



## **T-Ball Goals and Objectives**

### Baseball Skills to Learn

1. Play catch
2. Hit off a tee
3. Field ground balls
4. Identify and run the bases in correct order
5. Identify positions on the field
6. Sportsmanship

### Social Skills

1. Have Fun!
2. Follow Directions
3. Social Interaction

### Practice Time

1. 1 hour to 1.25 hours maximum
2. Divide into several blocks of time, keep things moving at a good pace

### Coaching Tips

1. All the players and coaches should have FUN!
2. Be organized
3. Have a plan but be flexible to adjust the plan if it's not working
4. Ask for help from all the parents – Get them involved
5. Praise first, correct second
6. Keep the players and practices/games moving
7. Break down the concepts/drills into small, manageable portions
8. Variety in the drills is important – switch things up at practices
9. Allow each player to play all positions during the year
10. Remember it is only a game

### Other Helpful Tips

1. During games, players should sit on the bench in the order they will bat
2. Align batter's feet and height of tee each batter
3. When in field, coaches stay in the field to help remind players what to do
4. Remind players to be in ready position and focused on the ball
5. Completion of game, line up and shake hands – players should tell other team "Good Game"
6. Bring team together after game into huddle and provide positive feedback to the players



## T-Ball Practice Plan #1

Coaching Notes	Drill/Practice Topic	Time	Skill
	Introductions	5 min	Social Interaction
<p><b><u>Play Catch – Progression</u></b></p> <ol style="list-style-type: none"> <li>1. Flipping the wrist</li> <li>2. One Knee               <ol style="list-style-type: none"> <li>a. Hands together, Hands apart</li> <li>b. Throw</li> <li>c. Follow-through</li> </ol> </li> </ol> <p><b>Note:</b> Fingers to sky, thumb to the thigh</p> <ol style="list-style-type: none"> <li>3. Standing – STARFISH               <ol style="list-style-type: none"> <li>a. Feet together, Feet apart, Hands together, Hands apart</li> </ol> </li> </ol> <p><b><u>Fielding Ground Balls</u></b></p> <ol style="list-style-type: none"> <li>1. Legs shoulder width apart</li> <li>2. Butt down, glove out in front</li> <li>3. “Alligator’s Mouth”               <ol style="list-style-type: none"> <li>a. Watch ball into the glove and cover with open hand</li> </ol> </li> </ol> <p><b><u>Hitting</u></b></p> <ol style="list-style-type: none"> <li>1. Teach proper grip on bat – hand position               <ol style="list-style-type: none"> <li>a. “Knocking Knuckles”</li> </ol> </li> <li>2. Load, Stride, Swing</li> <li>3. “Squish the bug”               <ol style="list-style-type: none"> <li>a. Pivot the back toe</li> </ol> </li> <li>4. Swing hard and Finish with the bat on your back</li> </ol> <p><b><u>Running the Bases</u></b></p> <ol style="list-style-type: none"> <li>1. Teach the players to run through 1<sup>st</sup> base each time               <ol style="list-style-type: none"> <li>a. Stand beyond 1<sup>st</sup> base 10-15 feet and have player slap your hand when running</li> </ol> </li> <li>2. Teach them running the bases based on situations               <ol style="list-style-type: none"> <li>a. 1<sup>st</sup> to 2<sup>nd</sup></li> <li>b. 1<sup>st</sup> to 3<sup>rd</sup></li> <li>c. 2<sup>nd</sup> to home</li> </ol> </li> </ol>	Running Relay	5 min	Running
	Play Catch	5 min	Throwing, Following Directions
	Field Ground Balls	5 min	Fielding
	Break	5 min	
	Hitting off a tee	15 min	Hitting
	Running the bases	5 min	Identify and Run Bases
	T-Ball scrimmage (own team)	10 min	Identify positions on field
	Contest – throw balls into bucket, etc.	5 min	Have Fun!



## T-Ball Practice Plan #2

Coaching Notes	Drill/Practice Topic	Time	Skill
	Dynamic Warm-up	3 min	Running
<ul style="list-style-type: none"> <li>• Make sure players have FUN and want to come back</li> <li>• Learn player's names and call them by name</li> <li>• Demonstrate all of the drills/games</li> <li>• Participate in the drills and games with the players – involve other parents in practices</li> <li>• Make the drills/games active and competitive, players like to keep moving</li> <li>• Lot of positive comments, high fives, etc.</li> </ul>	Meet with Coach <ul style="list-style-type: none"> <li>• Intros</li> <li>• Come up with Team name</li> </ul>	5 min	Social Interaction
	Run the bases <ul style="list-style-type: none"> <li>• Introduce bases, players yell out what base they touch</li> </ul>	7 min	Running
	Starfish – throwing at target	7 min	Throwing
	Block It – stop ball with glove	7 min	Fielding
	Guard your area <ul style="list-style-type: none"> <li>• Know the areas on the field</li> </ul>	7 min	Identify positions
	Kick Ball <ul style="list-style-type: none"> <li>• Know where to throw the ball</li> </ul>	7 min	Fielding and Throwing
	Hitting off a Tee	10 min	Hitting
	Review with players <ul style="list-style-type: none"> <li>• Bring team together to review</li> <li>• What was learned, what did they improve on, what was the best part of practice?</li> </ul>	5 min	Reflection



### T-Ball Practice Plan #3

Coaching Notes	Drill/Practice Topic	Time	Skill
	Dynamic Warm-up	3 min	Running
<ul style="list-style-type: none"> <li>• Make sure players have FUN and want to come back</li> <li>• Learn player's names and call them by name</li> <li>• Demonstrate all of the drills/games</li> <li>• Participate in the drills and games with the players – involve other parents in practices</li> <li>• Make the drills/games active and competitive, players like to keep moving</li> <li>• Lot of positive comments, high fives, etc.</li> </ul>	Meet with Coach <ul style="list-style-type: none"> <li>• Intros</li> <li>• Come up with Team name</li> </ul>	5 min	Social Interaction
	Run the bases <ul style="list-style-type: none"> <li>• Introduce bases, players yell out what base they touch</li> </ul>	7 min	Running
	Starfish – throwing at target <ul style="list-style-type: none"> <li>• Try from knee</li> </ul>	7 min	Throwing
	Block It – stop ball with bare hand	7 min	Fielding
	Milk Jug Baseball <ul style="list-style-type: none"> <li>• Pop ups and Grounders to Partner</li> </ul>	7 min	Catching
	Frozen Tag <ul style="list-style-type: none"> <li>• Tagger must have ball in glove to tag someone out</li> </ul>	7 min	Fielding
	Hitting off a Tee	7 min	Hitting
	Position Sprints <ul style="list-style-type: none"> <li>• Assign players from bench to run to position on field</li> <li>• Repeat</li> </ul>	7 min	Know the Field



## Others Drills

### Throwing and Catching

1. **Wrist elbow** – players kneel 10 feet apart and reach back with their wrist and snap the ball to the partner (gloves on)
2. **One knee** – players kneel 15 feet apart and throw from one knee (opposite knee in air from throwing hand – left knee up if player throws right handed)
  - a. Emphasize reaching hand back, rotating hips and following through
3. **Step and Throw** – players stand 20 feet apart and throw to partner by stepping at and throwing to target.
4. **Ground and Throw** – players place the ball on the ground and then pick it up bare hand and step and throw to partner.
  - a. Have players say “Left, right field, Left, right throw”
5. **Long Toss** – players back up and throw as far as they can to the target.
  - a. Emphasize controlling the throw to the target
6. **Relay** – 3-4 players stand in a line and throw and catch down the line

### Fielding

1. **Bare hand** – player stand 10 feet apart and roll the ball to each other
  - a. Emphasize eyes down, butt down, hands out, soft hands
2. **Right/Left** – same drill as above but players roll the ball to the side
  - a. Emphasize keeping the ball in the middle of the body, shuffle feet to get to the ball position
3. **Glove on** – same techniques as above but have the glove on
4. **Throwing to the base** – coach rolls ball to the player who throw it to 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> base
  - a. Emphasize fielding the ball first, throwing second – player should say where they are throwing it
  - b. Add on – use some basic situations on when to throw to a base other than 1<sup>st</sup>

### Scrimmage (within team)

1. Assign players to each position, have remaining players be up to bat – groups of 3 batting
  - a. Goal is for the fielders to get them out and then rotate players so each sub-group has the opportunity to bat
  - b. Keep track of number of runs scored for each round
  - c. Opportunity to practice fielding, throwing, hitting and running the bases