

## **T-Ball – Practice Schedule – 60 minutes**

### **1. Warm Ups – 5 minutes**

- a. Arm Circles – forwards and backwards
- b. Arm across chest stretches – hold for count of 10
- c. Arm above head stretches – hold for count of 10
- d. Bent over stretches – hold for count of 10
- e. 10 jumping jacks
- f. 1 lap around bases/gymnasium

### **2. Learning – 5 minutes**

- a. Have players learn the positions (I have feeling not a lot of kids know this)
  - i. As 1 big group, start at home plate, explain catcher
  - ii. Then have the entire group run to 1<sup>st</sup> baseman spot
  - iii. 2<sup>nd</sup> baseman spot
  - iv. 3<sup>rd</sup> baseman spot
  - v. Short stop
  - vi. Left field
  - vii. Left Center field
  - viii. Right Center Field
  - ix. Right field
  - x. Back to home!

### **3. Drills – split team into 3 groups – 5 minutes per drill, 15 minutes total**

- a. Throwing & Fielding Grounders
  - i. 1 group – 2 coaches per group
  - ii. Proper form, footwork
  - iii. Coach can roll ball to player, player throws back to coach. Have 2<sup>nd</sup> coach by players to coach proper techniques
- b. Hitting & Base running
  - i. while groups are fielding and fly balls, third group works on hitting off tee
  - ii. Have players run bases after hitting the ball
- c. Soft fly balls
  - i. Have them split up, coach soft tosses small fly balls (probably no more than 5 to ten feet away from each other) so they get a feeling for a ball coming at them

### **4. “Practice Game” – 25 minutes**

- a. Split into 2 Teams
- b. Play a 1 inning game
- c. 1 coach with batting team @ home
- d. Other coaches helping the fielders & base runners

### **5. Relay Races – 10 minutes**

- a. 3 groups competing
- b. Tag relay race for them to end practice