the positions have them repeat the position after you explain it. Refer to the Position Checklist.

Notes: _____

Team Meeting - 5 minutes

1. Introduce all coaches
 2. Attendance
- Give each player a stick on name tag

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.

2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

Notes: _____

#2 Fielding Activities -Name

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.

2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

Notes: _____

#3 Batting Activities – Name

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.

2. Practice Swing: Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.

3. Batting Practice: Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Show your kids the baseball field and all the positions have them repeat the position after you explain it. Refer to the Position Checklist.

Notes: _____

Practice Assignment Sheets – 5 copies are provided for your convenience

Practice #1

Team Meeting - 5 minutes

- 1. Introduce all coaches
 - 2. Attendance
- Give each player a stick on name tag

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.

2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

Notes: _____

#2 Fielding Activities -Name

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.

2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

Notes: _____

#3 Batting Activities – Name

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.

2. Practice Swing: Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.

3. Batting Practice: Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Show your kids the baseball field and all the positions have them repeat the position after you explain it. Refer to the Position Checklist.

Notes: _____

Team Meeting - 5 minutes

1. Introduce all coaches
 2. Attendance
- Give each player a stick on name tag

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.

2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

Notes: _____

#2 Fielding Activities -Name

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.

2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

Notes: _____

#3 Batting Activities – Name

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.

2. Practice Swing: Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.

3. Batting Practice: Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Show your kids the baseball field and all the positions have them repeat the position after you explain it. Refer to the Position Checklist.

Notes: _____

Team Meeting - 5 minutes

- 1. Introduce all coaches
 - 2. Attendance
- Give each player a stick on name tag

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

- 1. Ready to Throw:** On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.
- 2. Throw to Me Coach:** Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

Notes: _____

#2 Fielding Activities -Name _____

- 1. Basic Fielding:** Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.
- 2. Partner Pickup:** Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

Notes: _____

#3 Batting Activities – Name _____

- 1. Practice Swing:** Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.
- 2. Practice Swing:** Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.
- 3. Batting Practice:** Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name _____

- 1. Run to First:** Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.
- 2. Catch the Players:** Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Show your kids the baseball field and all the positions have them repeat the position after you explain it. Refer to the Position Checklist.

Notes: _____

Team Meeting – 5 minutes

1. Re-Introduce all coaches
2. Attendance - Give stick on Name Tags
3. Announcements

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. **One-Knee Throws:** Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.
2. **Bounce to the Bucket:** Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Notes: _____

#2 Fielding Activities - Name _____

1. **Left or Right:** Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.
2. **Fast Fingers:** Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach’s whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

Notes: _____

#3 Batting Activities- Name _____

1. **Coach Says:** This game is similar to Simon Says. Coach rapidly calls out one of five commands:
Hands: players grip an imaginary bat **Feet:** players jump with feet apart facing an imaginary tee
Stance: players stand in batting position with arms raised toward rear shoulder **Squash the bug:** players step, swing and rotate on the ball of their back foot
Swing and drop: players do a full swing, including dropping the “imaginary” bat
2. **Batting Practice:** Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Defense and Running Activities - Name _____

1. **Game Simulation:** Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?
2. **Team Race:** Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Explain the basic rules of the game, Review the baseball field and all the positions

Notes: _____

Team Meeting – 5 minutes

1. Re-Introduce all coaches
2. Attendance - Give stick on Name Tags
3. Announcements

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. One-Knee Throws: Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.

2. Bounce to the Bucket: Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Left or Right: Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.

2. Fast Fingers: Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach’s whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

Notes: _____

#3 Batting Activities- Name _____

1. Coach Says: This game is similar to Simon Says. Coach rapidly calls out one of five commands:

Hands: players grip an imaginary bat **Feet:** players jump with feet apart facing an imaginary tee

Stance: players stand in batting position with arms raised toward rear shoulder **Squash the bug:** players step, swing and rotate on the ball of their back foot

Swing and drop: players do a full swing, including dropping the “imaginary” bat

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Defense and Running Activities - Name _____

1. Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

2. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Explain the basic rules of the game, Review the baseball field and all the positions

Notes: _____

Team Meeting – 5 minutes

1. Re-Introduce all coaches
2. Attendance - Give stick on Name Tags
3. Announcements

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. **One-Knee Throws:** Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.
2. **Bounce to the Bucket:** Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Notes: _____

#2 Fielding Activities - Name _____

1. **Left or Right:** Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.
2. **Fast Fingers:** Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach’s whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

Notes: _____

#3 Batting Activities- Name _____

1. **Coach Says:** This game is similar to Simon Says. Coach rapidly calls out one of five commands:
Hands: players grip an imaginary bat **Feet:** players jump with feet apart facing an imaginary tee
Stance: players stand in batting position with arms raised toward rear shoulder **Squash the bug:** players step, swing and rotate on the ball of their back foot
Swing and drop: players do a full swing, including dropping the “imaginary” bat
2. **Batting Practice:** Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Defense and Running Activities - Name _____

1. **Game Simulation:** Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?
2. **Team Race:** Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Explain the basic rules of the game, Review the baseball field and all the positions

Notes: _____

Team Meeting – 5 minutes

1. Re-Introduce all coaches
2. Attendance - Give stick on Name Tags
3. Announcements

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. One-Knee Throws: Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.

2. Bounce to the Bucket: Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Left or Right: Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.

2. Fast Fingers: Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach’s whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

Notes: _____

#3 Batting Activities- Name _____

1. Coach Says: This game is similar to Simon Says. Coach rapidly calls out one of five commands:

Hands: players grip an imaginary bat **Feet:** players jump with feet apart facing an imaginary tee

Stance: players stand in batting position with arms raised toward rear shoulder **Squash the bug:** players step, swing and rotate on the ball of their back foot

Swing and drop: players do a full swing, including dropping the “imaginary” bat

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Defense and Running Activities - Name _____

1. Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

2. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Explain the basic rules of the game, Review the baseball field and all the positions

Notes: _____

Team Meeting – 5 minutes

1. Re-Introduce all coaches
2. Attendance - Give stick on Name Tags
3. Announcements

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

- 1. One-Knee Throws:** Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.
- 2. Bounce to the Bucket:** Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Notes: _____

#2 Fielding Activities - Name _____

- 1. Left or Right:** Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.
- 2. Fast Fingers:** Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach’s whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

Notes: _____

#3 Batting Activities- Name _____

- 1. Coach Says:** This game is similar to Simon Says. Coach rapidly calls out one of five commands:
Hands: players grip an imaginary bat **Feet:** players jump with feet apart facing an imaginary tee
Stance: players stand in batting position with arms raised toward rear shoulder **Squash the bug:** players step, swing and rotate on the ball of their back foot
Swing and drop: players do a full swing, including dropping the “imaginary” bat
- 2. Batting Practice:** Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Defense and Running Activities - Name _____

- 1. Game Simulation:** Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?
- 2. Team Race:** Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Explain the basic rules of the game, Review the baseball field and all the positions

Notes: _____

Team Meeting – 5 minutes

1. Re-Introduce all coaches
2. Attendance - Give stick on Name Tags
3. Announcements

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

- 1. One-Knee Throws:** Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.
- 2. Bounce to the Bucket:** Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Notes: _____

#2 Fielding Activities - Name _____

- 1. Left or Right:** Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.
- 2. Fast Fingers:** Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach’s whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

Notes: _____

#3 Batting Activities- Name _____

- 1. Coach Says:** This game is similar to Simon Says. Coach rapidly calls out one of five commands:
Hands: players grip an imaginary bat **Feet:** players jump with feet apart facing an imaginary tee
Stance: players stand in batting position with arms raised toward rear shoulder **Squash the bug:** players step, swing and rotate on the ball of their back foot
Swing and drop: players do a full swing, including dropping the “imaginary” bat

- 2. Batting Practice:** Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Defense and Running Activities - Name _____

- 1. Game Simulation:** Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

- 2. Team Race:** Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Explain the basic rules of the game, Review the baseball field and all the positions

Notes: _____

Team Meeting – 5 minutes

1. Attendance – Give sticker name tags
2. Announcements
3. Highlight the positives from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner. Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

Notes: _____

#2 Fielding Activities - Name

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Notes: _____

#3 Batting Activities - Name

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base. They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance – Give sticker name tags
2. Announcements
3. Highlight the positives from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner. Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

Notes: _____

#2 Fielding Activities - Name _____

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Notes: _____

#3 Batting Activities - Name _____

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name _____

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base. They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance – Give sticker name tags
2. Announcements
3. Highlight the positives from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner. Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

Notes: _____

#2 Fielding Activities - Name _____

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Notes: _____

#3 Batting Activities - Name _____

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name _____

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base. They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance – Give sticker name tags
2. Announcements
3. Highlight the positives from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner. Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

Notes: _____

#2 Fielding Activities - Name _____

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Notes: _____

#3 Batting Activities - Name _____

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name _____

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base. They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance – Give sticker name tags
2. Announcements
3. Highlight the positives from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner. Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

Notes: _____

#2 Fielding Activities - Name

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Notes: _____

#3 Batting Activities - Name

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base. They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance – Give sticker name tags
2. Announcements
3. Highlight the positives from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner. Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

Notes: _____

#2 Fielding Activities - Name _____

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Notes: _____

#3 Batting Activities - Name _____

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Notes: _____

#4 Running Activities - Name _____

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base. They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.

Notes: _____

#2 Fielding Activities - Name _____

1. To Second Base: Position a coach or a more experienced player at second base.

Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Defense Activities - Name _____

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out. Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.

Notes: _____

#2 Fielding Activities - Name

1. To Second Base: Position a coach or a more experienced player at second base.

Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

Notes: _____

#3 Batting Activities - Name

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Defense Activities - Name

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out.

Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.

Notes: _____

#2 Fielding Activities - Name _____

1. To Second Base: Position a coach or a more experienced player at second base.

Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Defense Activities - Name _____

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out. Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance
- 2. Announcements
- 3. Review highlights from previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.

Notes: _____

#2 Fielding Activities - Name

1. To Second Base: Position a coach or a more experienced player at second base.

Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

Notes: _____

#3 Batting Activities - Name

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Defense Activities - Name

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out.

Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.

Notes: _____

#2 Fielding Activities - Name _____

1. To Second Base: Position a coach or a more experienced player at second base.

Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Defense Activities - Name _____

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out. Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching 5 minutes

Reference Stretching Exercises

Station Directions – 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.

Notes: _____

#2 Fielding Activities - Name _____

1. To Second Base: Position a coach or a more experienced player at second base.

Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Defense Activities - Name _____

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out.

Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

Notes: _____

Group Lesson/Closing Announcements/Team Cheer – 10 min

Question and Answers – Ask questions about the rules and field positions let the kids answer be sure and praise them for their right answers.

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance
- 2. Announcements
- 3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

Notes: _____

#2 Fielding Activities – Name

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

Notes: _____

#3 Running Activities – Name

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

5 minute Water Break

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

Notes: _____

#2 Fielding Activities – Name

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

Notes: _____

#3 Running Activities – Name

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

5 minute Water Break

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

Notes: _____

#2 Fielding Activities – Name

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

Notes: _____

#3 Running Activities – Name

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

5 minute Water Break

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance
- 2. Announcements
- 3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

Notes: _____

#2 Fielding Activities – Name

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

Notes: _____

#3 Running Activities – Name

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

5 minute Water Break

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

Notes: _____

#2 Fielding Activities – Name

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

Notes: _____

#3 Running Activities – Name

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

5 minute Water Break

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance
- 2. Announcements
- 3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.

2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

Notes: _____

#2 Fielding Activities – Name _____

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

Notes: _____

#3 Running Activities – Name _____

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

5 minute Water Break

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

1. Attendance – Give Name Tag Stickers
2. Announcements
3. Review highlights from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 7 minutes per station

#1 Throwing and Catching Activities - Name _____

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught. Using this scoring place 3 buckets each of them having a point value and these buckets are to the side of the catcher. The thrower has a bucket of 1 dozen balls. See how many balls are in each bucket for point totals. Take turns being the thrower and the catcher. Be sure the mechanics are done correctly.

Notes: _____

#2 Fielding Activities - Name _____

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate and put a player in the pitching position or put a bucket at the pitching position. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base. Remember to have the kids get the ball back to the pitcher after each play.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Running Activities - Name _____

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance – Give Name Tag Stickers
- 2. Announcements
- 3. Review highlights from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 7 minutes per station

#1 Throwing and Catching Activities - Name _____

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught. Using this scoring place 3 buckets each of them having a point value and these buckets are to the side of the catcher. The thrower has a bucket of 1 dozen balls. See how many balls are in each bucket for point totals. Take turns being the thrower and the catcher. Be sure the mechanics are done correctly.

Notes: _____

#2 Fielding Activities - Name _____

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate and put a player in the pitching position or put a bucket at the pitching position. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base. Remember to have the kids get the ball back to the pitcher after each play.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Running Activities - Name _____

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance – Give Name Tag Stickers
- 2. Announcements
- 3. Review highlights from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 7 minutes per station

#1 Throwing and Catching Activities - Name _____

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught. Using this scoring place 3 buckets each of them having a point value and these buckets are to the side of the catcher. The thrower has a bucket of 1 dozen balls. See how many balls are in each bucket for point totals. Take turns being the thrower and the catcher. Be sure the mechanics are done correctly.

Notes: _____

#2 Fielding Activities - Name _____

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate and put a player in the pitching position or put a bucket at the pitching position. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base. Remember to have the kids get the ball back to the pitcher after each play.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Running Activities - Name _____

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance – Give Name Tag Stickers
- 2. Announcements
- 3. Review highlights from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 7 minutes per station

#1 Throwing and Catching Activities - Name _____

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught. Using this scoring place 3 buckets each of them having a point value and these buckets are to the side of the catcher. The thrower has a bucket of 1 dozen balls. See how many balls are in each bucket for point totals. Take turns being the thrower and the catcher. Be sure the mechanics are done correctly.

Notes: _____

#2 Fielding Activities - Name _____

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate and put a player in the pitching position or put a bucket at the pitching position. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base. Remember to have the kids get the ball back to the pitcher after each play.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Running Activities - Name _____

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance – Give Name Tag Stickers
- 2. Announcements
- 3. Review highlights from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 7 minutes per station

#1 Throwing and Catching Activities - Name _____

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught. Using this scoring place 3 buckets each of them having a point value and these buckets are to the side of the catcher. The thrower has a bucket of 1 dozen balls. See how many balls are in each bucket for point totals. Take turns being the thrower and the catcher. Be sure the mechanics are done correctly.

Notes: _____

#2 Fielding Activities - Name _____

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate and put a player in the pitching position or put a bucket at the pitching position. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base. Remember to have the kids get the ball back to the pitcher after each play.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Running Activities - Name _____

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance – Give Name Tag Stickers
- 2. Announcements
- 3. Review highlights from the previous practice

Group A	Group B	Group C	Group D
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 7 minutes per station

#1 Throwing and Catching Activities - Name _____

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught. Using this scoring place 3 buckets each of them having a point value and these buckets are to the side of the catcher. The thrower has a bucket of 1 dozen balls. See how many balls are in each bucket for point totals. Take turns being the thrower and the catcher. Be sure the mechanics are done correctly.

Notes: _____

#2 Fielding Activities - Name _____

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate and put a player in the pitching position or put a bucket at the pitching position. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base. Remember to have the kids get the ball back to the pitcher after each play.

Notes: _____

#3 Batting Activities - Name _____

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Notes: _____

#4 Running Activities - Name _____

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill until every player has thrown and caught a ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Shortstop-Second Base: One player is in position between 1st and 2nd base and another player is in position between 2nd and 3rd base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

Notes: _____

#3 Running Activities - Name _____

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance
- 2. Announcements
- 3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill until every player has thrown and caught a ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Shortstop-Second Base: One player is in position between 1st and 2nd base and another player is in position between 2nd and 3rd base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

Notes: _____

#3 Running Activities - Name _____

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance
- 2. Announcements
- 3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill until every player has thrown and caught a ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Shortstop-Second Base: One player is in position between 1st and 2nd base and another player is in position between 2nd and 3rd base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

Notes: _____

#3 Running Activities - Name _____

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

- 1. Attendance
- 2. Announcements
- 3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill until every player has thrown and caught a ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Shortstop-Second Base: One player is in position between 1st and 2nd base and another player is in position between 2nd and 3rd base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

Notes: _____

#3 Running Activities - Name _____

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill until every player has thrown and caught a ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Shortstop-Second Base: One player is in position between 1st and 2nd base and another player is in position between 2nd and 3rd base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

Notes: _____

#3 Running Activities - Name _____

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

Team Meeting – 5 minutes

1. Attendance
2. Announcements
3. Review highlights from previous practice

Group A	Group B	Group C
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Warm-up and Stretching - 5 minutes

Reference Stretching Exercises

Station Directions– 10 minutes per station

#1 Throwing and Catching Activities - Name _____

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill until every player has thrown and caught a ball.

Notes: _____

#2 Fielding Activities - Name _____

1. Shortstop-Second Base: One player is in position between 1st and 2nd base and another player is in position between 2nd and 3rd base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

Notes: _____

#3 Running Activities - Name _____

1. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Notes: _____

Group Activity – 15 minutes

Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

Closing – 5 minutes

Announcements and Positive Reinforcement/ Team Cheer

Notes: _____

SUPPLY LISTS FOR ALL PRACTICES

Practice #1

Supply List

24 incrediballs
 2 Tee's
 2 bats
 2 sets throw down bases
 1 dozen small cones
 Field Diagram
 Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
 Water/snacks

Practice #2

Supply List

24 incrediballs
 2 Tee's
 2 bats
 2 sets throw down bases
 Large bucket or cooler
 1 dozen small cones
 Field Diagram
 Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
 Water/snacks

Practice #3

Supply List

24 incrediballs
 2 Tee's
 2 bats
 2 sets throw down bases
 1 dozen small cones
 Field Diagram
 Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
 Water/snacks

Practice #4

Supply List

24 incrediballs
 2 Tee's
 2 bats
 2 sets throw down bases
 1 dozen small cones
 Field Diagram
 Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
 Water/snacks

Practice #5

Supply List

24 incrediballs
 2 Tee's
 2 bats
 2 sets of throw down bases
 1 dozen small cones
 Field Diagram
 Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
 Water/snacks

Practice #6

Supply List

24 incrediballs
 2 Tee's
 2 bats
 2 sets throw down bases
 1 dozen small cones
 8 buckets 2 gal. size
 Field Diagram
 Name tags

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
 Water/snacks

Practice #7

Supply List

24 incrediballs
 2 Tee's
 2 bats
 2 sets throw down bases
 1 dozen small cones
 Field Diagram

Whistle and clip board

Instructions for each rotation to give to coaches/helpers

Reward stickers/stamps
 Water/snacks

If you want to make your own practice plans below are some templates for your convenience

Practice Plan for _____ time _____			
Team Roster:			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Warm ups:

Rotation #1 – Throwing/Catching - Assigned to: _____
--

Rotation #2 - Fielding- Assigned to: _____
--

Rotation #3 - Batting- Assigned to: _____

Rotation #4 - Running- Assigned to: _____

Large Group Activity:

