

PREPPING FOR FIRST GAME

PRACTICE OVERVIEW WEEK 2

The main component of practice 2 is to become more familiar with the baseball field and to continue working on the fundamentals of hitting, throwing, and fielding. Hand out team shirts if you have received them at the end of practice.

PRACTICE OPENING - 5-8 MINUTES

Have team get together with parents and introduce yourself and the assistants again. Go over the basics of the baseball field...i.e. first base, second base, etc.

DYNAMIC WARM UP - 5 MINUTES

[Click HERE](#) for a great dynamic warm up you can use!

STATION WORK - 25 MINUTES

Divide the team up into small groups and rotate to each station every 7-10 minutes. Keep it fun and the kids busy.

Station 1 - Throwing Activity

Station 2 - Fielding Activity

Station 3 - Hitting Activity

DRINK/SPORTSMANSHIP VALUE

As the players are getting a drink, gather them together and go over the sportsmanship value (attached in the email).

BATTING LINEUP - 10 MINUTES

Have the kids get inside the dugout and bring them out one at a time. Bat through the order as if playing a real game. Have kids move around the bases.

STATION VIDEO LINKS

[Fielding In Tball - Other Drills](#)

[Throwing Mechanics - Basics](#)

[Teaching Tball Hitting - Basics](#)