

Phase 1 (Weeks 1 to 3) - T-Ball Practice Plan Summary

- *Baseball knowledge/baserunning: Learn the names of each base and running direction*
- *Defense: How to position yourself to field a ground ball*
- *Hitting: The basics of holding a bat, making a baseball swing; safely dropping the bat*
- *Throwing: How to grip and throw a baseball*

Coaches/helpers should meet early to discuss the game schedule and responsibilities

- Decide which is Team A, B and C
- For warm-up, divide all teams into two groups for Baserunning and Movement skills
- After warm-up, divide all teams into four groups for Infield ground balls drills

Duration	Activity	Notes
Warm-up (6:00-6:20)		
5-7 minutes	Baserunning - Train and Baserunning relay	Half group - Infield diamond
5-7 minutes	Movement skills (choose 2+/day) - Frog race , Shuffle , Sprint/backpedal , High knees , Jumping jacks	Other half - Outfield grass
5-7 minutes	Infield ground ball drills - Variations of the Crocodile drill	Four groups on basepath
Games (6:20-7:20)		
Game 1: 20 minutes	Team A vs Team B	Team C practice
Game 2: 20 minutes	Team B vs Team C	Team A practice
Game 3: 20 minutes	Team C vs Team A	Team B practice
Team Practice (6:20-7:20)		
10 minutes	Hitting drills - Between the Two and Hitting off the tee with coach	Half of team
10 minutes	Throwing/receiving drills - Handcuffs , The Wheel , and Catch the Ball like an Egg	Other half of team
Post-game (7:20)		
5 minutes	Debrief with players	Give out high fives, stickers, freezies, team cheer, etc

****Water breaks after warm-up, games and practice****