

## Practice 1

### Outfield:

- Discussion about TBall. What is a hit, what is a throw, what is a run.
- A Team on defence (in the field) – trying to stop other team from getting runs, throw the ball to the baseman before the runner gets there. How to get outs.
- A Team on offence (batting) – hit the ball so far that defence can't get it; get to the base before defence gets you out.
- How to hold a glove.

### Throwing:

- Talk each player through proper form, without a ball.
- Then every player catch from coach, throw to coach.

### Batting:

- How to hold a bat.
- Proper stance
- Every player swing with tee no ball several times (full order).
- Every player bat off tee with ball (full order)

### In-Field:

- Names of bases
- Run to each base
- Simon says for bases (Simon says run to 1<sup>st</sup>! Simon says touch your toes! Simon says run and touch home plate)

### Grounders:

- Roll grounders to the kids and have them make an alligator out of the arms.
- Bottom arm with glove is the jaw and the top arm without glove is the head.
- Proper throwing stance for throwing ball back to coach

### Batting:

- Discuss the box, where feet should be (straight forward to tee), belly faces ball.
- Proper swing stance, elbow up/back
- Hit off tee once to coach.

## Practice 2

### Outfield 30 min:

#### Outfield Station 1: Throwing (15 minutes):

- Players line up. Repeat practice 1 talk to each player through proper form, without a ball.
- Bucket of 10 balls to player, throw all 10 to coach. Emphasize proper form and receiver readiness. Thrower must always have eye contact with the person they are throwing to. Have thrower practice yelling receiver's name before throwing.

#### Outfield Station 2: Batting (15 minutes):

- With Tee, one batter at a time through all players. Other team mates in "fielding" positions. Bucket behind fielders. Fielders stop batted ball and throw to hit bucket with a big "CLANG".
- Focus on proper stance (which side feels more comfortable, line feet up with front and rear of plate, belly button in line with ball, far enough back that proper section of bat connects with ball, rear elbow up).
- Every player swing with tee no ball several times with coach adjustments, then bat off tee with ball to the fielders who pick up ball and throw at bucket.

"Water Break"

### In-Field 30 min:

- Names of bases, field position review.
- Discuss the batter's box, proper stance, where the ball should go
- Simon says for each base.
- Discuss ways to stop the ball (catch if in the air, stop if on the ground, hustle to it if it gets away)

#### Infield Station 1: Grounders (10 minutes):

- Station players throughout the infield. Coach lobs grounders from batting box to fielders.
- Alligator stance: bottom arm with glove is the jaw and the top arm without glove is the head.
- Proper throwing stance for throwing ball back to coach

#### Infield Station 2: Play at First (10 minutes):

- Players line up behind 2<sup>nd</sup> base, parent on 1<sup>st</sup> base. One player at a time move into 2<sup>nd</sup> base position. Coach roll grounder left and right of 2<sup>nd</sup> base player. Player should field the ball and throw to parent on 1<sup>st</sup>. Emphasize the importance of moving to get in front of the ball instead of reaching with glove.
- Remind players that when a ball is hit during a game, getting that ball to 1<sup>st</sup> before the runner gets there will get the runner out.

### **Practice 3** **½ drills ½ game**

#### **Outfield 15 min:**

##### Outfield Station 1: Throwing (7 minutes):

- Players line up. Repeat practice 1 talk to each player through proper form, without a ball.
- Bucket of 10 balls to player, throw all 10 to coach. Emphasize proper form and receiver readiness. Thrower must always have eye contact with the person they are throwing to. Have thrower practice yelling receiver's name before throwing.

##### Outfield Station 2: Batting (7 minutes):

- With Tee, one batter at a time through all players. Other team mates in "fielding" positions.
- Focus on only one fielder should go to pick up ball.
- Focus on proper batter stance (which side feels more comfortable, line feet up with front and rear of plate, belly button in line with ball, far enough back that proper section of bat connects with ball, rear elbow up).
- Every player swing with tee no ball several times with coach adjustments, then bat off tee with ball to the fielders who pick up ball

#### **In-Field 15 min:**

- Names of bases, field position review.
- Discuss the batter's box, proper stance, where the ball should go

##### Infield Station 1: Grounders (7 minutes):

- Station players throughout the infield. Coach lobs grounders to fielders. Left and Right of player if skilled.
- Alligator stance: bottom arm with glove is the jaw and the top arm without glove is the head.
- Proper throwing stance for throwing ball back to coach

##### Infield Station 2: Run to First (7 minutes)

- Players line up at home plate and swing at tee with no ball (or even no bat)
- run to first one at a time, jogging back to join the line.

## **Practice 4**

**½ drills ½ game**

### **Outfield 15 min:**

#### Outfield Station 1: Throwing (7 minutes):

- Hula hoop attached to fence. Players line up in 2 lines. Repeat practice 1 talk to each player about proper form.
- Bucket of balls to first player each line, throw all into hula hoop. Emphasize proper form and receiver readiness. Thrower must always have eye contact with the person they are throwing to. Have thrower practice yelling receiver's name (in this case, "fence!") before throwing.

#### Outfield Station 2: Batting (7 minutes):

- With Tee, one batter at a time through all players. Other team mates in "fielding" positions.
- Focus on only one fielder should go to pick up ball.
- Focus on proper batter stance (which side feels more comfortable, line feet up with front and rear of plate, belly button in line with ball, far enough back that proper section of bat connects with ball, rear elbow up).
- Every player swing with tee no ball several times with coach adjustments, then bat off tee with ball to the fielders who pick up ball

### **In-Field 15 min:**

- Names of bases, field position review.

#### Infield Station 1: Grounders (7 minutes):

- Station players throughout the infield. Coach lobs grounders to fielders. Left and Right of player if skilled.
- Alligator stance: bottom arm with glove is the jaw and the top arm without glove is the head.
- Proper throwing stance for throwing ball back to coach

#### Infield Station 2: Run to First (7 minutes)

- Players line up at home plate and swing at tee with no ball
- One player on pitcher mound with ball.
- Batter bats pretend ball, drops bat gently and begins to run. Pitcher throws ball to first baseman, try to get it back to base before runner. Focus on dropping bat gently, running straight line to first, pitcher proper throw form, first baseman proper catch and readiness.
- Batter becomes first base, first basemen becomes pitcher, new player comes to bat.