

Tee-Ball Practice Plan – Practice #1

7:00pm – 7:10pm Introductions

- Name, Favorite Baseball Team, Favorite Player

7:10pm – 7:20pm Baserunning Warm-up/Stretching

7:20pm – 7:25pm Introduction to Positions on Diamond

7:25pm – 7:55pm Stations (10 minutes each)

Station #1 Throwing Fundamentals (outfield)

- about 20 feet apart, practice throwing (elbow up, stride toward catcher, eyes on target)

Station #2 Ground Ball Fundamentals (infield)

- Rear end down, hands out in front, eyes on ball
- Pair up, about 10 feet apart, rolling ground balls

Station #3 Hitting Stations

- 2 hitters at tee (1 hitting into fence (from dirt side)
 - o Tee - Hit Foam Core Balls off Tee into Fence, concentrating on balanced stance, stride toward pitcher and eye on ball - hit 5 balls, rotate out (2-3 minutes)

7:55pm – 8:00pm Throw for baseball cards (start from real pitcher mound) – put baseball bucket on home plate, each player lines up on the pitcher's mound and, using proper mechanics, throws at bucket. Start with allowing 2 bounces before hitting the bucket and gradually reduce bounces allowed. Hitting the bucket = baseball card. Go through line 2 or 3 times.

Tee-Ball Practice Plan – Practice #2

6:00pm – 6:05pm Big League Baserunning

6:05pm – 6:10pm Warm-up/Stretching

6:10pm – 6:15pm Team Name

6:15pm – 6:25pm Throwing Fundamentals

- Line up along baseline
- Glove Pointing to Target, Arm Outstretched, Fingers on Top
- Elbow High, small stride to target, follow through
- Throw for distance

6:25pm – 6:55pm Stations

Station #1 – Catching

- Start with no glove and playground ball, eyes on ball, catch with hands
- Next, move to small soft ball, same drill
- Put glove on, emphasize thumb down, glove at chest, catch with 2 hands

Station #2 – Hitting

- Hit soft balls into fence, work on hands together on bat, swing hard
- No more than 5 swings and then rotate

Station #3 – Fielding

- Wide base, glove on ground, alligator ball into glove
- Line all kids up facing you and be quick

6:55pm – 7:00pm Throw for baseball cards (start 2 steps in from real pitcher mound)

Tee-Ball Practice Plan – Practice #3

- 6:00pm – 6:05pm Big League Baserunning – silly running
- 6:05pm – 6:10pm Warm-up/Stretching/Positions
- 6:10pm – 6:20pm Throwing Fundamentals
- Line up along baseline
 - Glove Pointing to Target, Arm Outstretched, Fingers on Top
 - Elbow High, small stride to target, follow through
 - Throw for distance
- 6:20pm – 6:55pm Stations
- Station #1 – Catching
- Start with no glove and playground ball, eyes on ball, catch with hands
 - Next, move to small soft ball, same drill
 - Put glove on, emphasize thumb down, glove at chest, catch with 2 hands
- Station #2 – Hitting
- Hit soft balls into fence, work on hands together on bat, swing hard
 - No more than 5 swings and then rotate
- Station #3 – Fielding
- Kids at 3rd, SS, 2nd
 - Adult at 1st base
 - Talk about fielding the ball and then throwing to first
 - Coach near home plate, rolls ball to player fields and throw to first
- 6:55pm – 7:00pm Throw for baseball cards (start 2 steps in from real pitcher mound)

Tee-Ball Practice Plan – Practice #4

- 6:00pm – 6:05pm Big League Baserunning –relay race
- 6:05pm – 6:10pm Warm-up/Stretching/Ready Position
- 6:10pm – 6:20pm Throwing Fundamentals
- Line up along baseline
 - Glove Pointing to Target, Arm Outstretched, Fingers on Top
 - Elbow High, small stride to target, follow through
 - Throw for distance
- 6:20pm – 6:40pm Stations (quick, 5 minutes per station)
- Station #1 – Catching
- Start with no glove and playground ball, eyes on ball, catch with hands
 - Next, move to small soft ball, same drill
 - Put glove on, emphasize thumb down, glove at chest, catch with 2 hands
- Station #2 – Hitting (2 or more stations would be great)
- Hit soft balls into fence, work on hands together on bat, swing hard
 - No more than 5 swings and then rotate
- Station #3 – Fielding
- Kids pitchers mound
 - Adult at 1st base
 - Talk about fielding the ball and then throwing to first
 - Coach near home plate, rolls ball to player fields and throw to first
- 6:40pm – 6:55pm Scrimmage (quick one)
- 6:55pm – 7:00pm Throw for baseball cards (start 2 steps in from real pitcher mound)

Tee-Ball Practice Plan – Practice #5

- 6:00pm – 6:05pm Big League Baserunning –relay race
- 6:05pm – 6:10pm Warm-up/Stretching/Ready Position
- 6:10pm – 6:15pm Throwing Fundamentals
- Line up along baseline
 - Glove Pointing to Target, Arm Outstretched, Fingers on Top
 - Elbow High, small stride to target, follow through
 - Throw for distance
- 6:15pm – 6:20pm Fielding fundamentals
- kids line up, one line on baseline, other line 15 feet facing first line
 - Roll ground balls to each other, emphasis is on the ready position
- 6:20pm – 6:55pm Scrimmage
- parent working on the tee with the on-deck hitter, emphasis on ready position for fielders and throwing to first base
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- 6:55pm – 7:00pm Throw for baseball cards (start 2 steps in from real pitcher mound)

Tee-Ball Practice Plan – Practice #6

- 6:00pm – 6:05pm Warm-Up/Stretching/Baserunning
- 6:05pm – 6:10pm Throwing Practice (NEED 1 OR 2 VOLUNTEERS)
- Line kids up along baseline
 - Review throwing technique (glove pointed to target, fingers on top of ball, bent elbow (new))
 - Have kids all line up, throw and then get their ball and return
 - Goal – reinforce proper throwing mechanics
- 6:10pm – 6:20pm Fielding/Throwing Practice (NEED 2 OTHER VOLUNTEERS)
- In grass, pair up kids
 - One line of kids are the “hitters”, they roll ground balls to the “fielders” who need to field the ball, then step and throw the ball back to the “hitters”
 - Remind fielders about giving a target to the thrower
 - Tell kids to roll ball 5 times and then sit down when they are done
 - Switch groups
 - Coaches/Parents monitor for good ground ball form and proper throwing form
- 6:20pm – 6:50pm Hitting Scrimmage + Catching/Throwing Practice (NEED 2 VOLUNTEERS)
- 1 kid hitting off tee with coach (work on proper stance, where do feet go, hands together) – hit 5 balls, running out the last ball
 - 1 kid working with head coach on catching a ball and throwing it back – when hitter is done, this kid rotates into position
 - Rotation – Catch Practice, Hitter, Pitcher, 3rd base, shortstop, 2nd base, 1st base, Right Field
- 6:50pm – 7:00pm Throw for baseball cards (start from pitcher fielding position (30 feet, I think))

Tee-Ball Practice Plan – Practice #7

- 6:00pm – 6:10pm Warm-Up/Stretching/Baserunning
- 6:10pm – 6:20pm Throwing Practice (NEED 1 OR 2 VOLUNTEERS)
- Line kids up along baseline
 - Review throwing technique (glove pointed to target, fingers on top of ball, bent elbow (new))
 - Have kids all line up, throw and then get their ball and return
 - Goal - reinforce proper throwing mechanics
- 6:20pm – 6:50pm Stations (Hitting, Catching, Fielding)
- Hitting Station (1 or 2 Coaches with 1 or 2 tees)
 1. Kids hit off Tee into fence
 2. Focus on proper hand position (hands together)
 3. Focus on hard, flat swing through the ball
 - Catching Station (1 Coach)
 1. Coach uses tennis balls to work on catching ball thrown to chest and fly balls (kids need to use two hands)
 - Fielding Station (1 Coach)
 1. Coach works in grass with kids on fielding ground balls and throwing with proper mechanics back to coach.
- 6:50pm – 7:00pm Throw for baseball cards (start from pitcher fielding position (30 feet, I think))