

## T Ball Practice

### I. Team Meeting 10 minutes

- A. Introduce coaches
- B. Position Fitness
- C. Team Rules
  - 1. All bats belong to coach at practice and stay with the team equipment.
  - 2. Never pick up a bat unless instructed to by a coach.
  - 3. Never go near a player who is holding a bat.
  - 4. Only swing a bat after a coach says “ready – hit.”
  - 5. If you have a bat in your hands then you have to have a helmet on.

### D. Bat Grip

- 1. Teach the following:
  - i. Throwing/dominate hand on top;
  - ii. Hands together above the knob;
  - iii. Middle (knocking) knuckles lined up; and
  - iv. Don't squeeze the bat.

### II. Drills 45 minutes (run concurrently and have kids rotate through stations)

#### A. Hitting Station– 5 kids

- 1. Two tees with one coach at each tee working on grip and just getting kid generally aligned with the tee. Just work on grip and let them hit naturally. Small whiffle balls are marked with a dot and encourage them to hit dot. Bigger balls are available. Each kid should get about 6 minutes of hitting.
- 2. Other three kids can do the toss up drill with plastic ball. Have Parent help.

#### B. Fielding/Tag Drill– 5 kids

- 1. Fielding Drill – Basic Ground Balls. 5 minutes
  - A. Line kids up at a cone. When first starting out, don't have them throw the ball back. Have them toss it to the side or if working with a group then have them drop it in a bucket.
  - B. Go over elephant, alligator catching and belly button.
  - C. Start barehanded and use tennis balls or T-balls. Show them how to make a cup (pinky to pinky) with their hands.
  - D. Roll them the ball.
  - E. In the second half of the drill, add their gloves.
  - F. After they get this skill have them throw the ball back.

2. Fielding Drill – Tag Drill 5 minutes

Cue: What is the first thing you do after catching a ground ball? Answer: Look for a runner to tag.

- A. Lay out your two pieces of rope to create a base path. Teach Rule: Runner has to stay in the base path. During game it will be imaginary, no ropes. If they run out of the base path they are automatically out.
- B. Put a runner on second base and tell them to run to third base after the ball is rolled.
- C. Illustrate a proper tag technique.
  - i. Two hands.
  - ii. Tag hip. Never the head.
- D. Roll ball to fielder and have fielder tag runner.
- E. Have a line of runners and a line of fielders. Later in the season teach the runners how to avoid the tag.

3. Fielding Drill – Force Out Rule Basic 5 minutes

- A. Explain when there is a force out.
- B. Have a parent run from first to second.
- C. Start with the kids at short stop. Roll them the ball and have the run with it to the bag.

C. **Throwing Drill**

- 1. Clay – One on one block the ball drill bare hand and then glove.
- 2. Ted: Point, Toe and Throw
  - A. Go over: (1) Grip; (2) Point – Toe – Throw
  - B. Throwing Drill – Fetch
  - C. Throwing Drill – One Knee Throwing
  - D. Throwing Drill – Hit the Bucket

III. **Team Drill 20 minutes**

- 1. Run Bases
  - Practice swing. Drop bat and run through first base.
- 2. Scrimmage with coaches teaching force out and tag out.
  - A. Break into three groups: 1) Hitters, 2) Infield and 3) Outfield.
  - B. After everyone hits rotate.
  - C. At the end shake hands.

