

FULL PRACTICE PLAN

WEEK ONE

PRACTICE GOAL

The players should be able to grip a ball correctly, successfully attempt an overhand throw, and run the bases with guidance.

MATERIALS:

- Plastic Balls
- Buckets for Balls
- Bases (4)
- Cones (20) *optional*

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Review coach's names and players' names. Review purpose for being at the field and show enthusiasm to start the very first practice. Discuss PCA tip of the week. **(3 minutes)**

2. PLASTIC BALL TAG: Explain the game to players while they are still gathered from the welcome. While explaining, demonstrate how they will be tagged and how to freeze. Keep the explanation brief, players will learn by trying. Have players find a spot to stand in the dirt (personal space) and on "go" the players are to run around the dirt. Each coach will have a plastic ball in hand and tag players. If a player is tagged, they have to freeze. They can unfreeze and run again when they are tagged by a teammate. Play until players look tired. Repeat the game this time using fair territory. Spread cones along the first and third base foul lines (if there are no chalk lines). Players must stay within the cones boundaries and in the dirt (outfield grass is out of bounds). Repeat game for a third time, as players freeze they must freeze like a baseball/ softball hitter. Demonstrate what a player looks like holding an imaginary bat. **(13 minutes)**

3. GRIP AND THROW: Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, talk about holding a baseball/softball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their "favorite hand" and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it. **(3 minutes)**

4. THROWING: Have each player take a ball and practice the grip while still in the circle. Check grips. Next demonstrate throwing overhand. Throw to another coach, while emphasizing holding the ball correctly in the favorite hand, and throwing overhand. Allow players to pick any spot they would like facing a fence. Have players turn around and take six giant steps away from the fence and then turn around. Practice throwing

overhand to the fence. Use throwing cues. The players should start with the proper grip that was discussed. They must look at their target. It is a good idea to have them say "ready" once they have their eyes on their target as a reminder each time to look at the target first. The next move is to step directly to their target. The ball and hand should move in a circular motion. A good reminder is to tell players that when they take the ball out of their glove their thumb should go past their thigh and then the ball should continue to go up facing the sky – "thumb to thigh, show it to the sky." They should release the ball to the target and let their arm continue to move to finish the circular motion. Stressing this follow through will prevent them from stopping their arm as soon as they release the ball. **(7 minutes)**

Stop players and call them back to the coach. Now review stepping with the correct foot. Demonstrate the grip, holding the ball in the favorite hand, and stepping with the other foot toward the target. Demonstrate to players by throwing the ball into the fence. Let players try throwing again, circulate and fix feet. While players are finishing up, set out the bases in the infield if not done already. **(5 minutes)**

BREAK (2 minutes)

5. RUN THE BASES: Call players in and collect plastic balls (if not already done). Ask if anyone knows where home plate is? Call on a player and then ask that player to run to home plate (if they know). Once the player is there, ask the other players to follow. Create a line at home plate. Talk about the bases being in a giant square (1st, 2nd, 3rd, and home).

Starting at home plate, everyone jogs to first, second, third and home in a line following the coach calling out the bases as they go. On round 2, start the line at home plate, on "go" the first player runs to first and stays on first. On the next "go", the player on first advances to second and the new runner goes to first. Repeat with all players running and all advancing until each player scores at home plate. Optional to have a coach on the field with a ball in hand, stressing that the base means SAFE and if they are off the base they could be tagged OUT. One coach needs to be at home plate letting players leave and keeping them aware (encouraging teammates), while another coach is in the field directing. **(8 minutes)**

6. CONCLUSION: Gather players and have them give another player a high five. Talk about what they learned today and how it will help them be great Tee Ball players. Give the PCA tip of the week. Remind the parents of the next event. **(4 minutes)**





POSITIVE COACHING ALLIANCE TALKING POINTS FOR TEE BALL COACHES

WEEK 1 — THE BIG THREE

(HAVE FUN, TRY HARD, AND BE A GOOD SPORT)

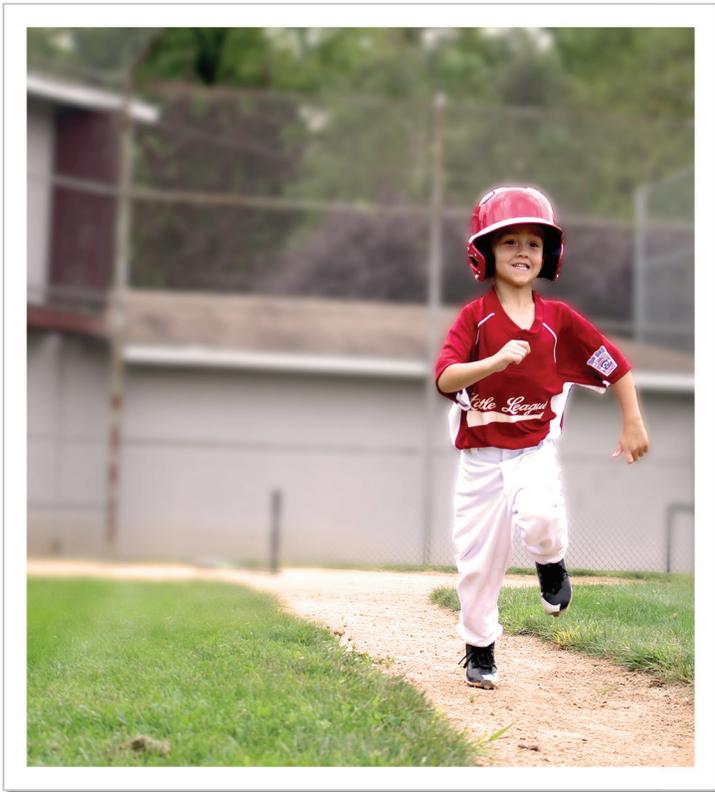
There are three big things to work on this season—having fun, working hard, and being a good sport. If you can do all three, you'll have a great season.

The first part of the Big Three is to try to **have fun**. When you enjoy what you are doing, you usually do it better.

The second part of the Big Three is to **try hard**. Have everyone agree to give his or her best effort at every practice and every game.

Finally, you want to **be good sports**. You want to honor the game and treat your opponents and officials with respect even when things don't go the way we'd like them to.

Any one of these three things may seem pretty easy, but when you try to do all of them, it can be difficult. For example, it's easy to have fun when you don't work hard, but we can do both. We'll learn that hard work can be fun.



WEEK ONE

QUICK PLAN

WEEK ONE | 45 MINUTES

0:03 INTRODUCTION

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

0:13 PLASTIC BALL TAG

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

0:03 GRIP

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

0:12 THROWING

- Players find a spot to throw at 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 opposite foot

0:02 BREAK

0:08 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

0:04 CONCLUSION

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



THE BIG THREE: HAVE FUN, TRY HARD, BE A GOOD SPORT

There are three big things 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.

SEQUENCE 2

PLASTIC BALL TAG

WHAT YOU'LL NEED:

Plastic Ball



DRILL SEQUENCE:

- The first round of this freeze-tag style game is playing in an 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.



SEQUENCE 3

GRIP AND THROW

WHAT YOU'LL NEED:

Baseballs/Softballs | Gloves | Fence



DRILL SEQUENCE:

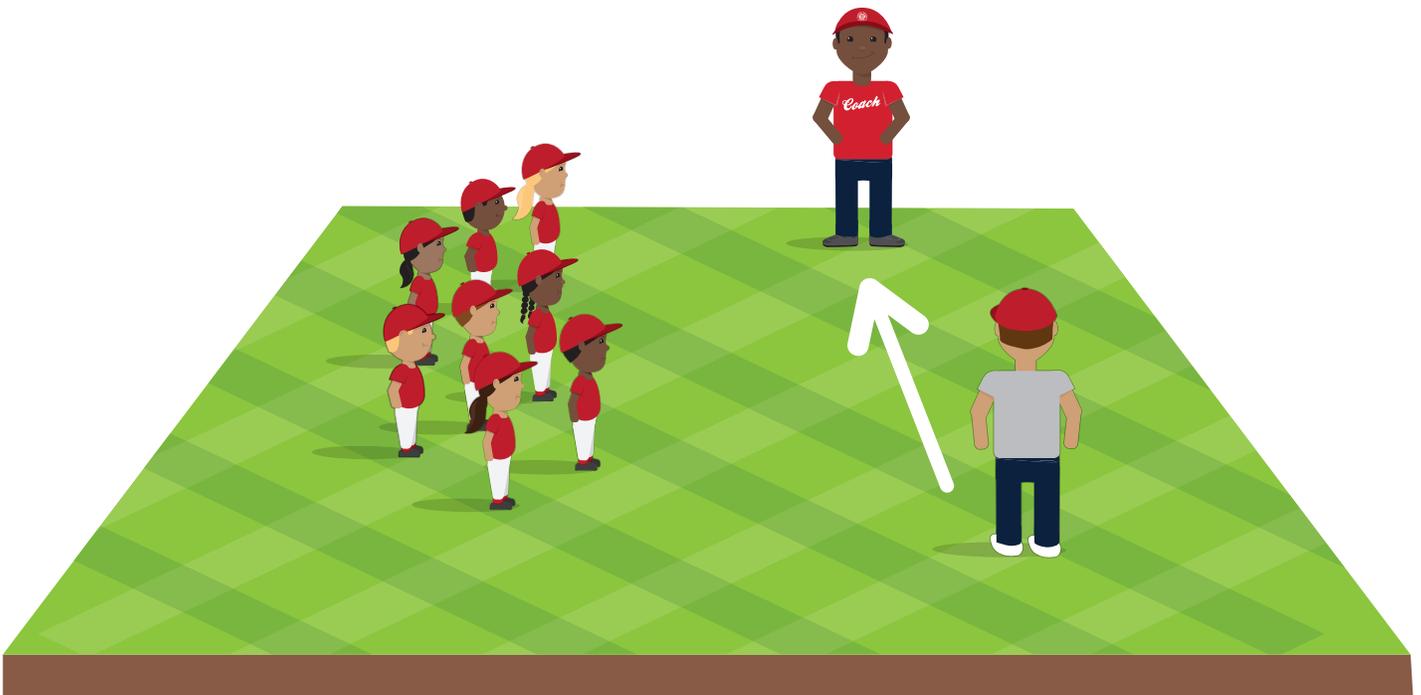
- While players are circled around the coach, the correct grip is shown and each player practices holding the ball.

SEQUENCE 4

THROWING DEMONSTRATION

WHAT YOU'LL NEED:

Plastic Balls



DEMONSTRATION:

- The players look to the coaches while they demonstrate an entire throw.

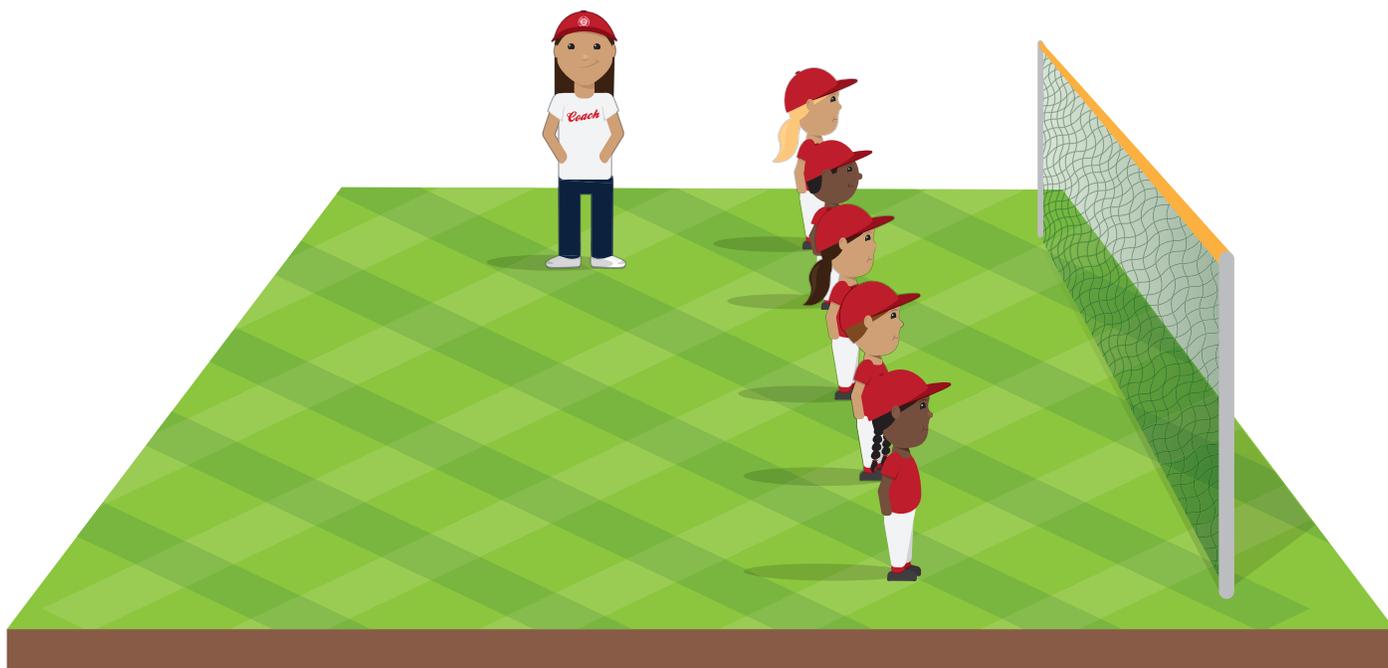


SEQUENCE 4

THROWING PRACTICE

WHAT YOU'LL NEED:

Baseballs | Fence



DRILL SEQUENCE:

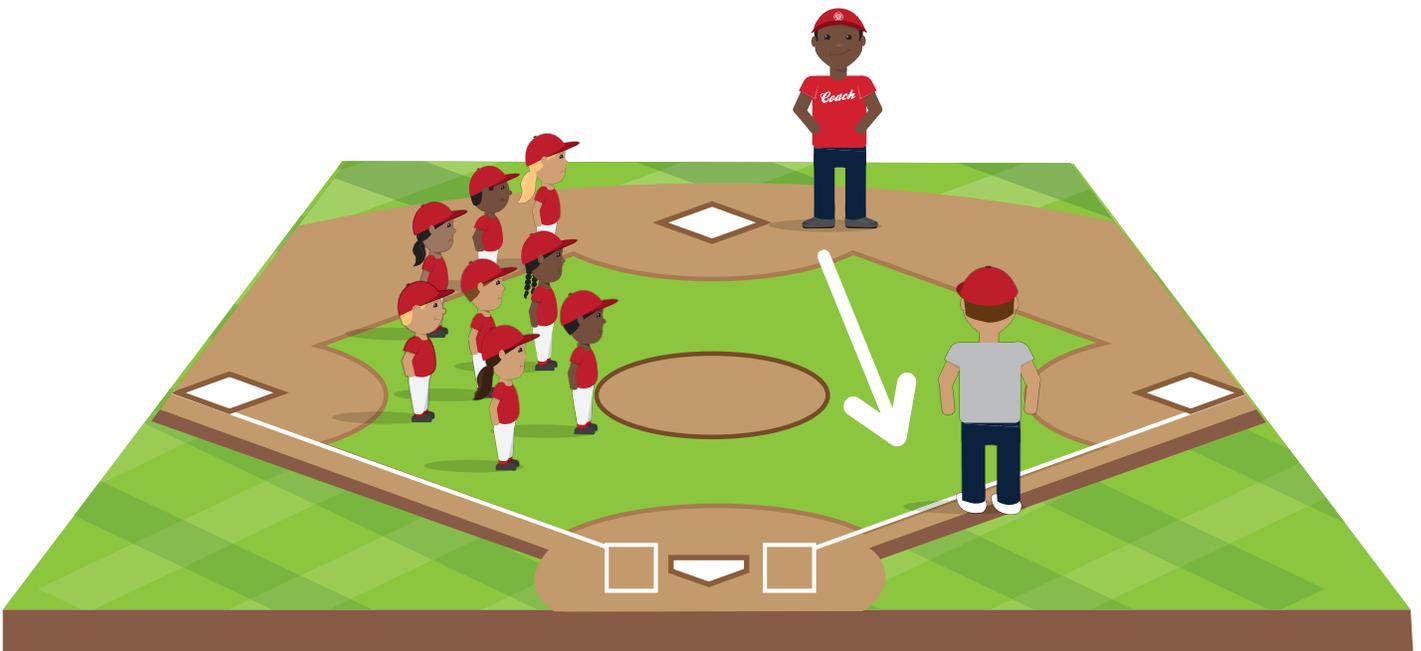
- The players practice throwing at the fence following the coach's cues.

SEQUENCE 4

OPPOSITE FOOT WHILE THROWING DEMONSTRATION

WHAT YOU'LL NEED:

Tee Balls



DRILL SEQUENCE:

- The players are called back for the coach to demonstrate stepping with the opposite foot when throwing.

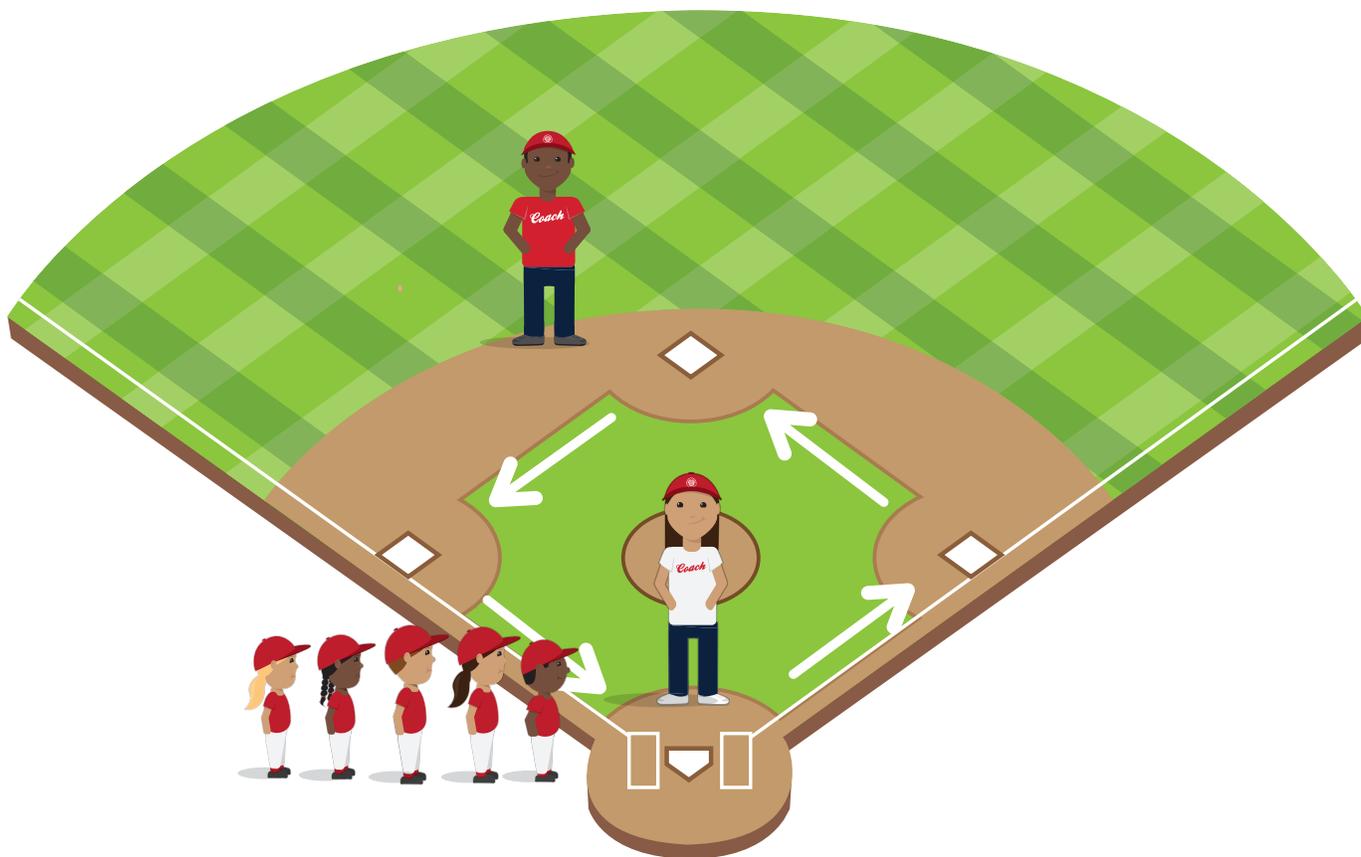


SEQUENCE 5

RUN THE BASES

WHAT YOU'LL NEED:

Bases (4)



DRILL SEQUENCE:

- 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 who come off of the base.