

2013 T-Ball Pre-Game Drills
 Justin Smith - HFLM Youth Baseball
justinnaa@gmail.com / 585-472-1715

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		TBD	TBD
6	6/2 - 6/8	Combination Drills		TBD	TBD
7	6/9 - 6/15	Combination Drills		TBD	TBD

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 to 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?)