



Sample Tee Ball Practice

1 HR 10 Minutes

Meet – Stack Gloves in a Pile – Talk about what you will do at practice today.

5 Minutes - Exercises (While Exercising, have parent or coach line the kids gloves along the foul line beyond first base for the base-running session)

- Snake Run for T-Ball, A or Pole Run for AA
- High 5 Circle (for T-Ball, A)
- Jumping Jacks
- Toe Touches
- Spider Push Ups
- Big Arm Circles
- Arm Pulls
- Elephant Stretch
- Elephant Stretch to the Side
- Stork Stand
- Any other exercise or stretch you like

5 Minutes - Base running Routine (with their gloves as 1st base, lined up on the foul line past first base)

Explain proper technique Wide base, hands on knees (Relaxed)

Ready Position (hands out front, looking forward)

Crossover and jog. Relaxed, “Ready” “Go”

Crossover and run to 2nd base (2 times)

Crossover, Shuffle Shuffle, Wait. (With weight on right foot, “Back”

Crossover, Shuffle Shuffle, Wait. “Back” or “Go!”

Race to 2nd Base (with coach at the line to call the winner)

10 Minutes -Bubba Throwing (Need Buckets Filled and Ready) – 2 Baseballs, 2 tennis balls, 6 wiffle balls

- Demonstrate proper grip, show proper throwing technique – “L” shape (or make a muscle), Elbow Higher than Shoulder.
- Demonstrate glove leg and power leg, (have them call them out)
- Have them put power leg against bucket. -“Load ‘em Up”, “Stretch it Back”, “Cut it Loose”
- Kids throw balls out into the field or at a wall. No target, just work on fundamentals.
- Same thing with a big stride (this emphasizes getting their back foot off the ground to follow through)
- Knock the soccer ball off the tee or at another object. (Coaches make sure they don’t throw side arm and watch for proper technique.) Coach calls out when they throw, transitioning to throwing when ready. When coach says, stop throwing and everybody picks up 2 baseballs, 2 tennis, 6 wiffle.

Full Two Step Throw.

- Pull both feet behind and to the side of your bucket. “Bucket Step, Step and Throw”
- Two step throw without bucket

2 Minutes Water Break

10 Minutes Wearing and using your Glove

- Glove Size, Finger Out O.K., Strap type
- Where to Catch the Ball in your glove. Very important to stress not to catch in the web.
- Fingers Up, Fingers Down. Not hand behind glove.

Catching

Demonstrate catching locations and how to position your glove. (Above waist thumbs together, below waist, pinkies together)

Call them out, players slap glove (Coach facing lefties, other coach in front of righties)

- 1 – Middle Low
- 2 – Left Low
- 3 – Left High
- 4 – Middle High
- 5 – Cross Hand High
- 6 – Back Hand Low

Split into 3 or 4 groups (not in a line). Coaches toss to kids working around the catching wheel 1-6. (Throw underhand with tennis balls) Head Coach will direct the Position switches.

Shotgun – Kids get in line. Coaches toss to their group underhand while in the ready 1 Position, but throw it randomly between 1 thru 4. Kids to back of line after their turn

10 Minutes Fly Balls (Explanation & Drills)

- Forehand, Backhand, Can of Corn
- Run Smooth (meaning, don't bounce up and down when you run.)
- Don't run with your glove in the air (get to the spot)

Practice Outfield (and Infield) Routine

Relaxed

Ready (Glove leg slightly ahead)

Little Motor or Creep (take two Steps Forward when pitcher starts to throw). Watch the ball all the way to the plate.

Reset (Go back to starting position)

(We do this routine on EVERY Pitch!)

Group Practice about 5 times.

Fly Ball Circle Drill

- Kids in a line
- Kids pick a ball they are comfortable with (baseball, tennis ball, squishy ball)
- They come out to the spot, throw the ball to the coach. The kid runs at a 45 degree angle away from the coach and the coach throws the fly ball to their forehand on the run. During the second round balls can be thrown to the backhand side, and then random side or in the middle.

Popcorn Throw – 20 – Watching for two handed catches, not throwing hand behind glove.

10 Minutes Fielding Fundamentals

- Glove Leg Slightly ahead of Power leg
- Hands out front, Hand like an alligator
- Routine
 - Relaxed (hands on knees)
 - Ready Hands out front Glove leg slightly ahead.
 - Little Motor or Creep
 - Reset

Practice Sucking up the ball (no ball)

Relaxed
Ready
Little Motor
Suck up the ball with palm of glove facing coach, fingers touching ground.
Make a pretend two step throw to home plate

Ground ball Shuttle (3 Stations)

Kids in lines (2nd base, SS, 3B)
Coaches roll balls softly to kids, they throw back to coach, go to end of line.
Rotate Stations every few minutes so they work with all coaches
Eventually give ground balls to left and right
Make them get in ready position before rolling them the ball.
Emphasize fielding the ball between the leg if possible, not to the side!

Hitting Demo & Wiffles (with gloves as home plates and line drawn in dirt) – 15 Minutes

- Knuckles (Knocking Knuckles Line Up)
- Feet & Shoulders Straight to Plate and both pointing at the pitcher.
- Bat on Shoulder
- Legs Bent. Belly button in front of toes
- Elbows Down (Back elbow is never higher than their hands!)
- Raise bat from shoulder (3-4 inches in front of arm pit and slightly back. Bat points at plate)
- Discuss “Squish the Bug.”

Move into Hitting Stations

Get 2 or 3 kids hitting wiffle balls off T’s at the same time. All other players at a safe distance in the field. After about 10-15 swings, rotate batters. Give everyone two rounds if time allows.

Wrap Up – 5 Minutes

Kids put their gloves at 2nd Base with Manager. Kids and assistants pick up gear. When done, everyone meets at 2nd base or right field– Hand out any paperwork. Younger kids can get a stamp or sticker from coach.

***MAKE practice FUN**

- Always end your practice on time.