

RAAA Baseball: T-Ball/Rookie Ball Practice Plan

Remember to review the information on the [Coaches' Corner Page](#) for more details.

Day 1		
Time	Activity	Description
6:15-6:25	Parent Meeting/Warm Up/Introductions	Have a brief Parent Meeting reminding them of key dates (pictures, clinics, start time). Basic Stretches, take a little jog and go around introducing one another
6:25-6:30	Proper Grip of Baseball	Talk about seams of the baseball (Big "C" and railroad tracks) and focus on basic throwing grip. Give each kid a ball and have them demonstrate they can grip it properly
6:30-6:35	Learning to Throw the Ball	Proper stance, point glove to target, throwing arm back and up (making sure ball is pointing away from target in order to get wrist snap), step, then throw and follow thru (bring back leg over). Have all players line up and have them demonstrate the motion of throwing a ball.
6:25-6:35	Learning How to Catch the Baseball	Get into athletic stance then show players how to catch the ball when the ball is thrown at different areas of the body (backhand, below the waist, above the head, etc) and how to use two hands to catch the ball. Get the players to all line up facing the coach, the coach then moves the ball around to different locations and the players move their gloves to the proper position if they were getting a ball, so if the coach holds the ball below their waist, the player's glove should be properly positioned
6:35-6:50	Play Catch	Line up the players in 3-4 groups (may need a parent to help). Have each coach throw to the players, one at a time, having them use both hands to catch the ball and use proper grove technique/angle based on where the ball is thrown. Rotate each player through several times talking to each player and coaching on proper throwing and catching techniques. You can certainly have the kids play catch with one another but typically they get less repetition cause they are always chasing after the ball
6:50-6:55	Break	Water Break
6:55-7:05	Learning How to field Ground Balls	Demonstrate to the players the proper fielding stance and technique. Knees bent, glove in front of the body and hand just above glove. Stress to the players not to fall on the ground or drop their butts all the way to the ground. Also, that they need to get in front of the ball if possible or how they might need to backhand at times. Mix it up with throwing balls in the air too.
7:05-7:20	Field Ground Balls	Line up the players in 3-4 groups (may need a parent to help). Have each coach roll balls to the players, one at a time, having them use both hands to field the ball and at times, rolling ball so they have to move to get in front of it. Rotate each player through several times talking to each player and coaching on proper fielding technique. Make sure to continue to focus on proper throwing techniques
7:20-7:30	Recap and Close Practice	Recap grip, throwing, catching and fielding and then close out practice

Day 2		
Time	Activity	Description
6:15-6:20	Warm Up/Introductions	Basic Stretches, take a little jog and go around introducing one another again
6:20-6:25	Recap of Grip, Throwing, Catching and Fielding	Recap again the grip, throwing, catching and fielding techniques from previous practice.
6:25-6:35	Play Catch and Field Ground Balls	Line up the players in 3-4 groups (may need a parent to help). Have each coach throw or roll the ball to the players, one at a time, having them use proper grove technique/angle based on where the ball is thrown or rolled to them. Rotate each player through several times talking to each player and coaching on proper throwing, fielding and catching techniques.
6:35-6:50	Freeze Tag	Fun game for the players that teaches them how to properly tag out a runner on the base. Though they don't necessarily tag players, players love the game and burns off some energy. Set up an area with four markers (using cones or bases) about 10 yards apart in a square. Give two players the ball while the other players are runners within the squared off area. Tell the players they have to hold onto the ball and tag the other runners while the runners try to avoid the tag. If the runner is tagged they need to freeze until another player touches them to unfreeze them. Runners must stay within the boundaries, if they go outside, they are frozen too. Do this for a few minutes then switch taggers, repeat until all players had a chance to tag.
6:50-6:55	Break	Water Break
6:55-7:00	Learning to Bat	Discuss techniques of Batting. Batting stance with knees bent, shoulder width apart, back elbow down and bat up. Then step and swing, turning that back foot like your squashing a bug, reminding them to keep their eye on the ball the entire time. Sometimes players struggle just to get into the proper stance, therefore, try making two marks in the batter's box where you want the hitter to stand.
7:00-7:30	Batting Practice	Have one kid hit, another on deck working on proper technique with coach and the other players in the field. Give each player several swings of the bat, helping them use the proper techniques. For the players in the field, stress proper techniques and try to get them not to pile on each other while fielding.
7:30	Recap and Close Practice	

Day 3		
Time	Activity	Description
6:15-6:20	Warm Up	Basic Stretches and take a little jog
6:20-6:30	Play Catch and Field Ground Balls	Line up the players in 3-4 groups (may need a parent to help). Have each coach throw or roll the ball to the players, one at a time, having them use proper grove technique/angle based on where the ball is thrown or rolled to them. Rotate each player through several times talking to each player and coaching on proper throwing, fielding and catching techniques.
6:30-6:40	Learn Positions in the field and have Players run the bases	Gather all the players at home plate and walk them to all the positions on the field, asking first if anybody knows what position they are at and throughout, quizzing them on positions they were just at previously. Then, line up all the players at home in a single-file line and have them run the bases. The players should run when the coach pretends to hit the ball (or says go). The next kid in line should go approximately when the players before rounds first base. Do at least twice, having parents at each base making sure the players are touching the bases.
6:40-6:45	Break	Water Break
6:45-6:55	Team Fielding Practice	Assign all the players to different positions in the field as if it was a game. Then the coach hits (or throws) the ball to different players in the field and they throw the ball to first base. The purpose of this drill is to help the players understand what they will encounter during the games but just as important to teach them not to "pile" on each other in fielding the ball or having the right fielder run all the way over to 3 rd base to field a ball. So if the coach hits to the Pitcher the pitcher is the one making the play.
6:55-7:30	Batting Practice	Have one kid hit, another on deck working on proper technique with coach and the other players in the field. Give each player several swings of the bat, helping them use the proper techniques. For the players in the field, stress proper techniques and try to get them not to pile on each other while fielding.
7:30	Recap and Close Practice	

Day 4		
Time	Activity	Description
6:15-6:20	Warm Up	Basic Stretches and take a little jog
6:20-6:30	Play Catch and Field Ground Balls	Line up the players in 3-4 groups (may need a parent to help). Have each coach throw or roll the ball to the players, one at a time, having them use proper grove technique/angle based on where the ball is thrown or rolled to them. Rotate each player through several times talking to each player and coaching on proper throwing, fielding and catching techniques.
6:30-6:40	Review the Positions in the Field and take Team Fielding Practice	Again assign all the players to different positions in the field as if it was a game. Then the coach hits (or throws) the ball to different players in the field and they throw the ball to first base.
6:40-6:45	Break	Water Break
6:45-7:30	Take Batting Practice	Have one kid hit, another on deck working on proper technique with coach and the other players in the field. Give each player several swings of the bat, helping them use the proper techniques. For the players in the field, stress proper techniques and try to get them not to pile on each other while fielding.
7:30	Recap and Close Practice	