

PFAA T-Ball/Rookie Drills

Throwing:

- **Play catch** - kids start off a few steps away from each other. After each successful catch, take another step back until a throw is dropped. Repeat
- **Basic throwing** – player kneels on one knee (non-throwing knee on ground, throwing knee up. Throw to partner with 4 seam grip and keeping elbow above shoulder
- **21 Drill** – Pair players up. Throws at head level = 2 points, chest level = 1 point. First group to 21 wins. Does not matter if other player drops the ball....as long as throw was to the proper place

Run the Bases:

- Kids take swing (no ball), drop bat and run THROUGH 1st base. Instruct one base at a time. Next batter goes and all runners advance one base until they reach home.

Batting Instruction:

- Take kids & tee to the outfield and work on squaring up, measuring the swing and taking a nice level swing
- Teach Starting swing with back knee, starting and finishing bat high with balance and back foot heel up. Players challenged with moving hips and knee – put bat behind back with both arms around bat. Player must hit soft toss ball with bat by moving at hip
- **Tee work** – high tee – have player attack inside of ball to hit line drives. Teaches kids to keep swing high and not drop elbows creating pop ups
- **Batting drills** – proper grip lining up “knocker knuckles”. Can demonstrate strength in fingers by having player hold coach’s finger in palm and coach pulls out, the same in fingers so player understands where more strength is
- **Line drive home run derby** – players hit off tee or soft toss. Line drives = home run; popups/grounds = outs

Fielding:

- **Basic fielding** – feet wide, hands out in front, back side down. Ground ball to player, two steps and throws to target. Step with throwing side foot first, opposite foot second. Teaching to reduce the number of steps prior to throwing.
- Coach bats the ball to infielders and has them throw to 1st. Outfielders throw to cutoff.

- **Soft hands** – using the Skilz mat and bare hands, teach proper fielding technique and use both hands (alligator hands)
- **Crab drill** – group kids into a large circle and get into fielder stances. Coach in middle and roles ball to kids. Players are to step to the ball and toss back to coach
- **Play pig** – player earns letter by improper fielding or errant throw to target. Bonus, earn letter back by hitting smaller target such as strike zone in net
- **Pop Ups** - use a tennis ball and toss short pop ups to the kids. Instruct them on how to position their gloves and trap the ball with the opposite hand. Instruct that the ball must be caught above head
- **Pass Patterns** – have players run pass route to a target, coach throws popup to target. Helps players learn to track ball and run to where ball is thrown/hit

Teach Positions:

- Coach calls out a fielder position (Centerfield, Short Stop, etc.) and have all of the kids run to that spot

Mini Games:

- Depending on the number of kids at practice, have them play 4 on 4 or if you don't have enough kids, have them all play against the coaches.