

## **T-ball Practice Plans**

Practice Plans #1 – (based on 60-minute practice).

### **10 minutes – Warm Up**

It is important to start each practice with a warmup. This provides the foundation for an organized practice and gets the players prepared to start the day.

- Spread out with enough room to do an exercise.
- Lite stretching exercises – toe touches, hip rotations, arm circles, etc.
- Calisthenics exercises – jumping jacks
- Lite jog around the baseball field to conclude

### **30 minutes – Drills**

1 - Hitting 5-10 Swings per player off the Tee Run on the last hit run

2 - Fielding - Infield/Outfield Combine infield and outfield into practice (i.e. throwing to 2nd base, backing up 1st base, etc.)

3 – Throwing/Catching start with players on one knee. Work on getting players in the right position (power t when throwing). Catching make sure players use glove and put throwing hand at base of glove to form a (clam shell) to help secure the ball.

### **3-5 minutes - Water break**

### **15 minutes – Batting & Infield Practice**

Team takes the field in various position 5 swings per player – run on final ball. Rotate players into bat. Recommendation - 3 players batting 1 at bat, 1 in the hole and 1 on deck so they get used to how a game will feel (remainder of players should be placed in the field). Although this is batting practice, the fielders should be taught to make the correct play off the batted ball.

### **1-5 Minutes - Home Run Drill**

Have each player act like they hit a homerun and have the rest of the team cheer/clap for the player running. This helps everyone learn everyone names and builds team chemistry.

### **End - Water break/closing comments**