

Scheduled T-Ball "Games" are actually skill development plus a 3 inning game  
 Please allow 25 minutes for drills and 30-45 minutes for the 3 inning game  
 Below are recommended skill areas and drills for each week...feel free to adjust to your team's needs.

### 2013 - T-Ball Pre-Game...Week by Week

Week	Dates	Themes of the Week	Notes	Drills #1 (12 minutes)	Drills #2 (12 minutes)
1	4/27 - 5/4	Throwing & Baserunning	For throwing...focus on form and distance. Accuracy will come later...fluid mechanics better than "pushing" ball toward a close target.	THROWING A) Throw 10 to coach B) 3 Players & Coach...focus on throwing	BASERUNNING A) Teach names of bases & Run bases B) Home-Second Relay
2	5/5 - 5/11	Throwing & Hitting	For throwing...focus on form and distance. Accuracy will come later...fluid mechanics better than "pushing" ball toward a close target.	THROWING A) Space Invaders (tennis balls) B) 3 Players & Coach...focus on throwing	HITTING A) Squish the bug B) Hit 3 and run
3	5/12 - 5/18	Catching & Hitting	For catching..."knock it down" drill (below) is a good way to get players to catch with fingers up instead of always "basket-catching"	CATCHING A) Ball Handling B) 3 Players & Coach...focus on catching	HITTING A) Squish the bug B) Hit it up the middle
4 & 5	5/19 - 6/1	Throwing & Hitting	For throwing...focus on form and distance. Accuracy will come later...fluid mechanics better than "pushing" ball toward a close target.	THROWING A) Space Invaders (tennis balls) B) 3 Players & Coach...focus on throwing	HITTING A) Hit 3 and run (tee or underhand pitched)
6	6/2 - 6/8	Combination Drill & Hitting	For underhand pitched...too much arc on pitch is harder to hit than flatter and faster.	Field grounder and throw to first	HITTING A) Hit 3 and run (tee or underhand pitched)
7	6/9 - 6/15	Combination Drill & Hitting	For underhand pitched...too much arc on pitch is harder to hit than flatter and faster.	Field grounder and throw to first	HITTING A) Hit 3 and run (tee or underhand pitched)

Drills (See coaches clinic document on the website for more detail)

#### BASERUNNING

##### Home-Second Relay

Half of the team at home, other half at second...coaches can participate  
 Ball is the baton  
 Round the bases – but not too much...they will figure it out...but remind them

#### THROWING

##### Throw 10 to coach

1 coach, 1 player, 10 balls (tennis balls or baseballs)  
 10-15 yards separation  
 Player throws 10 in a row to coach  
 If simultaneous players...can establish a line to throw across  
 Make it a race...first one to throw 10 across the line wins

##### 3 Players & Coach

Players fan out  
 Coach throws grounders and line drives and flies to each kid  
 With focus on throwing...have several balls ready so if there is a missed catch or overthrow you can keep it moving.  
 To teach "fingers up" catching...play "knock-it-down." Players knock the ball out of the air with the back of their glove...keep fingers up  
 (This teaches them to not be afraid of a ball coming right at them...and to use proper "fingers-up" technique)  
 Keep it moving...more than one ball?  
 Make it random  
 Award points? (2 points for catch, 1 point for good throw, earn fly balls?)

##### Space invaders

Use tennis balls...need a bunch  
 Line up the players with balls in front of them  
 Coach with barrel or garage can lid 10-15 yards away  
 Coach moves back and forth...players try to hit barrel or lid with thrown balls. (They love hitting you)

##### Clean out the garage

Use squishy balls or tennis balls (safety)  
 Half the group on one side of a line, half on the other  
 10-15 balls on one side of the line (spread out) and 10-15 balls on the other  
 On "GO" both teams pick up balls and throw them to other side...winner if one team can get all balls to other side

Police the middle...don't let kids get too close...maybe enforce a "no-man's-land" area  
Kids figure out they should be quick and throw it long

### **HITTING**

#### **Squish the Bug**

Bat behind back held by elbows  
Turn hips  
Back leg – squish the bug with back foot toes. Back heel should come up to get proper hip turn and drive  
Keep eyes steady – chin down  
Good group activity – all around in a circle

#### **Hit 3 and Run**

Hit 3 balls off the tee  
Run to first base after the third hit  
Have a couple batters ready to make it go quicker

#### **Hit it up the middle**

Set up batting tee and markers to define an "up the middle" hit  
Player takes 10 swings...tries to hit the balls between the markers  
Define a minimum distance to hit it so players don't tap at the ball  
Most up the middle hits wins

### **CATCHING**

#### **Ball Handling**

No Glove, all players with a ball  
Like basketball drills  
Toss to self...two hands, one hand, alternate hand, catch after one bounce on ground, catch after bounce off knee, ball around waist, ball around knees, etc.  
Kids copy coach and then let kids come up with ideas  
Ball on ground behind player, pick up ball quickly when coach says go. Instruct kids to pick ball up w/ two hands quickly & bring to stomach (like picking up a grounder)  
Coaching Tips: Catch with two hands, fingers out, soft hands, watch ball all the way into hands

#### **3 Players & Coach**

Players fan out  
Coach throws grounders and line drives and flies to each kid  
With focus on throwing...have several balls ready so if there is a missed catch or overthrow you can keep it moving.  
To teach "fingers up" catching...play "knock-it-down." Players knock the ball out of the air with the back of their glove...keep fingers up  
(This teaches them to not be afraid of a ball coming right at them...and to use proper "fingers-up" technique)  
Keep it moving...more than one ball?  
Make it random  
Award points? (2 points for catch, 1 point for good throw, earn fly balls?)