

2019 T-Ball Pre-Game Drills

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Scheduled T-Ball "Games" are actually skill development plus a 3 inning game

Please allow 30 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.

See HFLM Youth Baseball Coaches Clinic document for more drill ideas

A good use of time would be one coach to run a hitting station with 2 players at a time while the rest of the team is doing the other drills (cycle them through)

Remember that young kids do not throw properly if playing catch with a friend. Have them play catch with an ADULT so they throw HARD and can be more athletic throwers.

2019 - T-Ball Pre-Game...Week by Week

Week	Dates	Themes of the Week	Notes	Warm-up (6 minutes)	Drills #1 (12 minutes)	Drills #2 (12 minutes)	Hitting (2 with coach during other drills)
1 & 2	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.	Run, jumping jacks, arm circles, stretch, roll-and-go behind drill, etc.	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	Hit off tee and/or wiffle balls underhand from coach
3 & 4	5/6 - 5/18	Throwing & Hitting	For throwing...focus on form and distance. Accuracy will come later...fluid mechanics better than "pushing" ball toward a close target.	Run, jumping jacks, arm circles, stretch, roll-and-go behind drill, etc.	THROWING A) Space Invaders (tennis balls) B) 3 Players & Coach...focus on throwing	HITTING A) Air Swings B) Hit 3 and run	Hit off tee and/or wiffle balls underhand from coach
5 & 6	5/20 - 6/1	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"	Run, jumping jacks, arm circles, stretch, roll-and-go behind drill, etc.	CATCHING A) Knock-it-Down B) 3 Players & Coach...focus on catching fingers up (like knock-it-down drill teaches)	HITTING A) Hit 3 and run B) Hit it up the middle	Hit off tee and/or wiffle balls underhand from coach
7	6/3 - 6/8	Combination Drill and Hitting	For throwing...focus on form and distance. Accuracy will come later...fluid mechanics better than "pushing" ball toward a close target.	Run, jumping jacks, arm circles, stretch, roll-and-go behind drill, etc.	Field grounder and throw to first base (adult as first baseman)	HITTING A) Hit 3 and run (tee or underhand pitched)	Hit off tee and/or wiffle balls underhand from coach

Drills: See coaches clinic document on the website for more detail

WARM-UP

Roll-and-go-behind (can do this with or without gloves)

- 2 lines, one ball
- Roll ball to other line
- Follow ball and go to end of other line
- Roll ball back to line 1 and go to end of line 1
- Repeat

BASERUNNING

Home-Second Relay

- Half of the team at home, other half at second...coaches can participate
- Ball is the baton
- First team to complete everyone rounding the bases wins

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

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?)

Knock-it-Down

Great for Kids who are afraid of the ball or who cannot catch very well
Teaches fingers-up technique
Use tennis balls or wiffle balls (grab a bunch...rapid fire more fun and more reps)
Coach tosses balls at player's chest (dart throw...not underhand toss)
Player uses back of glove (with fingers up) to knock balls away
Great confidence builder and breaks the "always-catching-with-palm-up" bad habit
Nice drill for girls - gives them confidence