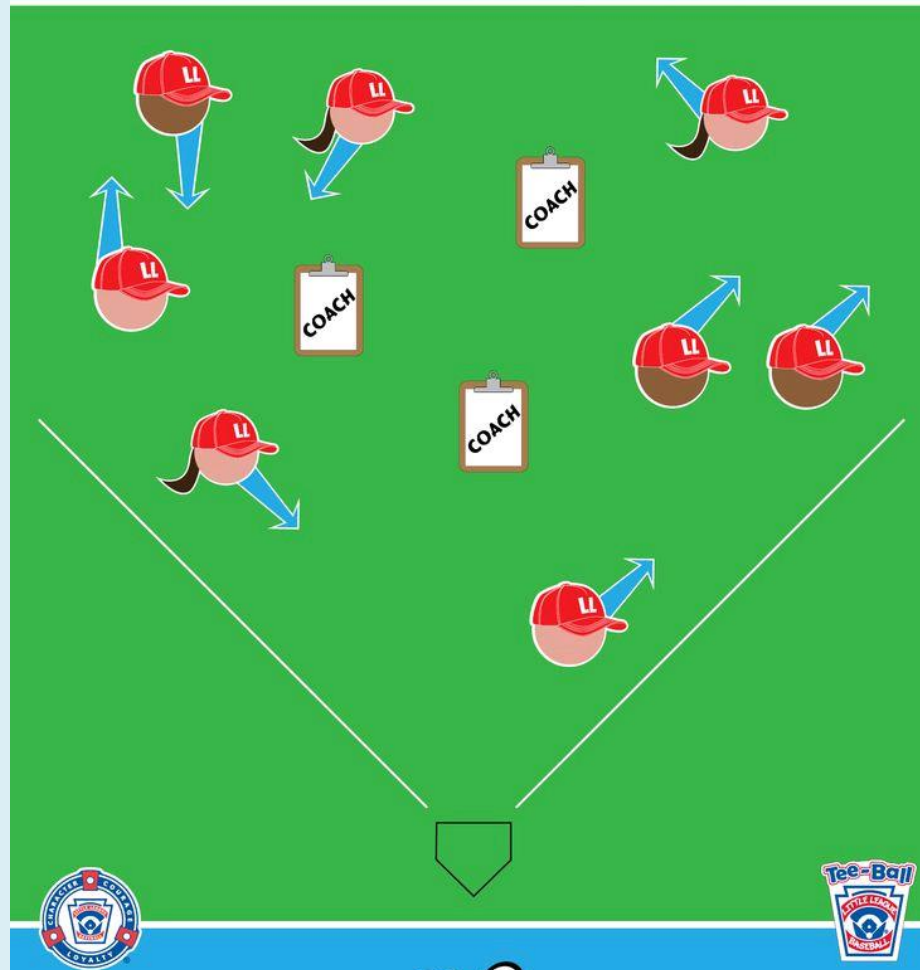




# T-Ball Drills

# TEE BALL PRACTICE



## #2 WIFFLEBALL TAG

- The first round of this freeze-tag style game is played in any open field.
- The second round is played only using fair territory of the field.
- In the third round when the players are tagged they not only freeze, but they freeze in the position of a batter.

# TEE BALL PRACTICE



## #2

### CLEAN UP THE BACKYARD

- The players are divided into two teams. Each team is responsible for one side of the playing area that is divided by cones.
- All types of soft or squishy balls (tennis balls and wiffleballs) are scattered on both sides of the playing area.
- On "go", players are to throw or toss the balls on their team's side to the other team's side continually until time is called.
- The team with the least numbers of balls on their side when time is called is the winning team.

# TEE BALL PRACTICE



CONE THAT THROWER  
STAYS BEHIND



HULA HOOP HANGING  
OFF FENCE

F  
E  
N  
C  
E



## #3 TEAM THROW

- Players are grouped into teams. On "go" the first player from each team begins by trying to throw their ball through or into the hoop. As each player gets the ball through the hoop, his or her team counts the outs.



# TEE BALL PRACTICE



## #4 POSITION FITNESS

- The players and coach begin at home plate. The coach announces the position, and then he or she demonstrates an exercise for the players to complete. Players and coach complete repetitions of the exercise together before moving on to the next position and exercise.

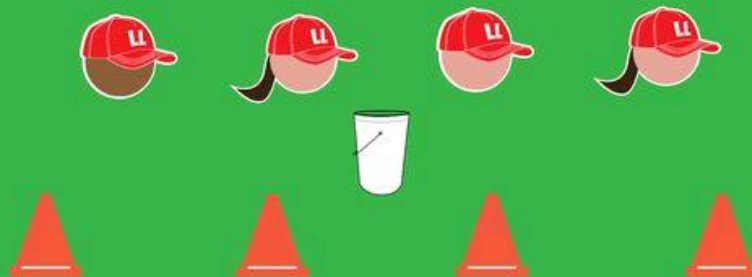
# TEE BALL PRACTICE



## #4 THROWING PRACTICE

- Players practice throwing at the fence following cues

# TEE BALL PRACTICE



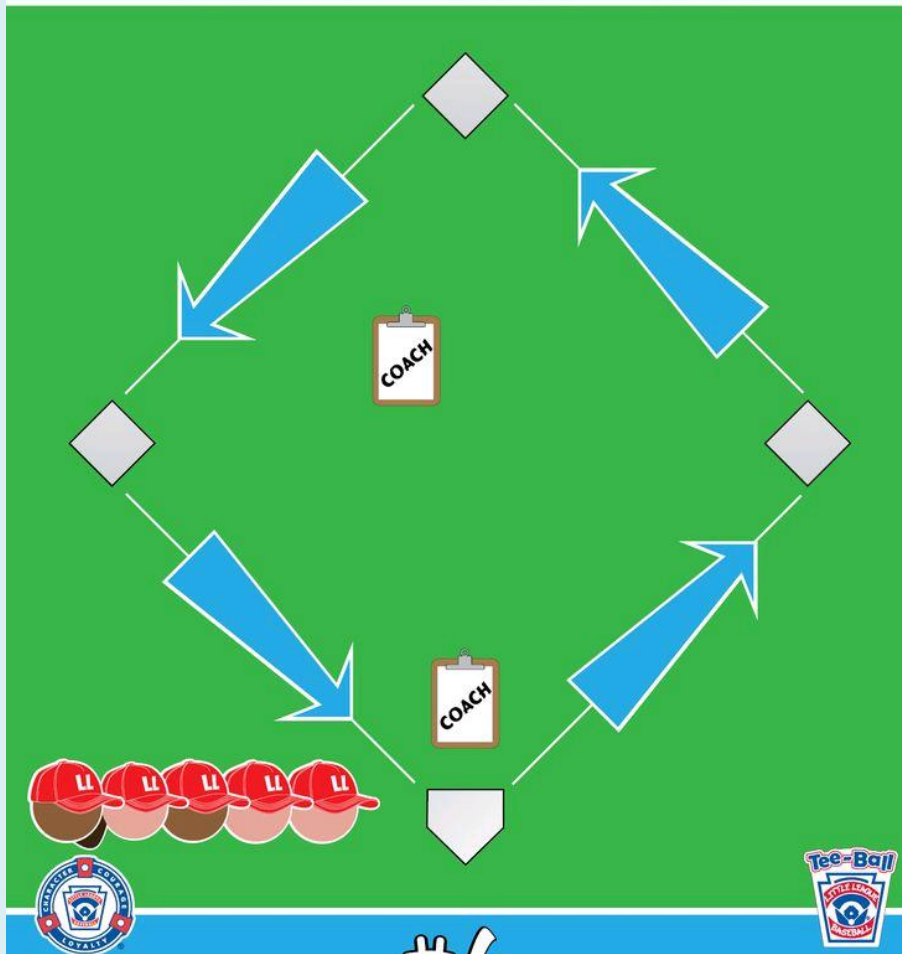
CONE LINES. PLAYERS STAY BEHIND



## #6 OFFENSE AND DEFENSE

- The players are divided into two teams. One team must go behind the line of cones in the field, and the other team is near home plate with a tee and wiffle balls (or in line at a tee ready to take a turn).
- On "go", the players at the tees all swing and hit their wiffleballs into the field. The players in the field stay behind the cone line to field the balls and then run to place them in the bucket that is also behind the cone line in the field.
- The game is continuous and teams should switch sides after a specific time or until all of the balls are gone. All players (or most) are moving at all times.

# TEE BALL PRACTICE

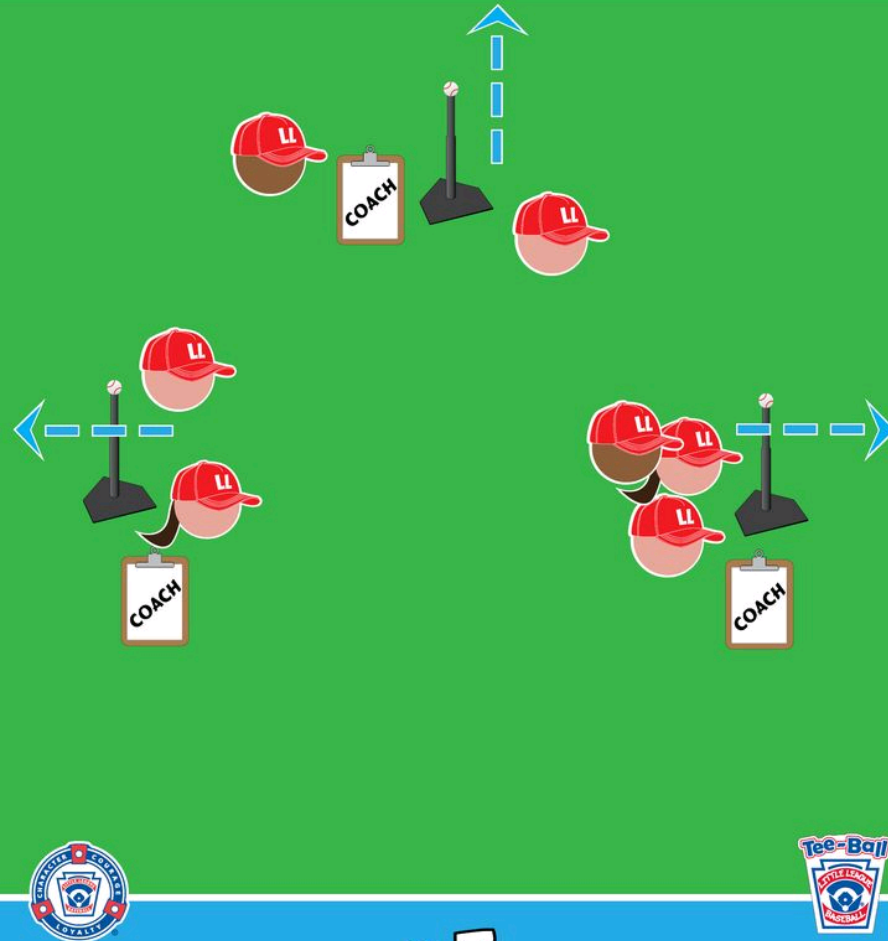


## #6 RUN THE BASES

- Following the coach, the players run/jog around the bases while calling out each base that they touch.
- For round two, the players will advance to each base one at a time and will stop on each base. They will move to the next base when they are cued.
- An option is to have a coach with a ball in his or her hand ready to tag players out who come off of the base.



# TEE BALL PRACTICE



## #7 TEE HITTING

- The players are split into groups and take turns hitting off of a tee into a net, fence or open field with a coach.

# Tee Ball Tip: Throwing Motion “Nose, Toes and Throws”

**“Nose”** is for looking at the target before throwing,

**“Toes”** is for stepping toward the target and

**“Throws”** is for throwing the ball.

[www.LittleLeagueCoach.org](http://www.LittleLeagueCoach.org)



# Practice 1 – Quick Plan (45 minutes)

View the FULL PRACTICE PLAN for detailed instructions for every activity within each lesson

## 6:00 – 6:03 Introduction

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

## 6:03 – 6:15 Wiffleball Tag

- Players run in the infield while coach tries to tag them frozen with a wiffleball, repeat in outfield
- (See full practice plan for complete instructions)

## 6:15 – 6:20 Grip

- Players gather in circle
- Grip wiffleball with whole hand using fingertips
- Have players demonstrate correct grip before going to spots to throw

## 6:20 – 6:30 Throwing

- Players find a spot and throw at the fence
- Coaches focus on grip
- Call players back to coach and teach stepping with opposite foot/demonstrate
- Send players back to spots to throw against fence
- Coaches monitor for grip and stepping with opposition

## Break

## 6:35 – 6:40 Run the Bases

- Players line up at home plate to begin
- Call out the bases as the runners go one at a time
- (See full practice plan for complete instructions)

## 6:40 – 6:45 Conclusion

- High fives
- Review what they learned/PCA tip of the week
- Remind of next event (practice, game)

### Week 1 The Big Three (Have Fun, Try Hard, Be a Good Sport)

There are three big things I want us to work on this season - having fun, working hard and being a good sport. If we can do all three, we'll have a great season.

- When we enjoy what we are doing, we usually do it better.
- Let's all agree to give our best effort at every practice and every game.
- Finally, we want to be good sports. We want to treat our opponents and officials with respect.





# Practice 2 – Quick Plan (45 minutes)

View the FULL PRACTICE PLAN for detailed instructions for every activity within each lesson

## 6:00 – 6:03 Introduction

- Welcome players.
- Review names (players and coaches).
- Review last practice how to throw/PCA tip of the week.

## 6:03 – 6:10 Statues

- Players are tagged and must freeze like whatever the coach says.
- (See full practice plan for complete instructions).

## 6:10 – 6:15 Review Grip and Throwing

- Players gather in circle.
- Grip wiffleball with whole hand using fingertips.
- Demonstrate grip and throwing with opposite foot.

## 6:15 – 6:30 Team Throwing

- Hula hoops need to be fastened to the fence.
- Players are broken into even teams.
- Players take turns throwing through the hoop against the fence.
- Each throw that is made through the hoop counts as an “out” for that team. Players are working toward three outs.
- Coaches monitor for grip and stepping with opposite foot.
- (See full practice plan for complete instructions).

## Break

## 6:35 – 6:40 Swinging

- Demonstrate a swing to players.
- Have players practice swinging without a bat (a dry swing).
- Take each player, one at a time to practice with a tee while others are still dry swinging.

## 6:40 – 6:45 Conclusion

- Have each player compliment another/PCA tip of the week.
- Review what they learned.
- Remind of next event (practice, game).



### Week 2 - Rebounding from mistakes (Mistake Ritual)

- On this team it's okay to make a mistake. If we fear mistakes we won't try our hardest. Remember to just keep hustling and working hard, no matter what!





