



4/5 T-Ball Practice Template & Drills - 2026

WARM-UP & MOVEMENT

Purpose: Get bodies moving, elevate heart rate, and set a fun tone

- Have each player **run around the bases**
 - Other players cheer the runner **by name**
 - Coach starts runners **5 seconds apart**
 - Players try to pass the runner ahead of them
 - Split into two lines at home plate:
 - Players race through first base
 - **Important:**
 - Swing a fake bat (glove works)
 - Take one step
 - Drop bat into bucket on way to 1st
 - Optional:
 - Light stretching or movement games
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THROWING

Throwing Fundamentals

- Grip ball with **two (or three) fingers on top**, thumb underneath
- Fingers **must always be on top of the ball**
- Arm circle:
Down → Around → Up into an **L-Shape**
- Line up:

- Toes
 - Knees
 - Hips
 - Shoulders
 - Hands
(8-eyes on target)
- Turn feet and hips before throwing
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Drill 1: One-Knee Throwing

- Players line up along 1st-base line
 - Throw to coach or a bucket near shortstop
 - Position:
 - Glove knee up
 - Throwing knee on ground
 - Feet lined to target
 - Drag ball on ground from front knee
 - Bring arm up into L-shape
 - Turn hips and shoulders
 - Throw
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Drill 2: Footwork Drill

- Players form a wide circle facing coach
- Coach turns and points at a player
- Player:
 - Hops into throwing position
 - Aligns toes, knees, shoulders, and hands with coach

Advanced

- Coach flips ball
 - Player catches, hops to throw position, and throws back
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Drill 3: Throw to Target

- Coach places ball on ground
- Player:
 - Runs up
 - Picks up ball
 - Hops into throwing position
- On signal:
 - Steps glove leg **toward** target
 - Throws

Advanced

- Players who can catch and throw play catch with partners
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GLOVE WORK

Glove Basics

- **Above waist:**
Thumbs together, windshield-wiper motion
 - **Below waist:**
Pinkies together
 - Coach throws underhand or from a knee
(Ball stays low and flat)
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Drill 1: Bare-Hands Blocking

- Use tennis balls or sponge balls

- Throw balls above waist
 - Player:
 - Catching hand fully open
 - Blocks ball (does NOT push or grab)
 - Increase speed to build reflexes
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Drill 2: Two-Hand Catching

- Use tennis or sponge balls
 - Throw balls above and below waist
 - Player:
 - Catches with two hands
 - Drops ball after each rep
 - Increase tempo gradually
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Drill 3: Play Catch with Coach

- Players aligned along baseline
- Coach throws to ready player
- Player:
 - Hands out
 - Catches
 - Hops to throwing position
 - Steps glove foot **toward** coach
 - Throws

Advanced

- Coach throws low or to backhand side
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GROUND BALLS

Teach Basic Positioning

- Relaxed: glove on knee
 - Ready: hands out front
 - In-play: creep step forward
 - Fielding:
 - Glove on ground
 - Butt down
 - Throwing hand above glove (“alligator”)
 - Reset after each rep
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Drill 1: Fielding on Knees

- Both knees on ground
- Glove on ground in front
- Coach rolls or lightly bounces ball
- Player:
 - Catches with throwing hand on top
 - Places ball into bucket

Advanced

- Run drill standing
 - Vary ball speed and direction
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Drill 2: Ground Ball Teamwork

- Players line up diagonally from 3rd to 1st
- Coach rolls ball to a player
- Player:

- Runs in
 - Fields with glove on ground
- Nearby players:
 - Run in as backup
 - Do NOT interfere
- Player throws to 1st base

Advanced

- Add runners
 - Throw to nearest force or tag runner
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HITTING

Teach Basic Setup

- Knocking knuckles lined up
 - Feet and shoulders square to plate
 - Bat starts on shoulder
 - Knees bent, belly button over toes
 - Elbows down (back elbow never above hands)
 - Bat raised slightly off shoulder
 - Head stays still
 - Chin:
 - Starts over front shoulder
 - Finishes over back shoulder
 - Introduce “Squish the Bug”
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Batting Tee Stations

- 2–3 hitters at once

- Use wiffle balls
- All other players in field at safe distance
- Rotate after 10–15 swings
- Ball lined up with **front foot**
- Focus on:
 - Hip rotation
 - Leading with knob of bat

Important Note

- Do NOT move players farther from ball to “make it easier”
(creates bad habits)

Final Swing Rule

- Batter must **drop bat on a target** (bucket or glove) down the 1st-base line

Alternate

- Use dodge ball or soccer ball to encourage swinging through the ball
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FUN CLOSING

Choose one:

- Hitting for distance
 - Relay races
 - Last-Man Catching
(Sponge balls; drop = out)
 - Race to First
 - Coach rolls ball to pitcher
 - Pitcher throws to 1st before runner arrives
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WRAP UP

- Gloves placed at 2nd base

- Coaches and players pick up equipment
- Team meets at 2nd base or right field
- Hand out paperwork or reminders
- Younger players receive a sticker or stamp