

T-Ball Sample Practice Plan

60 Minutes

Chalk Talk: 5 minutes

- Connect with each player
- Get players smiling/laughing
- Review something you did last practice or last game

Warm-Up: 5 minutes

- Play TAG on the infield dirt
- Incorporate different movements when doing this - run forward, backpedal, shuffle, hop, jump,
- Make sure players break a sweat

Station Work: 30 minutes (Rotate groups every 8 minutes with 2 minutes in between stations)

Station 1: Hi/Low Throwing (Drill Library)

Station 2: Bean Bag Self Catch (Drill Library)

Station 3: Hitting off the Tee (Drill Library)

Competition: 5 minutes

Bean Bag Around the Horn

Step 1: Put your players in teams of 4

Step 2: Arrange each player in a square approximately 5 feet away from one another

Step 3: Teams will see how many times they can underhand toss the bean bag around the square in 2 minutes while also working on proper catching technique

Step 4: The team with the most times around the square in 2 minutes wins a jolly rancher

Fun: 5 minutes

Baserunning Game (Drill Library)

Debrief: 5 minutes

How many of you had fun today?

What is something that you learned today?

What is something that you saw your teammate doing well today?

Homework: Before next practice/game each player needs to do 50 self catches either on their own or with their mom/dad/sibling