

## T-Ball Practice Plan

- Each team will get 20 minutes in infield and 20 minutes in outfield roughly

### Introductions:

- Have players introduce themselves
- Ask if they have a favorite position
- Introduce yourself and the goals for the season
- Explain basic rules of game

### Warmup:

- Run to center field and back. Or have them run bases if in infield.
- Organize partners for playing catch (teach throwing mechanics)

### Groundballs:

- Teach basic form of fielding and throwing
- Divide members into 4 groups and place at 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and Short Stop.
- Have each player field a few then rotate through all stations
- Work on throwing to 1<sup>st</sup> base

### Hitting:

- Introduce basic hitting technique
- Have each player take a few swings on tee (this can be done in outfield too)
- Teach them base running rules (when to run, where to run)

### Outfield:

- Explain proper catching technique and getting under the ball
- Hit fly balls to players and explain where they will throw the ball

### Play a game:

- Base running races or outfield races
- Set up cones and have a competition to see which team can hit the cone the most times

### Websites with examples drills:

<https://www.littleleague.org/university/articles/little-league-tee-ball-program/>

<http://truckeelittleleague.com/Assets/190/TBall-Practice-Plans-and-Drills.pdf>