

Practice Plan for T-Ball Coaches

Tips:

1. Have a plan for every practice and expect that the unexpected will happen.

Below will be a few resources to help you find drills and fun games for practice.

2. Set out the equipment that you will need before practice.

3. Make sure that every kid is always doing something. Don't be afraid to ask the parents to help out.

4. End practice with a fun game.

5. When talking to players, kneel so that you are eye level with them.

6. Don't display negative criticism, hostility, abuse, or anger.

Stretches

Use the first 5-10 minutes of every practice to warm up.

● Arms/Neck

○ Roll arms around in a 'windmill type' action. First rotate the right arm forward 10 times, then switch to the left arm. This can be done using both arms at the same time. Then, change to rotating arms backwards using the same sequence.

○ Move head up and down holding each position for 8-10 seconds. Move head from side to side holding each position for 8-10 seconds.

● Quadriceps

○ Stand straight. Bend one leg and hold your ankle or the top of your foot. Pull your bent leg until your heel is close to your bottom. Use a wall or a teammate to balance. Hold for 10 seconds. Switch legs.

- Hamstrings

- In a sitting position with your left leg straight, place the sole of your right foot against the inside of your left thigh. Bend your trunk toward your extended leg, keeping your knee straight and foot in a relaxed position. Hold for 10 seconds. Switch legs.

- Groin (Butterfly stretch)

- In a sitting position with your back straight, bend your knees and place the bottoms of your feet together. Pull your feet towards your groin. Place your elbows on your knees and gently push the knees toward the floor. Hold for 10 seconds, rest and repeat.

- Calves

- In a sitting position with legs straight, place the right heel on top of left toes. Pull right toes towards body with hands. Hold for 10 seconds. Switch legs.

Sample 60-Minute Practice Plan

- **0:00–0:10: Warm-up & Fun Running**
 - **Base Race:** Have players jog in order from home to 1st, 2nd, 3rd, and home. [Little League](#) suggests calling out base names.
 - **Dynamic Stretches:** High knees, arm circles, and jumping jacks.
- **0:10–0:20: Station 1 - Throwing Mechanics**
 - **Partner Toss:** Partners stand 10 feet apart, practicing throwing and catching (using soft balls or tennis balls).
 - **Target Practice:** Set up hoops or use a bucket for players to throw through/into.
- **0:20–0:30: Station 2 - Fielding Fundamentals**
 - **Alligator Claws:** Teach players to put their glove on the ground, using their bare hand as the top "jaw" to trap the ball.
 - **Rolling Grounders:** Coach rolls balls to players, who field and throw back.
- **0:30–0:40: Station 3 - Hitting Technique**
 - **Tee Work:** Use a batting tee to teach a proper batting stance and swing (focus on "bat by the barrel" and hip rotation).
 - **Invisible Bat Drill:** Players shadow swing, focusing on proper mechanics.
- **0:40–0:55: Team Game/Live Action**
 - **"Ball or Base" Drill:** Players take turns hitting, with others in the field learning to field and throw to a coach at first base.
 - **Clean Up the Field:** Spread players out, hit/roll balls, and see if they can get the ball back to the coach before the last player runs home.
- **0:55–1:00: Closing**
 - Quick recap, team cheer, and reward for hard work.

Key Tips for Success

- **Small Groups:** Divide the team into 3-4 players per station to minimize waiting, as noted by [Reddit user](#).
- **Keep it Moving:** Change activities every 10 minutes to maintain focus, says coachingyouthbaseball.com.
- **Use Coaches/Parents:** Utilize parents to run stations and keep kids engaged.
- **Positive Reinforcement:** Focus on effort and fun rather than perfect form, as discussed on Little League.

Practice Plans/ Drills

Little League T-Ball Curriculum

[Little League® Tee Ball Curriculum - Little League](#)

5 Fun Tee Ball Drills Every Coach Should Use | JustBats

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