

# FIRST GAME DONE NOW PICTURES

## PRACTICE OVERVIEW WEEK 3

Continue focusing on the fundamentals during your station work. After 1 game the kids will have a better idea of what to expect and what they should be working on. Be sure to cover any issues that may have come up during game 1 and give shout outs to the good things that happened. Go over picture day schedule with the parents so they know what to expect.

### **PRACTICE OPENING - 5-8 MINUTES**

Have team get together. Go over the upcoming game and practice schedule. Always communicate these upcoming dates with parents so everyone is on the same page.

### **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).

### **CATCH THE TEAM- 5 MINUTES**

Have kids start running from home 3-5 seconds apart. Coach goes last and tries to catch as many kids as possible and tag them before they reach home.

### **STATION WORK VIDEO LINKS**

[Fielding In Tball - New Drill](#)

[Throwing Mechanics - One Knee](#)

[Tball Hitting - Off The Fence](#)