

T-Ball Practice Plan

- In addition to your assistant coaches, ask parents to help you.
- To run a fun, successful practice at the T-Ball level requires as much help as you can get. The more people that help, the more stations/smaller groups, and the better your team will be.
- Keep your players moving throughout the practice and remember that attention spans are short at this age so change stations frequently. And remember to DEMONSTRATE, DEMONSTRATE, DEMONSTRATE. Don't just tell them, show them.
- Always be positive and keep it fun!

1st Practice:

1. Attendance.
2. Introductions of the whole team – players and coaches.
3. Set expectations with players.
 - a. Respect fellow players.
 - b. Respect coaches and parents.
 - c. When a coach is talking, players are listening.
4. Head coach meet with parents to set expectation level for games and practices.
 - a. Communication.
5. Warm Up:
 - a. Jogging/Stretching/Calisthenics.
6. Throwing.
 - a. Players paired up on foul line, in outfield or on blacktop.
 - b. Pair each player with a coach/parent if enough are available.
 - c. Standing sideways, legs spread, power position, fangs away, head/shoulder/elbow/hip pointing at target.
 - d. Step and throw, and follow through.
 - e. Monitor mechanics and work with individuals that need help (check grip on ball, across the “C”).
7. Catching.
 - a. Start by throwing to the players' glove side. Try throwing directly to the glove until they are able to catch consistently.
 - b. Keep eye on the ball.
 - c. Two hands
 - i. Thumbs together above the waist.
 - ii. Pinkies together below the waist.
8. Introduce the rules of the game
 - a. Just because you know the rules that doesn't mean the players know them.
 - b. Introduce and name the equipment (baseball, bat, glove, tee, helmet).
 - c. Introduce and name the parts of the field (home plate, bases, pitching rubber, foul lines, backstop, infield, outfield).
 - d. The correct order to run the bases.
 - e. The names and locations of the fielding positions.
 - f. Quiz them, make it fun. They love feeling smart!
9. If time permits end practice with something fun.
10. Meet with parents to give announcements and reminder of next practice.
11. Encourage parents to work with their player at home on the skills they learned at practice.

2nd Practice: Much the same as 1st practice.

1. Attendance.
2. Warm Up:
 - a. Jogging/Stretching/Calisthenics.
3. Throwing.
 - a. Players paired up on foul line, in outfield or on blacktop.
 - b. Pair each player with a coach/parent if enough are available.
 - c. Standing sideways, legs spread, power position, fangs away, head/shoulder/elbow/hip pointing at target.
 - d. Step and throw, and follow through.
 - e. Monitor mechanics and work with individuals that need help (check grip on ball, across the "C").
4. Catching.
 - a. For players still struggling continue throwing directly to the glove until they are able to catch consistently.
 - b. Thumbs together above the waist.
 - c. Pinkies together below the waist.
5. Review the rules of the game
 - a. Quiz them, make it fun!
6. Batting.
 - a. Feet placement.
 - b. Grip on the bat, knocking knuckles, hands high and tight to shoulder.
 - c. Bent knees.
 - d. Load, step, swing level.
7. If time permits end practice with something fun.
8. Meet with parents to give announcements and reminder of next practice.
9. Encourage parents to work with their player at home on the skills they learned at practice.

3rd Practice: Still continuing to work on throwing/catching but now introduce fielding technique.

1. Attendance.
2. Warm Up:
 - a. Jogging/Stretching/Calisthenics.
3. Throwing.
 - a. Players paired up on foul line, in outfield or on blacktop.
 - b. Pair each player with a coach/parent if enough are available.
 - c. Standing sideways, legs spread, power position, fangs away, head/shoulder/elbow/hip pointing at target.
 - d. Step and throw, and follow through.
 - e. Monitor mechanics and work with individuals that need help (check grip on ball, across the "C").
4. Catching.
 - a. For players still struggling continue throwing directly to the glove until they are able to catch consistently.
 - b. Thumbs together above the waist.
 - c. Pinkies together below the waist.
5. Fielding.
 - a. Three point stance (two feet and glove out front on the ground).
 - b. Feet a little more than shoulder width apart.
 - c. Head up, butt down, bare hand ready to cover the ball (alligator's mouth).
 - d. See the ball into the glove, cover with bare hand.
 - e. Point their shoulder/elbow/hip to their target (back to coach).
 - f. Power position, step and through, follow through.
6. Batting.
 - a. Feet placement.
 - b. Grip on the bat, knocking knuckles, hands high and tight to shoulder.
 - c. Bent knees.
 - d. Load, step, swing level.
7. If time permits end practice with something fun.
8. Meet with parents to give announcements and reminder of next practice.
9. Encourage parents to work with their player at home on the skills they learned at practice.

4th Practice: Still continuing to work on throwing/catching/fielding/batting but now introduce base running and making outs.

1. Attendance.
2. Warm Up:
 - a. Jogging/Stretching/Calisthenics.
3. Throwing/Catching.
4. Fielding.
5. Batting.
6. Base running.
 - a. Home to 1st, running through the bag.
 - b. 2nd and 3rd must stop on the bag.
 - c. When to advance, when to come back, flyballs/pop-ups vs. ground balls.
 - d. Being forced to advance vs. no force.
 - e. Fair or foul.
7. Making outs.
 - a. Force outs and tag outs.
8. If time permits end practice with something fun.
9. Meet with parents to give announcements and reminder of next practice.
10. Encourage parents to work with their player at home on the skills they learned at practice.

Moving on to further practice the basic structure should remain the same. As practices move on you'll be able to do more within the time frame of one practice. Continue to work on the fundamentals of throwing, catching, and batting but begin adding basic defensive rotation, relays from the outfield to 2nd base then to the coach or pitcher. Introduce how to catch flyballs with two hands above the head, no basket catches. Get them to move their feet to get under the ball. Work on hitting from soft toss and eventually from the pitch before games begin.

1. Appropriate conduct during a game.
 - a. Cheering on our teammates – YES.
 - b. Sitting on the bench unless on deck – YES.
 - c. Taunting players from the other team – NO.
 - d. Throwing bats or gear – NO.
 - e. Climbing fences or trees – NO.

Remember, this practice plan is a guideline. There are lots of great drills that can be done with the kids that will help them learn and develop baseball skills. Generally expect to be able to have a one-hour practice, a little longer perhaps if the attention permits.

- You may have to work a lot on proper throwing form, or the way to field, or how to hit, etc.
- If you need help running a practice, please ask your commissioner. He will be happy to help.

At no time should anyone have a scrimmage with another team. Inter-squad scrimmages should be limited to just one occurrence just to introduce how a game will go. There are plenty of games during the year and there are a lot of things to work on in preseason and in-season practice.