

# INTRODUCTION TO THE GAME

## PRACTICE OVERVIEW WEEK 1

The main component of practice 1 is for introductions to be made for the team. We want parents to know who the coach is and for the kids to have introduced themselves to their teammates. Go over how you are going to communicate with them for the season and make sure contact info is correct.

### INTRODUCTIONS - 5-8 MINUTES

Have team get together with parents and introduce yourself and the assistants. Then have the players introduce themselves and maybe who their favorite baseball team is. Make it fun!

### 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 Introduction

Station 2 - Fielding Introduction

Station 3 - Hitting Set Up

### DRINK/SPORTSMANSHIP VALUE

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

### RUNNING ACTIVITY - 5 MINUTES

Run to first and work on running through the bag. Next, have the kids run to first and round the bag and go to second. Emphasize the direction they are to run.

### STATION VIDEO LINKS

[Fielding In Tball - Basics](#)

[Approach To Throwing - Basics](#)

[Tball Batting Stance - Basics](#)

[Hitting Off The Tee - Set Up](#)