# Teaching Beginning Players Teaching Beginning Players Fundamentals and Mechanics



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

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# 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 50<sup>th</sup> 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!

Jacquie 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.

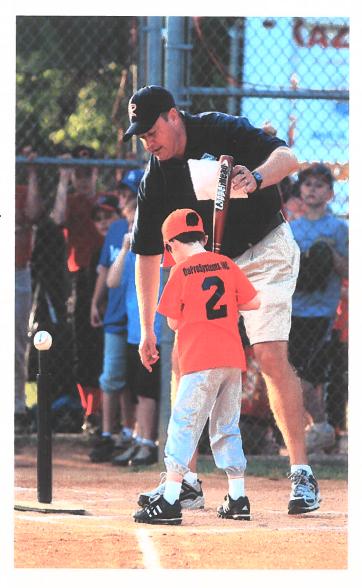
# Here is a list of ten points to keep in mind when coaching T-Ball:

- 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**

<b>Developmental Stages</b>	5 Year Olds
Physical Development (motor skills)	<ul> <li>Growth slows down</li> <li>Gross motor competencies expand -         somersault, beginning to ride bikes,         balances on beam, walks backward,         beginning to skip, catches and throws balls</li> <li>Fine motor proficiency - dresses self, traces         and cuts well, writes some letters and         numbers</li> </ul>
Social Development (relationships with people)	<ul> <li>Prefers to be with other children, can usually play cooperatively</li> <li>Chooses own friends, many same sex friends, can spend more time away from parents</li> <li>Plays simple card games, simple team sports, dramatizes real life situations with detail and accuracy</li> <li>Problem solving skills are emerging</li> <li>Engages in silly talk, bathroom talk</li> </ul>
Emotional Development (personal development, self-esteem)	<ul> <li>Less ego centric, growing sense of independence</li> <li>Positive outlook</li> <li>Aware of sexual differences</li> <li>Beginning of moral development - self worth, pride</li> <li>Concern with in eyes of others</li> <li>Desires privacy, anxious to please, comply with authority</li> </ul>
Intellectual Development (concepts, language)	<ul> <li>Learn by doing</li> <li>Growing vocabulary &amp; sentence structure, plays with words, rhymes</li> <li>Time concepts developing, rote counting, matching, retelling stories, letter &amp; number recognition</li> <li>Eager to learn, creative - ready to engage</li> <li>Beginning to understand sequence, follows simple instructions</li> <li>Sorts objects by single attribute</li> </ul>

**Developmental Characteristics – 6 Year Olds** 

	omental Characteristics – 6 Year Old				
<b>Developmental Stages</b>	6 Years Old				
Physical Development (motor skills)	<ul> <li>Need physical activity - sitting is difficult</li> <li>Physical confident can control body movements &amp; positions</li> <li>Cuts accurately, jumps rope, ride two wheeler</li> <li>Fine motor skills are being practiced, handeye coordination required concentration (sometimes frustrated) shouldn't copy from board, beginning to tie shoes, simple sewing, hand dominance, use proper pencil grip</li> </ul>				
Social Development (relationships with people)	<ul> <li>Friendships are very important. Mostly same sex. Social play is rich.</li> <li>Can wait, take turns, share</li> <li>Engages in conversations about experiences</li> <li>Selects toys and books for own amusement</li> <li>Beginning to understand others points of view</li> </ul>				
Emotional Development (personal development, self-esteem)	<ul> <li>Concern about self worth as it relates to school tasks</li> <li>Feels pride in accomplishments - can be competitive, aware of self &amp; personal interests</li> <li>Has a strong sense of independence in self help areas</li> <li>Needs adult assistance in structuring time &amp; space beyond immediate</li> </ul>				
Intellectual Development (concepts, language)	<ul> <li>Interested in and word play</li> <li>Can guess conclusion to simple story which has been read to them</li> <li>Can analyze a story and compare to real life situations, speaks clearly and in sentences</li> </ul>				

#### 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:

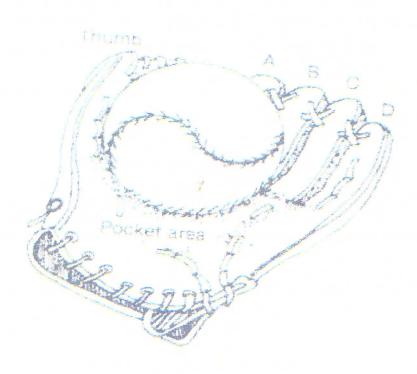
A younger player just needs a glove that will withstand a throw of a baseball. One that they can control the ball with.

# 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

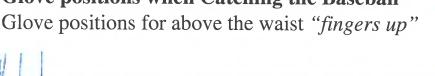
A major defensive skill is catching. Initially, some players will be afraid of catching a baseball. That fear will make them flinch right before the ball reaches their glove. This will cause them to drop the ball instead of catching it, or worse, the ball may hit them. This can create a fear that can 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 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 trigging 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.



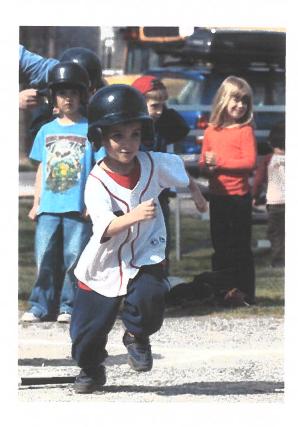






# **Base Running**

- 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.



- 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 <u>ALL</u> 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.





- 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 (beneze 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\*\*

- 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 3<sup>rd</sup> base, the other to 1<sup>st</sup> 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\*\*

- 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.

# 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 #3

## **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\*\*

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

# Supply List

Practice #4

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 – 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.

- 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 3<sup>rd</sup> base, the other to 1<sup>st</sup> 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

- 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

## PRACTICE #6

# **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 1<sup>st</sup> and 2<sup>nd</sup> base and another player is in position between 2<sup>nd</sup> and 3<sup>rd</sup> 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 3<sup>rd</sup> base, the other to 1<sup>st</sup> 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

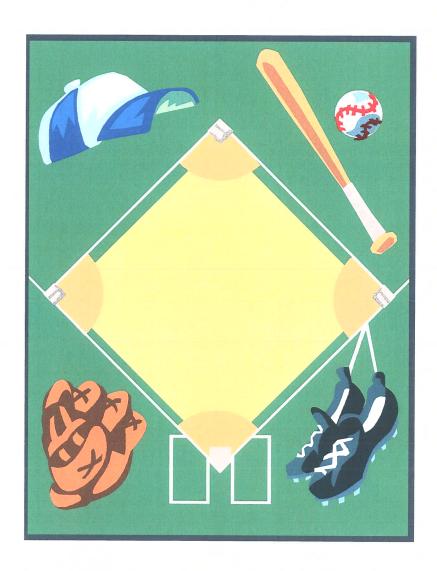
Whistle and clip board

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:

- o 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.
- o 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.
- O 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:

- o Divide your players into 3-player teams (add a fourth for players under 9).
- o Set up infielder #1, infielder #2, in the infield area and an outfielder in the outfield.
- o 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.
- o First ball thrown in to infielder #2 near home plate wins.
- o 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 of 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 the 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 to 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 mount (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 then 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 hits 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 prov	ided for your	convenience	Pra	actice #1
Team Meeting - 5 minutes			C	<u> </u>
1. Introduce all coaches	Group A	Group B	Group C	Group
2. Attendance				
Give each player a stick on name tag				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - N	Vame			
<ol> <li>Ready to Throw: On your whistle, all players qui around to each player and check that they are holding apart, foot on throwing arm side behind the body, throw Repeat.</li> <li>Throw to Me Coach: Line players up on a line faball and throws back. Continue down the line, throwing count the number of successful catches. If necessary, so Notes:</li> </ol>	the ball correctly wing arm back a acing a coach. Tog to each player	y. Also check the and up and front hrow to the first After a few pra	eir throwing stan shoulder toward player, who cate actice rounds, have	the target).
110 TO 111 A 11 110 TO				
<ul><li>#2 Fielding Activities -Name</li><li>1. Basic Fielding: Each player stands in various posi</li></ul>				
ball to various players. The player closest to the ball ta to the coach. Rotate player positions throughout the dr <b>2. Partner Pickup:</b> Players partner up and stand 10 to the partner to field. Repeat back and forth.  Notes:	ill.			
#3 Batting Activities – Name  1. Practice Swing: Space the players out, each holdi should go through the batting sequence (stance, swing, watch and correct any bad habits.	ng an imaginary	bat. On your w	histle or call, pla	yers should
<b>2. Practice Swing:</b> Each player swings a real bat at a the ball would be. Coaches should evaluate the full bat		all. The batter sh	nould swing the b	oat where
<b>3. Batting Practice:</b> Each player should get at least a player and make suggestions for improvements after each Notes:	5 hits off a tee. And ach swing. On the	the last hit, have	the batter run to	e for each first base.
#4 Dunning Activities Name				
1. Run to First: Line players up a few feet behind he whistle or call, the player runs to first base. Be sure the 2. Catch the Players: Start 3 or 4 players about 5 se starts last, trying to tag the players (or snatch their caps Notes:	ome plate. The f e player is runnic conds apart from s) before they re	irst runner standing with correct for home plate to ach home.	s at home plate. Form. circle the bases.	Coach
Group Lesson/Closing Announcements/Team C Show your kids the baseball field and all the positive Refer to the Position Checklist.	ions have them	1	ition after you	

Practice Assignment Sheets – 5 copies are provi	ded for your	convenience	Pra	actice #1
Team Meeting - 5 minutes	Group A	Group B	Group C	Group D
<ol> <li>Introduce all coaches</li> <li>Attendance</li> </ol>				
Give each player a stick on name tag				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - N	lame			
<ol> <li>Ready to Throw: On your whistle, all players quid around to each player and check that they are holding the apart, foot on throwing arm side behind the body, throw Repeat.</li> <li>Throw to Me Coach: Line players up on a line far ball and throws back. Continue down the line, throwing count the number of successful catches. If necessary, st Notes:</li> </ol>	he ball correctly wing arm back a cing a coach. To go to each player	y. Also check the and up and front hrow to the first After a few pra	eir throwing stan shoulder toward player, who cate ctice rounds, ha	the target).
#2 Fielding Activities -Name  1. Basic Fielding: Each player stands in various posit ball to various players. The player closest to the ball take to the coach. Rotate player positions throughout the drift 2. Partner Pickup: Players partner up and stand 10 for her partner to field. Repeat back and forth.  Notes:	kes a few steps ll.	to the ball, fields	the ball and thr	ows it back
#3 Batting Activities – Name  1. Practice Swing: Space the players out, each holding should go through the batting sequence (stance, swing, watch and correct any bad habits.  2. Practice Swing: Each player swings a real bat at a the ball would be. Coaches should evaluate the full batt  3. Batting Practice: Each player should get at least 5 player and make suggestions for improvements after each Notes:	tee without a bing sequence. hits off a tee. A ch swing. On t	and dropping the all. The batter shall. The batter shall have a coach should he last hit, have	e bat). Coaches could swing the latelp adjust the tethe batter run to	should  oat where  e for each
#4 Running Activities - Name				
<ol> <li>Run to First: Line players up a few feet behind hor whistle or call, the player runs to first base. Be sure the</li> <li>Catch the Players: Start 3 or 4 players about 5 sec starts last, trying to tag the players (or snatch their caps)</li> <li>Notes:</li> </ol>	me plate. The f player is runniconds apart from before they re	irst runner stands ng with correct for n home plate to of ach home.	s at home plate. orm. circle the bases.	Coach
Group Lesson/Closing Announcements/Team Construction Show your kids the baseball field and all the position Refer to the Position Checklist.  Notes:	heer – 10 mir			<u>.</u>

<u>Practice Assignment Sheets – 5 copies are provi</u>	ded for your	convenience	Pra	actice #1
Team Meeting - 5 minutes	Group A	Group B	Group C	Group I
1. Introduce all coaches		0.0 up 20	Group C	Group
2. Attendance				
Give each player a stick on name tag				
Warm-up and Stretching				
Station Directions – 10 minutes per station	т			
#1 Throwing and Catching Activities - N				
<ol> <li>Ready to Throw: On your whistle, all players quid around to each player and check that they are holding the apart, foot on throwing arm side behind the body, throw Repeat.</li> <li>Throw to Me Coach: Line players up on a line faball and throws back. Continue down the line, throwing count the number of successful catches. If necessary, st Notes:</li> </ol>	he ball correctly ving arm back a cing a coach. To to each player	y. Also check the and up and front hrow to the first. After a few pra	eir throwing stan shoulder toward player, who cate actice rounds, have	ce (legs the target).
#2 Fielding Activities -Name  1. Basic Fielding: Each player stands in various posit ball to various players. The player closest to the ball take to the coach. Rotate player positions throughout the dri	ces a few steps	ling stance. A co	pach slowly rolls	or hits a
2. Partner Pickup: Players partner up and stand 10 fe		each other One	alayer rolls the h	all for his
or her partner to field. Repeat back and forth.	cot apart from v	acii omei. One j	player forts the b	all 101 1115
Notes:				
#3 Batting Activities – Name  1. Practice Swing: Space the players out, each holding should go through the batting sequence (stance, swing, watch and correct any bad habits.  2. Practice Swing: Each player swings a real bat at a the ball would be. Coaches should evaluate the full batt.  3. Batting Practice: Each player should get at least 5 player and make suggestions for improvements after ea Notes:	tee without a bing sequence. hits off a tee. Ach swing. On t	and dropping that all. The batter shall. The batter shall he coach should he last hit, have	ne bat). Coaches mould swing the bates the batter run to	should pat where e for each
#4 Running Activities - Name				
1. Run to First: Line players up a few feet behind how whistle or call, the player runs to first base. Be sure the 2. Catch the Players: Start 3 or 4 players about 5 sec starts last, trying to tag the players (or snatch their caps) Notes:	me plate. The fiplayer is running conds apart from before they re	irst runner standing with correct for home plate to ach home.	s at home plate. Orm. circle the bases.	-
	heer – 10 mir	1		

Practice Assignment Sheets – 5 copies are provi	ded for your	convenience	Pra	actice #1
Team Meeting - 5 minutes	Group A	Group B	Group C	Group 1
1. Introduce all coaches	Group	Group B	Group C	Group
2. Attendance				
Give each player a stick on name tag				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - N				
<ol> <li>Ready to Throw: On your whistle, all players quice around to each player and check that they are holding the apart, foot on throwing arm side behind the body, throw Repeat.</li> <li>Throw to Me Coach: Line players up on a line fact ball and throws back. Continue down the line, throwing count the number of successful catches. If necessary, st. Notes:</li> </ol>	he ball correctly ving arm back a cing a coach. To to each player	y. Also check the and up and front hrow to the first After a few pra	eir throwing stan shoulder toward player, who cate	the target).
#2 Fielding Activities -Name  1. Basic Fielding: Each player stands in various posit ball to various players. The player closest to the ball tak to the coach. Rotate player positions throughout the dril  2. Partner Pickup: Players partner up and stand 10 fe or her partner to field. Repeat back and forth.  Notes:	ces a few steps	to the ball, fields	the ball and thr	ows it back
#3 Batting Activities — Name  1. Practice Swing: Space the players out, each holding should go through the batting sequence (stance, swing, watch and correct any bad habits.  2. Practice Swing: Each player swings a real bat at a state ball would be. Coaches should evaluate the full batts.  3. Batting Practice: Each player should get at least 5 player and make suggestions for improvements after each Notes:	tee without a b ing sequence. hits off a tee. A ch swing. On t	and dropping the all. The batter should he last hit, have	e bat). Coaches  ould swing the telp adjust the te the batter run to	should bat where e for each
#4 Running Activities - Name				
<ol> <li>Run to First: Line players up a few feet behind hor whistle or call, the player runs to first base. Be sure the</li> <li>Catch the Players: Start 3 or 4 players about 5 sec starts last, trying to tag the players (or snatch their caps)</li> <li>Notes:</li> </ol>	player is runnic conds apart from before they re	ng with correct for a home plate to coach home.	orm.	•
Group Lesson/Closing Announcements/Team Clashow your kids the baseball field and all the position Refer to the Position Checklist.  Notes:	ons have them	n repeat the posi	tion after you	

Practice Assignment Sheets – 5 copies are provi	ded for your	convenience	Pra	actice #1
Team Meeting - 5 minutes	Group A	Group B	Group C	Group D
1. Introduce all coaches	010up 11	Group 2	Group C	Group D
2. Attendance				
Give each player a stick on name tag				
Warm-up and Stretching				
Station Directions – 10 minutes per station  #1 Throwing and Catalying Activities N	[0.700.0			
#1 Throwing and Catching Activities - N  1. Ready to Throw: On your whistle, all players quic around to each player and check that they are holding tha apart, foot on throwing arm side behind the body, throw Repeat.  2. Throw to Me Coach: Line players up on a line fact ball and throws back. Continue down the line, throwing count the number of successful catches. If necessary, st Notes:  #2 Fielding Activities -Name  1. Basic Fielding: Each player stands in various positions ball to various players. The player closest to the ball take to the coach. Rotate player positions throughout the drift 2. Partner Pickup: Players partner up and stand 10 foor her partner to field. Repeat back and forth.	ckly get into the ball correctly ving arm back being a coach. To to each player art beginners where the safew steps in the field tes a few steps in the safew steps i	y. Also check the and up and front throw to the first. After a few pravith a tennis ball.	eir throwing star shoulder toward player, who cate ctice rounds, ha	ches the ve the kids  or hits a rows it back
#3 Batting Activities – Name  1. Practice Swing: Space the players out, each holding should go through the batting sequence (stance, swing, watch and correct any bad habits.  2. Practice Swing: Each player swings a real bat at a the ball would be. Coaches should evaluate the full batt  3. Batting Practice: Each player should get at least 5 player and make suggestions for improvements after each Notes:	follow-through tee without a b ing sequence. hits off a tee.	and dropping the all. The batter shall. The batter shall have the last hit, have	e bat). Coaches  could swing the  delp adjust the te	should bat where see for each
#4 Running Activities - Name				
<ol> <li>Run to First: Line players up a few feet behind hor whistle or call, the player runs to first base. Be sure the</li> <li>Catch the Players: Start 3 or 4 players about 5 sec starts last, trying to tag the players (or snatch their caps)</li> <li>Notes:</li> </ol>	player is runni onds apart from before they re	ng with correct for home plate to cach home.	orm. circle the bases.	Coach
Group Lesson/Closing Announcements/Team C Show your kids the baseball field and all the position Refer to the Position Checklist. Notes:	heer – 10 min	1		

Practice Assignment Sheets – 5 copies are provi	ded for your	convenience	Pra	actice #1
Team Meeting - 5 minutes	Group A	Group B	Group C	Group I
1. Introduce all coaches	Group	Group B	Group C	Group
2. Attendance				
Give each player a stick on name tag				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - N				
<ol> <li>Ready to Throw: On your whistle, all players quid around to each player and check that they are holding that apart, foot on throwing arm side behind the body, throw Repeat.</li> <li>Throw to Me Coach: Line players up on a line fat ball and throws back. Continue down the line, throwing count the number of successful catches. If necessary, st Notes:</li> </ol>	he ball correctly ving arm back a cing a coach. To go to each player	y. Also check the and up and front hrow to the first After a few pra	eir throwing star shoulder toward player, who cate	nce (legs I the target).
//A TO 110 - A // 1/0 BY				
<ul><li>#2 Fielding Activities -Name</li><li>1. Basic Fielding: Each player stands in various posit</li></ul>				
ball to various players. The player closest to the ball talt to the coach. Rotate player positions throughout the dri  2. Partner Pickup: Players partner up and stand 10 for her partner to field. Repeat back and forth.  Notes:  #3 Batting Activities – Name  1. Practice Swing: Space the players out, each holding should go through the batting sequence (stance, swing, watch and correct any bad habits.  2. Practice Swing: Each player swings a real bat at a the ball would be. Coaches should evaluate the full batt.	ll.  eet apart from e	bat. On your w	histle or call, place bat). Coaches	oall for his
3. Batting Practice: Each player should get at least 5 player and make suggestions for improvements after ea Notes:	hits off a tee. A	he last hit, have	the batter run to	ee for each first base.
#4 Running Activities - Name				
1. Run to First: Line players up a few feet behind how whistle or call, the player runs to first base. Be sure the 2. Catch the Players: Start 3 or 4 players about 5 sec starts last, trying to tag the players (or snatch their caps Notes:	me plate. The f player is running conds apart from before they re	irst runner standing with correct for home plate to ach home.	s at home plate. form. circle the bases.	Coach
Group Lesson/Closing Announcements/Team C	heer – 10 mir	1		
Show your kids the baseball field and all the position Refer to the Position Checklist.  Notes:	ons have them	repeat the pos	ition after you	explain it.

Practice Assignment Sheets - 5 copies are p	rovided for y	our convenien	ce PR	ACTICE #2
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Re-Introduce all coaches	1			
2. Attendance - Give stick on Name Tags				
3. Announcements				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Nam 1. One-Knee Throws: Players set on one knee (		a ac tha throwin	a arma) Dlaviona m	المسماد معاطمه
throw to a partner or coach.	on the same sid	e as the throwing	g arm). Flayers n	sach back and
2. Bounce to the Bucket: Place a large basket o	r cooler on a ha	se Players try to	throw the hall is	nto the
container from a distance. This can be turned into a	a game hy givin	isc. I layers if y it	Is thrown into the	e bucket 2
points for hitting the bucket and/or 1 point for the		S 5 points to our	is thrown mito th	o odokot, 2
Notes:				
				A
#2 Fielding Activities - Name				
1. Left or Right: Throw or hit the ball to one sid				
2. Fast Fingers: Line up fielders side by side fac	ing home plate.	Place a tee ball	10 feet in front o	f each player.
On the coach's whistle or call, the first player char	ges the ball, pic	ks it up with the	ir bare hand and	throws it to the
coach. A coach can count out loud the time it takes	s to throw the ba	all to add compe	tition. Repeat for	the other
players.				
Notes:				
			1706	
H2 Datting Astiniting Name				
#3 Batting Activities- Name	0 1 11	11 11 .		
1. Coach Says: This game is similar to Simon Sa	ys. Coach rapid	lly calls out one	of five command	:S:
Hands: players grip an imaginary bat Feet: player Stance: players stand in batting position with arms				lariana atam
swing and rotate on the ball of their back foot	raised toward i	ear shoulder sq	luasii the bug. p.	layers step,
Swing and drop: players do a full swing, including	g dropping the '	'imaginary" bat		
2. Batting Practice: Each player should get at le			ould help adjust	the tee for
each player and make suggestions for improvemen				
base.		8	,	
Notes:				
	-44			
#4 Defense and Running Activities - Name	D1 1.0			
1. Game Simulation: Simulate a real game situa				
and keep 2-3 players in as the first batters. Have the	e datter step up	to the tee, hit the	Coach the folder	first base as in
a real game. Rotate batters and defense so everyone making. Where should they throw the ball to get the		to bat and field.	Coach the fleider	rs on decision-
2. Team Race: Two players start at home plate.		ann tha athanta	1 St lease Trlease	4:
running in opposite directions around the bases. Fin	ret one back to l	oase, the other to	To avoid collision	ontinue
coach stand on second base. Instruct one runner to	go in front of th	ne coach and one	runner to go hel	nind the coach
Notes:	go in front of th	ie coden dna one	runner to go ber	inia the coach.
Group Lesson/Closing Announcements/Tear			citions	
Explain the basic rules of the game, Review the			siuons	
Notes:		· · · · · · · · · · · · · · · · · · ·		

Practice Assignment Sheets - 5 copies are p	rovided for y	our convenier	ice PR	ACTICE #2
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Re-Introduce all coaches		•		1
2. Attendance - Give stick on Name Tags				
3. Announcements				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Nam				
1. One-Knee Throws: Players set on one knee (	on the same sid	le as the throwin	g arm). Players r	each back and
throw to a partner or coach.				
2. Bounce to the Bucket: Place a large basket o				
container from a distance. This can be turned into a		ig 3 points to bal	lls thrown into th	e bucket, 2
points for hitting the bucket and/or 1 point for the				
Notes:				
#2 Fielding Activities - Name			-	
1. Left or Right: Throw or hit the ball to one sid				
2. Fast Fingers: Line up fielders side by side fac	ing home plate.	Place a tee ball	10 feet in front of	of each player.
On the coach's whistle or call, the first player char	ges the ball, pic	ks it up with the	ir bare hand and	throws it to the
coach. A coach can count out loud the time it takes	s to throw the ba	all to add compe	tition. Repeat for	r the other
players.				
Notes:				
#3 Batting Activities- Name				
1. Coach Says: This game is similar to Simon Sa				ds:
Hands: players grip an imaginary bat Feet: player				
Stance: players stand in batting position with arms	s raised toward i	ear shoulder So	<b>luash the bug</b> : p	layers step,
swing and rotate on the ball of their back foot	1	· • • • • • • • • • • • • • • • • • • •		
Swing and drop: players do a full swing, including				
2. Batting Practice: Each player should get at le			1 3	
each player and make suggestions for improvemen	its after each sw	ing. On the last	hit, have the batt	er run to first
base.				
Notes:				
#4 Defence and Dunning Asticities Name				
#4 Defense and Running Activities - Name	W GUIDEGUOD HOUSE HOUSE	. 1	41 C 11: ·	<b>-</b>
1. Game Simulation: Simulate a real game situa				
and keep 2-3 players in as the first batters. Have the	e batter step up	to the tee, hit th	e ball and run to	first base as in
a real game. Rotate batters and defense so everyon		to bat and neid.	Coach the fielde	ers on decision-
making. Where should they throw the ball to get the		41 41 4	1 St 1	
2. Team Race: Two players start at home plate. (				
running in opposite directions around the bases. Fit				
coach stand on second base. Instruct one runner to	go ili front of ti	ie coacii and one	e runner to go be	mnd the coach
Notes:				
Group Lesson/Closing Announcements/Tea:	m Cheer – 10	min		-
Explain the basic rules of the game, Review th			sitions	
Notes:	Judouni iioi	air aic pe		

Practice Assignment Sheets - 5 copies are p	provided for y	our convenier	ice PR	ACTICE #2
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Re-Introduce all coaches	0104712	oroup 2	Group	Group D
2. Attendance - Give stick on Name Tags				
3. Announcements				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Nan		The second se		
1. One-Knee Throws: Players set on one knee (	on the same sid	le as the throwin	g arm). Players re	each back and
throw to a partner or coach.				
2. Bounce to the Bucket: Place a large basket of	or cooler on a ba	ise. Players try to	throw the ball in	nto the
container from a distance. This can be turned into		ng 3 points to bal	lls thrown into the	e bucket, 2
points for hitting the bucket and/or 1 point for the				
Notes:				
#2 Fielding Activities - Name				
1. Left or Right: Throw or hit the ball to one sid	le of a fielder, w	ho has to run to	get in front of the	e ball.
2. Fast Fingers: Line up fielders side by side fac	ing home plate.	Place a tee ball	10 feet in front o	f each player.
On the coach's whistle or call, the first player char	ges the ball, pic	ks it up with the	ir bare hand and	throws it to the
coach. A coach can count out loud the time it takes	s to throw the ba	all to add compe	tition. Repeat for	the other
players.				
Notes:				
#3 Batting Activities- Name				
1. Coach Says: This game is similar to Simon Sa	ys. Coach rapid	lly calls out one	of five command	s:
Hands: players grip an imaginary bat Feet: player	rs jump with fee	et apart facing an	imaginary tee	
Stance: players stand in batting position with arms	s raised toward i	rear shoulder So	uash the bug: p	layers step,
swing and rotate on the ball of their back foot				
Swing and drop: players do a full swing, including	g dropping the '	'imaginary" bat		
2. Batting Practice: Each player should get at le	east 5 hits off a t	ee. The coach sl	nould help adjust	the tee for
each player and make suggestions for improvement	its after each sw	ing. On the last	hit, have the batto	er run to first
base.				
Notes:				
#4 Defense and Running Activities - Name				_
1. Game Simulation: Simulate a real game situa	ation. Place defe	ensive players or	the field in vario	ous positions
and keep 2-3 players in as the first batters. Have th	e batter step up	to the tee, hit th	e ball and run to	first base as in
a real game. Rotate batters and defense so everyone	e gets a chance	to bat and field.	Coach the fielder	rs on decision-
making. Where should they throw the ball to get th	e out?			
2. Team Race: Two players start at home plate.	One runs to 3 <sup>rd</sup> b	oase, the other to	1st base. They co	ontinue
running in opposite directions around the bases. Fin	rst one back to l	nome base wins.	To avoid collision	ons, have a
coach stand on second base. Instruct one runner to	go in front of th	ne coach and one	runner to go bel	nind the coach.
Notes:			S	
Group Lesson/Closing Announcements/Team				-
Explain the basic rules of the game, Review the	e baseball field	d and all the po	sitions	
Notes:				

Practice Assignment Sheets - 5 copies are p	rovided for y	our convenien	ce PR	ACTICE #2
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Re-Introduce all coaches			oroup c	Group D
2. Attendance - Give stick on Name Tags				
3. Announcements				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Nam				
1. One-Knee Throws: Players set on one knee (	on the same sid	e as the throwin	g arm). Players r	each back and
throw to a partner or coach.				
2. Bounce to the Bucket: Place a large basket o	r cooler on a ba	se. Players try to	throw the ball i	nto the
container from a distance. This can be turned into a	a game by givin	g 3 points to bal	ls thrown into th	e bucket, 2
points for hitting the bucket and/or 1 point for the r				
Notes:				
#2 Fielding Activities - Name			mpen	
1. Left or Right: Throw or hit the ball to one side	e of a fielder, w	ho has to run to	get in front of th	e ball.
2. Fast Fingers: Line up fielders side by side fac	ing home plate.	Place a tee ball	10 feet in front of	of each player.
On the coach's whistle or call, the first player charge	ges the ball, pic	ks it up with the	ir bare hand and	throws it to the
coach. A coach can count out loud the time it takes	to throw the ba	all to add compe	tition. Repeat for	the other
players.				
Notes:				
#3 Batting Activities- Name				
1. Coach Says: This game is similar to Simon Sa	ys. Coach rapid	ly calls out one	of five command	ls:
Hands: players grip an imaginary bat Feet: player	s jump with fee	t apart facing an	imaginary tee	
Stance: players stand in batting position with arms	raised toward r	ear shoulder Sq	uash the bug: p	layers step,
swing and rotate on the ball of their back foot				
Swing and drop: players do a full swing, including	g dropping the '	'imaginary" bat		
2. Batting Practice: Each player should get at lea	ast 5 hits off a t	ee. The coach sh	ould help adjust	the tee for
each player and make suggestions for improvement	ts after each sw	ing. On the last	hit, have the batt	er run to first
base.				
Notes:				
HAD C ID . A NT.				
#4 Defense and Running Activities - Name	1 71 10			-
1. Game Simulation: Simulate a real game situa	tion. Place defe	ensive players on	the field in vari	ous positions
and keep 2-3 players in as the first batters. Have the	e batter step up	to the tee, hit the	e ball and run to	first base as in
a real game. Rotate batters and defense so everyone		to bat and field.	Coach the fielde	rs on decision-
making. Where should they throw the ball to get the			a St a	
2. Team Race: Two players start at home plate. (	one runs to 3 <sup>rd</sup> b	base, the other to	1st base. They c	ontinue
running in opposite directions around the bases. Fir	st one back to l	nome base wins.	To avoid collision	ons, have a
coach stand on second base. Instruct one runner to	go in front of th	ie coach and one	runner to go be	nind the coach.
Notes:				
Group Lesson/Closing Announcements/Tear	n Cheer – 10	min		
Explain the basic rules of the game, Review the	e haseball field	and all the no	sitions	
Notes:		a una un uno po		

Practice Assignment Sheets - 5 copies are p	rovided for y	our convenien	ce PRA	ACTICE #2
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Re-Introduce all coaches	Group 11	Group D	Group C	Group D
2. Attendance - Give stick on Name Tags				
3. Announcements				
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Nam				
1. One-Knee Throws: Players set on one knee (	on the same sid	e as the throwing	g arm). Players re	each back and
throw to a partner or coach.				
2. Bounce to the Bucket: Place a large basket o	r cooler on a ba	se. Players try to	throw the ball in	nto the
container from a distance. This can be turned into a		g 3 points to ball	s thrown into the	e bucket, 2
points for hitting the bucket and/or 1 point for the i				
Notes:				
				·
#2 Fielding Activities - Name			_	
1. Left or Right: Throw or hit the ball to one sid				
2. Fast Fingers: Line up fielders side by side fac	ing home plate.	Place a tee ball	10 feet in front o	f each player.
On the coach's whistle or call, the first player charge	ges the ball, pic	ks it up with thei	r bare hand and	throws it to the
coach. A coach can count out loud the time it takes	s to throw the ba	all to add compet	ition. Repeat for	the other
players.				
Notes:				
#3 Batting Activities- Name				
1. Coach Says: This game is similar to Simon Sa	ys. Coach rapid	ly calls out one of	of five command	s:
Hands: players grip an imaginary bat Feet: player	s jump with fee	t apart facing an	imaginary tee	
Stance: players stand in batting position with arms	raised toward	ear shoulder Sq	uash the bug: p	layers step,
swing and rotate on the ball of their back foot				
Swing and drop: players do a full swing, including				
2. Batting Practice: Each player should get at le				
each player and make suggestions for improvemen	ts after each sw	ing. On the last h	it, have the batto	er run to first
base.				
Notes:				
		7		
#4 Defense and Running Activities - Name				
1. Game Simulation: Simulate a real game situa				
and keep 2-3 players in as the first batters. Have the	e 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		to bat and field.	Coach the fielder	rs on decision-
making. Where should they throw the ball to get th				
2. Team Race: Two players start at home plate.				
running in opposite directions around the bases. Fin	rst one back to l	nome base wins.	To avoid collision	ons, have a
coach stand on second base. Instruct one runner to	go in front of th	ne coach and one	runner to go bel	aind the coach.
Notes:				
Committee of the commit	O1 4.0	•		
Group Lesson/Closing Announcements/Tean			*,*	
Explain the basic rules of the game, Review the			sitions	
Notes:				

Practice Assignment Sheets - 5 copies are p	rovided for y	our convenien	ce PRA	ACTICE #2
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Re-Introduce all coaches	Group	Group D	Group C	Group
2. Attendance - Give stick on Name Tags				
3. Announcements				-
Warm-up and Stretching				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Nam		44		
<ol> <li>One-Knee Throws: Players set on one knee (throw to a partner or coach.</li> <li>Bounce to the Bucket: Place a large basket of container from a distance. This can be turned into a points for hitting the bucket and/or 1 point for the Notes:</li> </ol>	or cooler on a ba a game by givin nearest ball.	se. Players try to g 3 points to ball	throw the ball in	nto the
#2 Fielding Activities - Name				
1. Left or Right: Throw or hit the ball to one sid	e of a fielder, w	ho has to run to	— get in front of the	e ball.
2. Fast Fingers: Line up fielders side by side fac	ing home plate.	Place a tee ball	10 feet in front o	f each player.
On the coach's whistle or call, the first player char	ges the ball, pic	ks it up with thei	ir bare hand and	throws it to the
coach. A coach can count out loud the time it takes	s to throw the ba	all to add compet	ition. Repeat for	the other
players.				
Notes:				
#3 Batting Activities- Name				
1. Coach Says: This game is similar to Simon Sa				s:
Hands: players grip an imaginary bat Feet: player	s jump with fee	t apart facing an	imaginary tee	
Stance: players stand in batting position with arms	raised toward r	ear shoulder Sq	uash the bug: p	layers step,
swing and rotate on the ball of their back foot  Swing and drop: players do a full swing, including	a dranning the	imaginami, hat		
2. Batting Practice: Each player should get at le			ould halp adjust	the tee for
each player and make suggestions for improvemen	asi Jillis Oli a ii ts after each sw	ing On the last h	outu neip aujust	ar run to first
base.	its after each sw.	ing. On the last i	iii, iiave iiie balle	a full to first
Notes:				
#4 Defense and Running Activities - Name				
1. Game Simulation: Simulate a real game situate and keep 2-3 players in as the first batters. Have the areal game. Rotate batters and defense so everyone making. Where should they throw the ball to get the 2. Team Race: Two players start at home plate. Corunning in opposite directions around the bases. Fire coach stand on second base. Instruct one runner to Notes:	e batter step up e gets a chance to e out? One runs to 3 <sup>rd</sup> b rst one back to h go in front of th	to the tee, hit the to bat and field. (ase, the other to nome base wins. e coach and one	ball and run to to Coach the fielder  1st base. They co To avoid collision	first base as in rs on decision- ontinue ons, have a
Group Lesson/Closing Announcements/Tean Explain the basic rules of the game, Review the Notes:	e baseball field	l and all the pos	sitions	

<u>Practice Assignment Sheets – 5 copies are provided for your convenience</u> PRACTICE #3 Team Meeting – 5 minutes 1. Attendance – Give sticker name tags Group A Group B Group C Group D 2. Announcements 3. Highlight the positives from the previous practice 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 #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:

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Practice Assignment Sheets – 5 copies are provid	ed for your c	<u>onvenience</u>	Pract	ice #4
Team Meeting – 5 minutes	C 4		<u> </u>	
1. Attendance	Group A	Group B	Group C	Group D
2. Announcements				
3. Review highlights from previous practice		-		
Warm-up and Stretching 5 minutes			-	
Reference Stretching Exercises				
Station Directions - 10 minutes per station				
#1 Throwing and Catching Activities - Na	me			
<b>1.Catching Flies:</b> Throw fly balls to fielders to catc	h and throw b	ack. If possible	, start off with	a rubber
ball or tennis ball before moving onto a tee ball.				
Notes:				
		-440		
HATS III A 10 to NI				
#2 Fielding Activities - Name				
1. To Second Base: Position a coach or a more expedivide the players into three lines at right field, centered.				tha finat
player in the right field line. The player throws the b				
each line, teaching the outfield to throw the ball to se			rough each play	/er III
Notes:				_
#2 Datting Activities Name				_
#3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot incomes or markers in 5-foot incomes or markers.	orements from	the betting too	Each "zana"	ic xxxonth
a certain amount of points as determined by the coac				
as possible. A ball may be hit on the ground or in the			score as many	ponits
Notes:				
				_
				_
#4 Defense Activities - Name				
1. Team Defense: Place 8 players on the field at the	proper position	ons. The rest of	the team serve	s as base
runners. Start a base runner on first and second base.				
to each fielder as the runners try to advance. The fiel	lders catch the	ball and try to	get the runners	out.
Before the coach throws each ball, the defense shoul		e next situation	, such as "The	play is
at third base!" Be sure each fielder receives a ball to				
Notes:		S		
	N N			_
Group Lesson/Closing Announcements/Te				
Question and Answers – Ask questions about the ru	les and field p	ositions let the	kids answer be	sure
and praise them for their right answers.				
Notes:		91-01400-1		

Practice Assignment Sheets – 5 copies are provid	ed for your co	onvenience	Pract	ice #4
Team Meeting – 5 minutes	Cwoup A	Cwoun D	C C	C D
1. Attendance	Group A	Group B	Group C	Group D
2. Announcements				
3. Review highlights from previous practice				
Warm-up and Stretching 5 minutes		4		
Reference Stretching Exercises				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Na		1 70 111		
1. Catching Flies: Throw fly balls to fielders to catch	h and throw ba	ack. 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 expe				
Divide the players into three lines at right field, center				
player in the right field line. The player throws the b			rough each play	yer in
each line, teaching the outfield to throw the ball to se				
Notes:				
#3 Batting Activities - Name				
1. Home Run: Set out cones or markers in 5-foot inc	crements from	the batting tee	. Each "zone" i	is worth
a certain amount of points as determined by the coac				
as possible. A ball may be hit on the ground or in the	e air to receive	points.	•	1
Notes:				
			***************************************	
#4 Defense Activities - Name				
1. Team Defense: Place 8 players on the field at the	proper positio	ns. The rest of	the team serve	s as base
runners. Start a base runner on first and second base.				
to each fielder as the runners try to advance. The fiel	ders catch the	ball and try to	get the runners	out.
Before the coach throws each ball, the defense should		e next situation	, such as "The	play is
at third base!" Be sure each fielder receives a ball to				
Notes:				
Group Lesson/Closing Announcements/Te	am Cheer -	- 10 min		
Question and Answers – Ask questions about the rul	les and field po	ositions let the	kids answer be	sure
and praise them for their right answers.				
Notes:				

Practice Assignment Sheets – 5 copies are provid	ed for your c	<u>onvenience</u>	<b>Practice #4</b>	
Team Meeting – 5 minutes	Group A	Group B	Group C	Crown D
1. Attendance	Group A	Group D	Group C	Group D
2. Announcements				
3. Review highlights from previous practice				
Warm-up and Stretching 5 minutes				
Reference Stretching Exercises Station Directions – 10 minutes per station		78.		
#1 Throwing and Catching Activities - Na	me			
<b>1.Catching Flies:</b> Throw fly balls to fielders to catchell or tennis ball before moving onto a tee ball.  Notes:	h and throw b		, start off with	a rubber
#2 Fielding Activities - Name				_
1. To Second Base: Position a coach or a more expeditive Divide the players into three lines at right field, center player in the right field line. The player throws the beach line, teaching the outfield to throw the ball to see Notes:	er field and le all to second le econd base aft	ft field. Hit or to base. Repeat the ser fielding.	hrow a ball to t rough each play	the first
#3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot ind a certain amount of points as determined by the coac as possible. A ball may be hit on the ground or in the Notes:	th. Give each it air to receive	player 5 hits to e points.	. Each "zone" i score as many	is worth points
#4 Defense Activities - Name				
1. Team Defense: Place 8 players on the field at the runners. Start a base runner on first and second base. to each fielder as the runners try to advance. The fiel Before the coach throws each ball, the defense should at third base!" Be sure each fielder receives a ball to Notes:	The coach at ders catch the d shout out th field.	home plate three ball and try to e next situation	ows the ball ranget the runners, such as "The	ndomly s out. play is
Group Lesson/Closing Announcements/Te Question and Answers – Ask questions about the rul and praise them for their right answers. Notes:	am Cheer - les and field p	- 10 min ositions let the	kids answer be	sure

Practice Assignment Sheets - 5 copies are provid	ed for your co	nvenience	Practice #4	
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Attendance	Group	Group D	Group C	Group D
2. Announcements				
3. Review highlights from previous practice				
Warm-up and Stretching 5 minutes				
Reference Stretching Exercises	L.,			
Station Directions – 10 minutes per station #1 Throwing and Catching Activities - Na	222.0			
1.Catching Flies: Throw fly balls to fielders to catching onto a tee ball.  Notes:	h and throw ba	ack. If possible	, start off with	a rubber
#2 Fielding Activities - Name				
1. To Second Base: Position a coach or a more expe	rienced player	at second base	<b>.</b>	
Divide the players into three lines at right field, center player in the right field line. The player throws the beach line, teaching the outfield to throw the ball to see Notes:	er field and lef all to second be econd base afte	t field. Hit or to ase. Repeat thr er fielding.	hrow a ball to t	he first ær in
TO TO THE PART OF				-
#3 Batting Activities - Name		41 . 1 . 44*	F 1 44 22 32 32 32 32 32 32 32 32 32 32 32 32	
1. Home Run: Set out cones or markers in 5-foot inca a certain amount of points as determined by the coac as possible. A ball may be hit on the ground or in the Notes:	h. Give each p air to receive	player 5 hits to points.	Each "zone" i	s worth points
#4 Defense Activities - Name				
1. Team Defense: Place 8 players on the field at the runners. Start a base runner on first and second base. to each fielder as the runners try to advance. The fiel Before the coach throws each ball, the defense shoul at third base!" Be sure each fielder receives a ball to Notes:	The coach at ders catch the d shout out the field.	home plate throball and try to enext situation	ows the ball rar get the runners , such as "The	ndomly out.
Group Lesson/Closing Announcements/Te Question and Answers – Ask questions about the rul and praise them for their right answers. Notes:	am Cheer – es and field po	10 min ositions let the	kids answer be	

Practice Assignment Sheets – 5 copies are provid	Practice #4			
Team Meeting – 5 minutes  1. Attendance  Group A Group B Group C				
			Group	Group D
2. Announcements				
3. Review highlights from previous practice				
Warm-up and Stretching 5 minutes Reference Stretching Exercises				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Na	me			
<b>1.Catching Flies:</b> Throw fly balls to fielders to catchell or tennis ball before moving onto a tee ball.  Notes:	h and throw ba			a rubber
#2 Fielding Activities - Name				
1. To Second Base: Position a coach or a more experiment Divide the players into three lines at right field, center player in the right field line. The player throws the base each line, teaching the outfield to throw the ball to see Notes:	er field and left all to second baccond baccond base afte	field. Hit or the ase. Repeat through the fielding.	nrow a ball to to ough each play	he first ver in
#3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot incommon a certain amount of points as determined by the coact as possible. A ball may be hit on the ground or in the Notes:	h. Give each ple air to receive	the batting tee. layer 5 hits to spoints.	Each "zone" i	s worth
#4 Defense Activities - Name				
1. Team Defense: Place 8 players on the field at the runners. Start a base runner on first and second base. to each fielder as the runners try to advance. The fiel Before the coach throws each ball, the defense should at third base!" Be sure each fielder receives a ball to Notes:	The coach at he ders catch the led shout out the field.	nome plate thro call and try to a next situation,	ows the ball ranget the runners such as "The p	ndomly out.
Group Lesson/Closing Announcements/Tea Question and Answers — Ask questions about the rul and praise them for their right answers. Notes:	am Cheer – les and field po	10 min sitions let the l	kids answer be	sure

Practice Assignment Sheets – 5 copies are provid	ed for your co	onvenience	Pract	ice #4
Team Meeting – 5 minutes	Group A	Group B	Group C	Group D
1. Attendance			Group	Group D
2. Announcements 2. Povious highlights from anaxious anactics				
3. Review highlights from previous practice				
Warm-up and Stretching 5 minutes Reference Stretching Exercises				
Station Directions – 10 minutes per station				
#1 Throwing and Catching Activities - Na	me			
<b>1.Catching Flies:</b> Throw fly balls to fielders to catched ball or tennis ball before moving onto a tee ball.  Notes:			, start off with	a rubber
#2 Fielding Activities - Name				
1. To Second Base: Position a coach or a more experiment Divide the players into three lines at right field, center player in the right field line. The player throws the beach line, teaching the outfield to throw the ball to see Notes:	er field and lef all to second b econd base afte	ft field. Hit or to base. Repeat the er fielding.	hrow a ball to to cough each play	he first ver in
#3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot income a certain amount of points as determined by the coact as possible. A ball may be hit on the ground or in the Notes:	h. Give each pe air to receive	player 5 hits to points.	. Each "zone" i score as many	s worth points
#4 Defense Activities - Name				
1. Team Defense: Place 8 players on the field at the runners. Start a base runner on first and second base. to each fielder as the runners try to advance. The fiel Before the coach throws each ball, the defense shoul at third base!" Be sure each fielder receives a ball to Notes:	The coach at ders catch the d shout out the field.	home plate throball and try to enext situation	ows the ball rar get the runners , such as "The	ndomly out. play is
Group Lesson/Closing Announcements/Te Question and Answers – Ask questions about the rul and praise them for their right answers.  Notes:	les and field po	ositions let the		sure

<u>Practice Assignment Sheets – 5 copies are provided to 1</u>	for your conv	<u>enience</u>	PRACTICE #5
Team Meeting – 5 minutes			
1. Attendance	Group A	Group B	Group C
2. Announcements			
3. Review highlights from previous practice			
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 st	and about 10	) feet apart. (	Coach yells,
"Throw!" and one partner throws the ball to the	other. See w	hat pair can	throw the ball
back and forth the most times without dropping			
needed.			
2. Diamond Throwing: Place one player at each	h base and o	ne at the nito	chino area
Players throw the ball in a diamond shape (Pitch			_
sequence, rotate players and/or reverse direction			itelier). After this
Notes:	of the throv	٧.	
110005.			
	*****	31.4	
#2 Fielding Activities – Name			
1. Infield Practice: Place players at the infield	ositions and	hit ground l	halls to each
fielder. Instruct players to make plays at differen	•	int ground	04115 to 04011
Notes:			
	7.78		
#3 Running Activities – Name			
1. Team Race: Two players start at home plate.	One runs to	3 <sup>rd</sup> base, the	other to 1st base.
They continue running in opposite directions are		•	
base wins. To avoid collisions, have a coach star			
go in front of the coach and one runner to go bel			ict one runner to
Notes:			· · · · · · · · · · · · · · · · · · ·
	<u> </u>	-20	<del></del>
5 minute Water Break			
Group Activity – 15 minutes			
Game Simulation: Simulate a real game situation	on Place det	enciva nlova	ers on the field in
various positions and keep 2-3 players in as the			
tee, hit the ball and run to first base as in a real g			
everyone gets a chance to bat and field. Coach the	ne fielders of	n decision-m	aking. Where
should they throw the ball to get the out?			
Closing – 5 minutes			
Announcements and Positive Reinforcement/ Te			
Notes:			

<u>Practice Assignment Sheets – 5 copies are provided</u>	for your conv	<u>enience</u>	PRACTICE #5
Team Meeting – 5 minutes			
1. Attendance	Group A	Group B	Group C
2. Announcements			
3. Review highlights from previous practice			
Warm-up and Stretching - 5 minutes			<del></del>
Reference Stretching Exercises			
Station Directions- 10 minutes per station			
#1 Throwing and Catching Activities - Nam	e		
1. Catching Contest: Players are in pairs and s	tand about 10	0 feet apart.	Coach yells,
"Throw!" and one partner throws the ball to the	e other. See w	vhat pair can	throw the ball
back and forth the most times without dropping needed.		_	
	ob boss and a	no of the nite	ahina anaa
2. Diamond Throwing: Place one player at each		*	•
Players throw the ball in a diamond shape (Pitc			itcher). After this
sequence, rotate players and/or reverse direction	n of the throv	<i>N</i> .	
Notes:			<u></u>
#2 Fielding Activities – Name			***
1. Infield Practice: Place players at the infield	nositions and	d hit ground	halls to each
fielder. Instruct players to make plays at difference	~	a int ground	balls to cach
Notes:	ili vases.		
notes.			
	500,000		
#3 Running Activities – Name			
1. Team Race: Two players start at home plate	. One runs to	3 <sup>rd</sup> base, the	e other to 1 <sup>st</sup> base.
They continue running in opposite directions ar			
base wins. To avoid collisions, have a coach sta			
•			ict one runner to
go in front of the coach and one runner to go be			
Notes:			
5 minute Water Break			
Group Activity – 15 minutes			
Game Simulation: Simulate a real game situat	ion Place de	fensive play	ers on the field in
various positions and keep 2-3 players in as the		A V	
tee, hit the ball and run to first base as in a real	_		
everyone gets a chance to bat and field. Coach	the fielders o	n decision-m	naking. Where
should they throw the ball to get the out?			
Closing – 5 minutes			
Announcements and Positive Reinforcement/ T			
Notes:			

Practice Assignment Sheets – 5 copies are provided	for your conv	<u>enience</u>	PRACTICE #5
Team Meeting – 5 minutes			
1. Attendance	Group A	Group B	Group C
2. Announcements			
3. Review highlights from previous practice			
Warm-up and Stretching - 5 minutes			
Reference Stretching Exercises			
Station Directions— 10 minutes per station			
#1 Throwing and Catching Activities - Name			A Mark to the second of the se
1. Catching Contest: Players are in pairs and st		~	•
"Throw!" and one partner throws the ball to the	other. See w	hat pair can	throw the ball
back and forth the most times without dropping	it. The dista	nce can be in	creased if
needed.			
2. Diamond Throwing: Place one player at eac	h base and o	ne at the nito	ching area.
Players throw the ball in a diamond shape (Pitch		_	_
sequence, rotate players and/or reverse direction			1101101). 111101 11115
Notes:	i or the throv	<b>v</b> •	
#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 differen	^	0	
Notes:			
#3 Running Activities – Name			
1. Team Race: Two players start at home plate.	. One runs to	3 <sup>rd</sup> base, the	other to 1st base.
They continue running in opposite directions are			
base wins. To avoid collisions, have a coach sta			
go in front of the coach and one runner to go be			
Notes:			
5 minute Water Break			
Group Activity – 15 minutes			
Game Simulation: Simulate a real game situati	on. Place de	fensive playe	ers on the field in
various positions and keep 2-3 players in as the			
tee, hit the ball and run to first base as in a real s			* *
•	_		
everyone gets a chance to bat and field. Coach t	ne neiders o	n decision-m	iaking. where
should they throw the ball to get the out?			
Closing – 5 minutes	<b>~</b> 1		
Announcements and Positive Reinforcement/ To			
Notes:			

Practice Assignment Sheets – 5 copies are provided	for your conv	<u>enience</u>	PRACTICE #5
Feam Meeting – 5 minutes			
1. Attendance	Group A	Group B	Group C
2. Announcements			
3. Review highlights from previous practice			
Warm-up and Stretching - 5 minutes			
Reference Stretching Exercises			
Station Directions—10 minutes per station			
#1 Throwing and Catching Activities - Name	e		
1. Catching Contest: Players are in pairs and s		0 feet apart.	Coach vells.
'Throw!" and one partner throws the ball to the		*	• •
pack and forth the most times without dropping		•	
needed.	it. The dista	nee can be n	icreased ii
	1 1 1	1 *.	1 '
2. Diamond Throwing: Place one player at each		_	•
Players throw the ball in a diamond shape (Pitcl			itcher). After this
sequence, rotate players and/or reverse direction	n of the throv	V.	
Notes:			
TA TO A TO A 10 O10 BT			
#2 Fielding Activities – Name		1 1 1	
1. Infield Practice: Place players at the infield	_	d hit ground	balls to each
fielder. Instruct players to make plays at differe	nt bases.		
Notes:			
			No.
42 Dunning Activities Name			
#3 Running Activities – Name  1. Team Page Type players start at hame plate	One mana to	2rd baga tha	other to 1 St hass
1. Team Race: Two players start at home plate		•	
They continue running in opposite directions are			
pase wins. To avoid collisions, have a coach sta			ict one runner to
go in front of the coach and one runner to go be	hind the coa	ch.	
Notes:			
5 minute Water Break			
Group Activity – 15 minutes			
Game Simulation: Simulate a real game situati	ion. Place de	fensive playe	ers on the field in
various positions and keep 2-3 players in as the	first batters.	Have the bar	tter step up to the
ee, hit the ball and run to first base as in a real	game. Rotate	e batters and	defense so
everyone gets a chance to bat and field. Coach t			
should they throw the ball to get the out?		11 400151011 11	iaitiig. Wilei C
mode they they the ball to get the out.			
Closing – 5 minutes			
Announcements and Positive Reinforcement/ To	oom Choor		
Notes:			

<u>Practice Assignment Sheets – 5 copies are provided for your convenience</u>			PRACTICE #6	
Team Meeting – 5 minutes				
1. Attendance – Give Name Tag Stickers	Group A	Group B	Group C	Group D
2. Announcements	-	•	•	*
3. Review highlights from the previous practice				
Warm-up and Stretching - 5 minutes				
Reference Stretching Exercises				
Station Directions—7 minutes per station				
#1 Throwing and Catching Activities - Name				
1. <b>High and Low:</b> Two players play catch. The this shoulders, 2 points if caught between waist and she caught. Using this scoring place 3 buckets each of side of the catcher. The thrower has a bucket of 1 c	oulders. No po them having a dozen balls. Se	ints are awarde point value and ee how many ba	ed if the ball is d these buckets alls are in each	not s are to the bucket for
point totals. Take turns being the thrower and the ones:		e the mechanic	es are done corr	ectly.
#2 Fielding Activities - Name	1 •.4 .4	C° , C° 11		
1. First Base-Third Base: Line a group near first facing home plate and put a player in the pitching of Throw or hit a ground ball toward the first fielder. base, simulating a tag out. The player drops the bald drill. Now, throw a ball in the air to the fielder who to the ball to get a runner out by a throw. The same Remember to have the kids get the ball back to the Notes:  #3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot is a certain amount of points as determined by the coast possible. A ball may be hit on the ground or in the Notes:  Notes:	position or put The player fie Il to the side and should have de drill can be despitcher after enterents from the air to receive the air to receiv	a bucket at the lds the ball and prepares for one foot on the one simultaneous ach play.  m the batting to player 5 hits the points.	e pitching posit I then runs to so the second parabase, practicing busly at third base.	ion. tep on the rt of the ng lunging ase.  "is worth
#4 Dunning A chiniting Name				
#4 Running Activities - Name  1. Run Down: Place two more experienced players	a (an tyre as = -1	had) at first	l account 1: 1	D.,,,,,,
try to run from one base to another (back and forth Notes:	) without getti	ng tagged out b		Kunners
Group Activity – 15 minutes				
Game Simulation: Simulate a real game situation positions and keep 2-3 players in as the first batters run to first base as in a real game. Rotate batters and Coach the fielders on decision-making. Where show Closing – 5 minutes	s. Have the bat ad defense so e	ter step up to the everyone gets a	he tee, hit the because to bat a	all and
Announcements and Positive Reinforcements  Notes:				

Practice Assignment Sheets – 5 copies are prov	<u>ided for your</u>	convenience	PRAC	TICE #6
Team Meeting – 5 minutes				
1. Attendance – Give Name Tag Stickers	Group A	Group B	Group C	Group
2. Announcements				
3. Review highlights from the previous practice				
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 this shoulders, 2 points if caught between waist and she caught. Using this scoring place 3 buckets each of side of the catcher. The thrower has a bucket of 1 capoint totals. Take turns being the thrower and the caponetes:	oulders. No po them having a lozen balls. So	pints are award a point value ar see how many b	ed if the ball is nd these bucket alls are in each	not s are to the bucket for
#2 Fielding Activities - Name				
1. First Base-Third Base: Line a group near first facing home plate and put a player in the pitching part Throw or hit a ground ball toward the first fielder. base, simulating a tag out. The player drops the bald drill. Now, throw a ball in the air to the fielder who to the ball to get a runner out by a throw. The same Remember to have the kids get the ball back to the Notes:  #3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot in the same factivities in t	The player fied to the side and should have a drill can be depited to the side and should have a drill can be depitcher after a drill can be depitcher a d	t a bucket at the ball and prepares for one foot on the lone simultaneous play.	e pitching posit d then runs to s the second pare base, practicir ously at third ba	tion.  tep on the  t of the  ng lunging  ase.
a certain amount of points as determined by the coast possible. A ball may be hit on the ground or in the Notes:	ach. Give each he air to recei	n player 5 hits	to score as man	y points
#4 Running Activities - Name				
1. Run Down: Place two more experienced players try to run from one base to another (back and forth Notes:	) without getti	ng tagged out	d second base. It is the fielders.	Runners
Group Activity – 15 minutes				
Game Simulation: Simulate a real game situation. positions and keep 2-3 players in as the first batters run to first base as in a real game. Rotate batters an Coach the fielders on decision-making. Where show Closing – 5 minutes	s. Have the band $d$ defense so $e$	tter step up to teveryone gets a	the tee, hit the back chance to bat	oall and
Announcements and Positive Reinforcement Notes:		eer		

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Practice Assignment Sheets – 5 copies are prov	ided for your	convenience	PRAC	TICE #6
Team Meeting – 5 minutes				
1. Attendance – Give Name Tag Stickers	Group A	Group B	Group C	Group D
2. Announcements				
3. Review highlights from the previous practice				
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 thr shoulders, 2 points if caught between waist and sho caught. Using this scoring place 3 buckets each of side of the catcher. The thrower has a bucket of 1 c point totals. Take turns being the thrower and the c Notes:	oulders. No po them having a lozen balls. Se	ints are award point value are ee how many b	ed if the ball is ad these buckets alls are in each	not s are to the bucket for
#2 Fielding Activities - Name  1. First Pass Third Pass Line a group pear first line is group pear first line.	agga with the	first fielden to	41a a: a.1.4 a £ 41a a	
1. First Base-Third Base: Line a group near first bacing home plate and put a player in the pitching part Throw or hit a ground ball toward the first fielder. base, simulating a tag out. The player drops the ball	position or put The player fie	a bucket at the	e pitching posit I then runs to s	ion. tep on the
drill. Now, throw a ball in the air to the fielder who	should have	one foot on the	hase procticir	a lunging
to the ball to get a runner out by a throw. The same				
Remember to have the kids get the ball back to the			ously at tillio be	ase.
Notes:	pronor arter e	acii piay.		
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#3 Batting Activities - Name				
1. Home Run: Set out cones or markers in 5-foot i	ncrements fro	m the batting t	ee Each "zone	" is worth
a certain amount of points as determined by the coa	ach. Give each	n player 5 hits t	o score as man	v noints
as possible. A ball may be hit on the ground or in the			o score as man	y points
Notes:		. · · P · · · · ·		
#4 Running Activities - Name				<del></del>
<b>1. Run Down:</b> Place two more experienced players try to run from one base to another (back and forth) Notes:	) without getti	ng tagged out l	d second base. It second base.	Runners
Cyoun Activity 15 minutes				
Group Activity – 15 minutes	D1 1.C :	1	1 (* 11 * )	
Game Simulation: Simulate a real game situation. positions and keep 2-3 players in as the first batters run to first base as in a real game. Rotate batters an Coach the fielders on decision-making. Where show Clasing 5 minutes	s. Have the bat d defense so e	ter step up to teveryone gets a	he tee, hit the because to bat a	all and
Closing – 5 minutes	4/T. C1			
Announcements and Positive Reinforcement Notes:		eer 		

<u>Practice Assignment Sheets – 5 copies are prov</u>	ided for your	convenience	PRAC	TICE #6
Team Meeting – 5 minutes				·
1. Attendance – Give Name Tag Stickers	Group A	Group B	Group C	Group D
2. Announcements				
3. Review highlights from the previous practice				
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 this shoulders, 2 points if caught between waist and shocaught. Using this scoring place 3 buckets each of side of the catcher. The thrower has a bucket of 1 of point totals. Take turns being the thrower and the of Notes:	oulders. No po them having a dozen balls. So	oints are award a point value ar ee how many b	ed if the ball is ad these bucket alls are in each	not s are to the bucket for
#2 Fielding Activities Name				
#2 Fielding Activities - Name 1. First Base-Third Base: Line a group near first	1	C C . 1 1	.1 . 1	1
facing home plate and put a player in the pitching Throw or hit a ground ball toward the first fielder. base, simulating a tag out. The player drops the badrill. Now, throw a ball in the air to the fielder who to the ball to get a runner out by a throw. The same Remember to have the kids get the ball back to the Notes:	The player field to the side a should have a drill can be details.	elds the ball and nd prepares for one foot on the lone simultane	d then runs to s the second pare base, practicing	tep on the rt of the ng lunging
#3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot is a certain amount of points as determined by the cones possible. A hall may be hit on the ground or in the ground	ach. Give each	n player 5 hits t	ee. Each "zone to score as man	" is worth
as possible. A ball may be hit on the ground or in t Notes:				
#4 Running Activities - Name		1		
1. Run Down: Place two more experienced player try to run from one base to another (back and forth Notes:	) without getti	ing tagged out	by the fielders.	Kunners 
Group Activity – 15 minutes				
Game Simulation: Simulate a real game situation positions and keep 2-3 players in as the first batters run to first base as in a real game. Rotate batters and Coach the fielders on decision-making. Where sho Closing – 5 minutes	s. Have the band defense so	tter step up to t everyone gets a	he tee, hit the because to bat	oall and
Announcements and Positive Reinforcemer Notes:		eer		

Practice Assignment Sheets – 5 copies are prov	ided for your	convenience	PRAC	TICE #6
Team Meeting – 5 minutes				
1. Attendance – Give Name Tag Stickers	Group A	Group B	Group C	Group D
2. Announcements				•
3. Review highlights from the previous practice				
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 the shoulders, 2 points if caught between waist and she caught. Using this scoring place 3 buckets each of side of the catcher. The thrower has a bucket of 1 or point totals. Take turns being the thrower and the or Notes:	oulders. No po them having a dozen balls. Se catcher. Be sur	pints are award a point value ar see how many b	ed if the ball is ad these bucket alls are in each	not s are to the bucket for
#2 Fielding Activities - Name				
1. First Base-Third Base: Line a group near first facing home plate and put a player in the pitching. Throw or hit a ground ball toward the first fielder. base, simulating a tag out. The player drops the baldrill. Now, throw a ball in the air to the fielder who to the ball to get a runner out by a throw. The same Remember to have the kids get the ball back to the Notes:	position or put The player fie Il to the side a should have drill can be d	t a bucket at the ball and not prepares for one foot on the lone simultaneous	e pitching posite I then runs to so the second participals base, practicing	tion. tep on the rt of the ng lunging
#3 Batting Activities - Name				
1. Home Run: Set out cones or markers in 5-foot is a certain amount of points as determined by the coas possible. A ball may be hit on the ground or in to Notes:	ach. Give each he air to recei	n player 5 hits t	ee. Each "zone o score as man	" is worth  y points
#4 Running Activities - Name				
<b>1. Run Down:</b> Place two more experienced player try to run from one base to another (back and forth Notes:	) without getti	ng tagged out		
Group Activity – 15 minutes				
Game Simulation: Simulate a real game situation positions and keep 2-3 players in as the first batters run to first base as in a real game. Rotate batters and Coach the fielders on decision-making. Where show Closing – 5 minutes	s. Have the bated defense so $\epsilon$	tter step up to t everyone gets a	he tee, hit the bechance to bat	oall and
Announcements and Positive Reinforcements Notes:		eer		

<u>Practice Assignment Sheets – 5 copies are provided for your convenience</u>			PRACTICE #6		
Team Meeting – 5 minutes					
1. Attendance – Give Name Tag Stickers	Group A	Group B	Group C	Group D	
2. Announcements		-	•	•	
3. Review highlights from the previous practice					
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 threshoulders, 2 points if caught between waist and she caught. Using this scoring place 3 buckets each of side of the catcher. The thrower has a bucket of 1 capoint totals. Take turns being the thrower and the caponetric contents.	oulders. No po them having a lozen balls. So atcher. Be sur	pints are award a point value and ee how many b	ed if the ball is ad these bucket alls are in each	not s are to the bucket for	
#2 Fielding Activities - Name  1. First Base-Third Base: Line a group near first					
facing home plate and put a player in the pitching part of the first fielder. Throw or hit a ground ball toward the first fielder. base, simulating a tag out. The player drops the bald drill. Now, throw a ball in the air to the fielder who to the ball to get a runner out by a throw. The same Remember to have the kids get the ball back to the Notes:	The player field to the side a should have a drill can be details.	elds the ball and nd prepares for one foot on the lone simultaned	d then runs to s the second pare base, practicing	tep on the rt of the ng lunging	
#3 Batting Activities - Name  1. Home Run: Set out cones or markers in 5-foot is a certain amount of points as determined by the coast possible. A ball may be hit on the ground or in the second of the coast possible.	ach. Give eacl he air to recei	n player 5 hits t ve points.	ee. Each "zone so score as man	" is worth	
Notes:					
#4 Running Activities - Name		1 \ , (**	1 11		
1. Run Down: Place two more experienced players try to run from one base to another (back and forth)  Notes:	) without getti	ing tagged out 1	by the fielders.	Kunners	
Group Activity – 15 minutes					
Game Simulation: Simulate a real game situation. positions and keep 2-3 players in as the first batters run to first base as in a real game. Rotate batters an Coach the fielders on decision-making. Where show Closing – 5 minutes	s. Have the band defense so	tter step up to t everyone gets a	he tee, hit the because to bat	oall and	
Announcements and Positive Reinforcement Notes:		eer			

<u>Practice Assignment Sheets – 5 copies are provided</u>	for your conv	<u>enience</u>	PRACTICE #
Team Meeting – 5 minutes			
1. Attendance	Group A	Group B	Group C
2. Announcements		<u>-</u>	-
3. Review highlights from previous practice			
Warm-up and Stretching - 5 minutes			
Reference Stretching Exercises			
, and the second			
Station Directions—10 minutes per station			
#1 Throwing and Catching Activities - Name	1 .1	1 (* 1	
1. Back and Forth: Line the players in two lines facin the first player in the other line. After throwing, the players move up one spot. The player with the ball now to the end of his or her line. Continue the drill until even Notes:	yer runs to the throws it to the	end of the line te new first pla	and all other yer in line and goes
#2 Fielding Activities - Name  1. Shortstop-Second Base: One player is in position between the second base.			
position between 2 <sup>nd</sup> and 3 <sup>rd</sup> base. Throw the ball on the player fields the ball while the shortstop runs to second for the out. For the second part of the drill, reverse the The shortstop throws to the second-base player for the Notes:	base. The field activity. Throw	der throws the l	ball to the shortstop
#3 Running Activities - Name  1. Team Race: Two players start at home plate. One run base. They continue running in opposite directions arou To avoid collisions, have a coach stand on second base and one runner to go behind the coach.  Notes:	and the bases. I	First one back t	
Group Activity – 15 minutes  Game Simulation: Simulate a real game situation. Plapositions and keep 2-3 players in as the first batters. Harun to first base as in a real game. Rotate batters and decoach the fielders on decision-making. Where should to Closing – 5 minutes	eve the batter st efense so every	ep up to the tee	e, hit the ball and ice to bat and field.
Announcements and Positive Reinforcement/ T Notes:	eam Cheer		

Practice Assignment Sheets - 5 copies are provided	PRACTICE #7		
Team Meeting – 5 minutes			
1. Attendance	Group A	Group B	Group C
2. Announcements	•	1	1
3. Review highlights from previous practice			
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	g each other T	he first player i	n one line throws to
the first player in the other line. After throwing, the pla			
players move up one spot. The player with the ball now			
to the end of his or her line. Continue the drill until eve			
		nown and caus	giit a vaii.
Notes:			
#2 Fielding Activities - Name			
1. Shortstop-Second Base: One player is in position bet	ween 1st and 21	nd base and ano	ther player is in
position between 2 <sup>nd</sup> and 3 <sup>rd</sup> base. Throw the ball on the	e oround towar	d the second-h	ase player That
player fields the ball while the shortstop runs to second	hase The field	der throxys the b	sall to the charteton
for the out. For the second part of the drill, reverse the			
The shortstop throws to the second-base player for the	out	the ground bar	ii to the shortstop.
Notes:			
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#3 Running Activities - Name			
1. Team Race: Two players start at home plate. One run	ns to 3 <sup>rd</sup> base, the	he other to 1st	
base. They continue running in opposite directions arou	and the bases. F	First one back to	o home base wins.
To avoid collisions, have a coach stand on second base.	. Instruct one ru	unner to go in f	ront of the coach
and one runner to go behind the coach.		C	
Notes:			
Cross Activity 15			
Group Activity – 15 minutes  Come Simulations Simulate a real some situation. Plant	- 1 · C · · · · · · · · · · · 1		11.
Game Simulation: Simulate a real game situation. Place	ce defensive pi	ayers on the He	ld in various
positions and keep 2-3 players in as the first batters. Ha	ive the batter st	ep up to the tee	e, hit the ball and
run to first base as in a real game. Rotate batters and de			
Coach the fielders on decision-making. Where should the	ney throw the b	oall to get the o	ut?
Closing - 5 minutes			
Closing – 5 minutes	. ~.		
A CONTROL OF THE PROPERTY OF A CONTROL OF A	' / \l		
Announcements and Positive Reinforcement/ T Notes:	eam Cheer		

<u>Practice Assignment Sheets – 5 copies are provided for your convenience</u>			PRACTICE #7	
Team Meeting – 5 minutes				
1. Attendance	Group A	Group B	Group C	
2. Announcements				
3. Review highlights from previous practice				
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 the first player in the other line. After throwing, the play players move up one spot. The player with the ball now to the end of his or her line. Continue the drill until every Notes:	er runs to the throws it to th y player has th	end of the line te new first play	and all other yer in line and goes	
#2 Fielding Activities - Name  1. Shortstop-Second Base: One player is in position between 2 <sup>nd</sup> and 3 <sup>rd</sup> base. Throw the ball on the player fields the ball while the shortstop runs to second between 2 <sup>nd</sup> and 3 <sup>rd</sup> base.	ground towar base. The field	d the second-batter throws the b	ase player. That ball to the shortstop	
for the out. For the second part of the drill, reverse the act The shortstop throws to the second-base player for the or Notes:		the ground bal	ll to the shortstop.	
#3 Running Activities - Name				
1. Team Race: Two players start at home plate. One runs base. They continue running in opposite directions arour To avoid collisions, have a coach stand on second base. and one runner to go behind the coach.  Notes:	nd the bases. F	First one back to		
Group Activity – 15 minutes  Game Simulation: Simulate a real game situation. Place positions and keep 2-3 players in as the first batters. Have run to first base as in a real game. Rotate batters and defeated the fielders on decision-making. Where should the	ve the batter st ense so everyo	ep up to the tee	e, hit the ball and ce to bat and field.	
Closing – 5 minutes Announcements and Positive Reinforcement/ Te Notes:				

Practice Assignment Sheets - 5 copies are provided	PRACTICE #7		
Team Meeting – 5 minutes			
1. Attendance	Group A	Group B	Group C
2. Announcements	_	•	1 **
3. Review highlights from previous practice			
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 Tl	a first player i	n one line throws to
the first player in the other line. After throwing, the play			
players move up one spot. The player with the ball now			
to the end of his or her line. Continue the drill until ever			
Notes:		nown and caug	giit a baii.
11000.			
#2 Fielding Activities - Name			
1. Shortstop-Second Base: One player is in position bety	ween 1 <sup>st</sup> and 2 <sup>r</sup>	base and ano	ther player is in
position between 2 <sup>nd</sup> and 3 <sup>rd</sup> base. Throw the ball on the	ground toward	d the second-ba	ase player. That
player fields the ball while the shortstop runs to second	base. The field	ler throws the b	pall to the shortstop
for the out. For the second part of the drill, reverse the a	ctivity. Throw	the ground bal	ll to the shortstop.
The shortstop throws to the second-base player for the o	ut.	8	F.
Notes:			
		<u></u>	
#3 Running Activities - Name			
1. Team Race: Two players start at home plate. One run			
base. They continue running in opposite directions around	nd the bases. F	irst one back to	o home base wins.
To avoid collisions, have a coach stand on second base.	Instruct one ru	inner to go in f	ront of the coach
and one runner to go behind the coach.			
Notes:			
Group Activity – 15 minutes			
Game Simulation: Simulate a real game situation. Place	e defensive nla	avers on the fie	ld in various
positions and keep 2-3 players in as the first batters. Have	ze the batter st	en un to the tee	hit the hall and
run to first base as in a real game. Rotate batters and def	ence co everyo	op up to the tec	ce to bot and field
Coach the fielders on decision-making. Where should the	everye	one gets a chair	ut?
Č	•		
Closing – 5 minutes			
Announcements and Positive Reinforcement/ Te	eam Cheer		
Notes:			

Practice Assignment Sheets - 5 copies are provided f	PRACTICE #7		
Team Meeting – 5 minutes			-
1. Attendance	Group A	Group B	Group C
2. Announcements			•
3. Review highlights from previous practice			
Warm-up and Stretching - 5 minutes			
Reference Stretching Exercises			
Station Directions—10 minutes per station			
#1 Throwing and Catching Activities - Name	141T1	· · · · 1 · ·	1. 1
1. Back and Forth: Line the players in two lines facing	each other. If	ne first player i	n one line throws to
the first player in the other line. After throwing, the play	er runs to the	end of the line	and all other
players move up one spot. The player with the ball now			
to the end of his or her line. Continue the drill until ever		rown and caug	ght a ball.
Notes:			
#2 Fielding Activities Name			
<ul><li>#2 Fielding Activities - Name</li><li>1. Shortstop-Second Base: One player is in position betw</li></ul>	1 St 1 On	d 1 1	41 1
1. Shortstop-second Base: One player is in position between 2 <sup>nd</sup> and 2 <sup>rd</sup> have. Through a half on the	veen 1 and 2	base and ano	ther player is in
position between 2 <sup>nd</sup> and 3 <sup>rd</sup> base. Throw the ball on the	ground toward	i the second-ba	ase player. That
player fields the ball while the shortstop runs to second be	base. The field	er throws the f	ball to the shortstop
for the out. For the second part of the drill, reverse the ac	ctivity. Throw	the ground bal	If to the shortstop.
The shortstop throws to the second-base player for the or			
Notes:			
		# C	
#3 Running Activities - Name			
1. Team Race: Two players start at home plate. One runs	to 3 <sup>rd</sup> base th	ne other to 1st	
base. They continue running in opposite directions around	nd the bases F	irst one back to	o home base wins
To avoid collisions, have a coach stand on second base.	Instruct one ru	nner to go in f	ront of the coach
and one runner to go behind the coach.	mstract one ra	inner to go in r	ioni oi nic coacn
Notes:			
110100.			
		, , , , , , , , , , , , , , , , , , , ,	
Group Activity – 15 minutes			
Game Simulation: Simulate a real game situation. Place	defensive pla	vers on the fie	ld in various
positions and keep 2-3 players in as the first batters. Hav	e the batter ste	en un to the tee	e hit the ball and
run to first base as in a real game. Rotate batters and defe	ense so evervo	ne gets a chan	ce to bat and field
Coach the fielders on decision-making. Where should the	ey throw the b	all to get the o	ut?
-		_	
Closing – 5 minutes			
Announcements and Positive Reinforcement/ Te	am Cheer		
Notes:			

Practice Assignment Sheets - 5 copies are provided	for your conv	enience	PRACTICE #7	
Team Meeting – 5 minutes				
1. Attendance	Group A	Group B	Group C	
2. Announcements				
3. Review highlights from previous practice				
Warm-up and Stretching - 5 minutes				
Reference Stretching Exercises				
Station Directions—10 minutes per station #1 Throwing and Catching Activities - Name	L			
1. Back and Forth: Line the players in two lines facing the first player in the other line. After throwing, the play players move up one spot. The player with the ball now to the end of his or her line. Continue the drill until ever Notes:	ver runs to the throws it to th y player has th	end of the line e new first play	and all other yer in line and goes	
#2 Fielding Activities - Name  1. Shortstop-Second Base: One player is in position between	19t 101	nd 1		
position between 2 <sup>nd</sup> and 3 <sup>rd</sup> base. Throw the ball on the player fields the ball while the shortstop runs to second for the out. For the second part of the drill, reverse the a The shortstop throws to the second-base player for the o Notes:	base. The field ctivity. Throw ut.	der throws the b	pall to the shortstop	
#3 Running Activities - Name				
1. Team Race: Two players start at home plate. One run base. They continue running in opposite directions aroun To avoid collisions, have a coach stand on second base. and one runner to go behind the coach.  Notes:	nd the bases. F	First one back to		
Group Activity – 15 minutes				
Game Simulation: Simulate a real game situation. Place positions and keep 2-3 players in as the first batters. Have run to first base as in a real game. Rotate batters and def Coach the fielders on decision-making. Where should the	ve the batter st ense so everyo	ep up to the tee	e, hit the ball and ce to bat and field.	
Closing – 5 minutes Announcements and Positive Reinforcement/ Te	eam Cheer			

# 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 Team Roster:	time
Warm ups:	
Rotation #1 – Throwing/Catching - Assigned to:	
Totalion // Timowing/Catolining Tissighed to	
Rotation #2 - Fielding- Assigned to:	
Rotation #3 - Batting- Assigned to:	
Rotation #4 - Running- Assigned to:	
Rotation #4 - Running- Assigned to	<del></del>

Large Group Activity:

# Practice Calendar

Sat		
Ē		
Thu		
Wed		
Tue		
Mon		
Sun		