

# FULL PRACTICE PLAN

## WEEK TWO

### PRACTICE GOAL

The players should be able to throw overhand stepping with opposite foot and swing a bat unassisted.

### MATERIALS:

- Plastic Balls
- Tee/Large Traffic Cone (1)
- Hula Hoops (3-4)
- String/Zip Ties
- Cones (5)
- Bat (1)

### PRACTICE SEQUENCE

**1. GATHER AND WELCOME PLAYERS:** Review coaches' names and players' names. Review purpose for being at the field and show enthusiasm to start the practice. Verbally review the cues for throwing and have players raise their throwing hand and touch their stepping foot with that hand. Discuss the PCA tip of the week. **(3 minutes)**

**2. STATUES:** 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 like a statue. Keep explanation brief as players will learn by trying. Have players find a spot to stand in the dirt (personal space) and on "go" players run anywhere in the infield. When the coach says, "freeze like \_\_\_\_\_," they must freeze like a statue of whatever the coach calls out. The coach then says, "go," and the players run again. Things to call out: like your favorite superhero, like an animal, like a race car driver, like you are throwing a ball, like you just hit a home-run...Repeat. This time: play that when the coach tags the players, they freeze like a \_\_\_\_\_, whatever the coach calls. While a coach and players are playing, hang 3 to 4 hula hoops at player-throwing height on the fence. Space them about 10 feet apart. **(7 minutes)**

**3. REVIEW GRIP AND THROW:** Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, review how to hold a ball the correct way to make good throws. Have a player demonstrate what they remember, use a few balls to circulate and take turns throughout the group. Use cues. The players should start with the proper grip- fingers on top with thumb underneath. Grip pressure should be like holding a tube of toothpaste. 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. **(5 minutes)**

**4. TEAM THROWING:** Players are grouped into teams. On "go" the first player from each team begins by trying to throw their ball through or into the hoop. As each player gets the ball through the hoop, his or her team counts the outs. **(15 minutes)**

### BREAK (3 minutes)

**5. SWINGING:** Call players in and have them sit in the grass. Talk about swinging a bat. Before teaching, discuss safety rules. They must always keep two hands on the bat, never throw it and stay in their spots so that there are no accidents. Demonstrate a swing using cues. (Which is your favorite hand/your throwing hand? That hand goes on top, the other below, bend knees, stand "sideways", eyes on the ball.) Stress that the bat should be held in the fingers and pads of fingers – not in their palms. Have them put their index finger of one hand into the palm of their other hand. They should close the hand over the finger as tight as possible. Once the hand is closed, have the players try to get their index finger out. Do this again with the index finger being placed where the fingers meet the hand the second time. Again have them grip down hard and try to take their finger out of their hand. It should be much more difficult to free their finger the second time. This should demonstrate to the players that using the fingers is a stronger grip than using the palms. Once they have a proper grip, have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher's plate. Have them take a swing, trying to have the bat stay level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they must watch the ball that they are hitting the whole time. They should follow through by finishing with their hands up near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate. 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. **(10 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 2 — REBOUNDING FROM MISTAKES

#### (MISTAKE RITUAL)

All athletes, even great ones, make mistakes, but great athletes know how to bounce back from mistakes.

On your team it should be okay to make a mistake. If your players fear mistakes, they won't try their hardest. Tell them to remember to just keep hustling and working hard, no matter what!

Use a *Mistake Ritual* to help your athletes focus on the most important play—the next play. When someone on your team makes a mistake, they can Flush it down the toilet by making a flushing motion with their hand.

Also, tell that person, "That's okay. Flush it! Get ready for the next play."



# QUICK PLAN

## WEEK TWO | 45 MINUTES

### 0:03 INTRODUCTION

- Welcome players
- Review Names (Players & Coaches)
- Focus on the reason for being there/PCA tip of the week

### 0:07 STATUES

- Players are tagged and must freeze like whatever the coach says
- See full practice plan for complete instructions

### 0:05 REVIEW GRIP AND THROWING

- Players gather in circle
- Grip plastic ball with whole hand using fingertips
- Demonstrate correct grip and throwing with opposite foot

### 0:15 TEAM THROWING

- Hula hoops need to be fastened to the fence
- Players are broken into even teams
- Players take turns throwing through the hoop against the fence
- Each throw that is made through the hoop counts as an "out" for that team. Players are working toward three outs
- Coaches monitor for grip and stepping with opposite foot
- See full practice plan for complete instructions

### 0:03 BREAK

### 0:10 SWINGING

- Demonstrate a swing to player
- Have players practice swinging without a bat (a dry swing)
- Take each player, one at a time to practice with a tee while others are still dry swinging.

### 0:04 CONCLUSION

- Have each player compliment another/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)



### REBOUNDING FROM MISTAKES

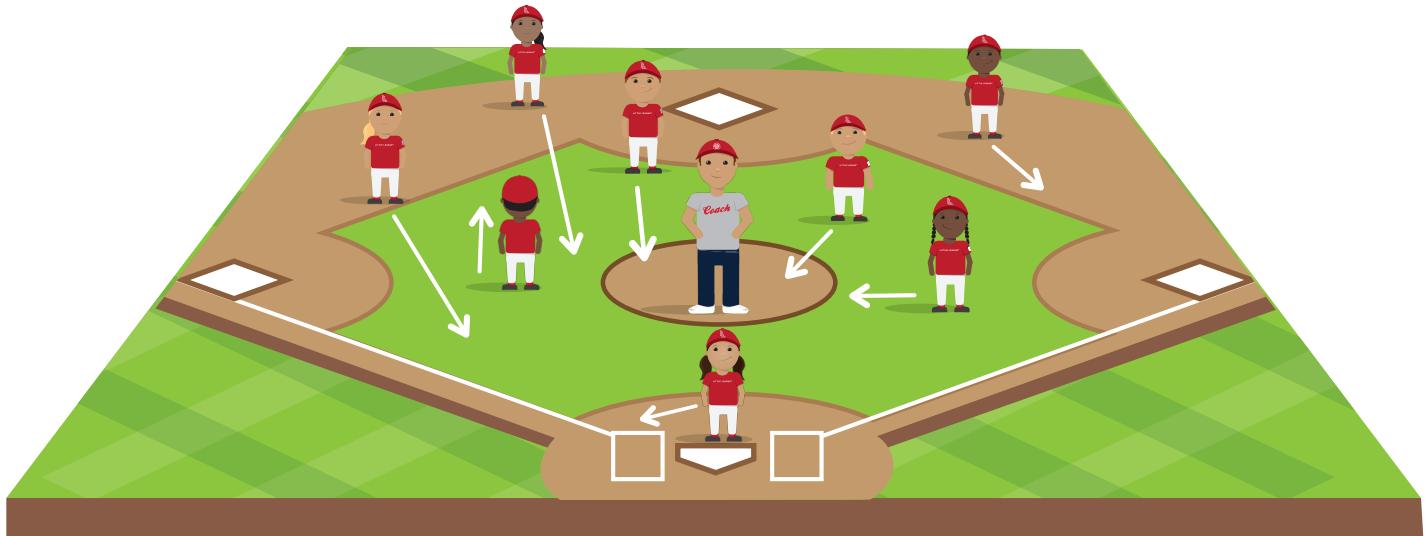
On this team it's okay to make a mistake. If we fear mistakes, we won't try our hardest. Remember to just keep hustling and working hard, no matter what!

# SEQUENCE 2

## STATUES

### WHAT YOU'LL NEED:

Tee Balls



### DRILL SEQUENCE:

- Players stay in the infield and freeze like a statue when instructed by the coach.
- In the second round, the coach tags the players to freeze instead of just calling out "freeze"



# SEQUENCE 4

## TEAM THROWING

### WHAT YOU'LL NEED:

Plastic Balls | Fence | Hula Hoops | Cones | String



### DRILL SEQUENCE:

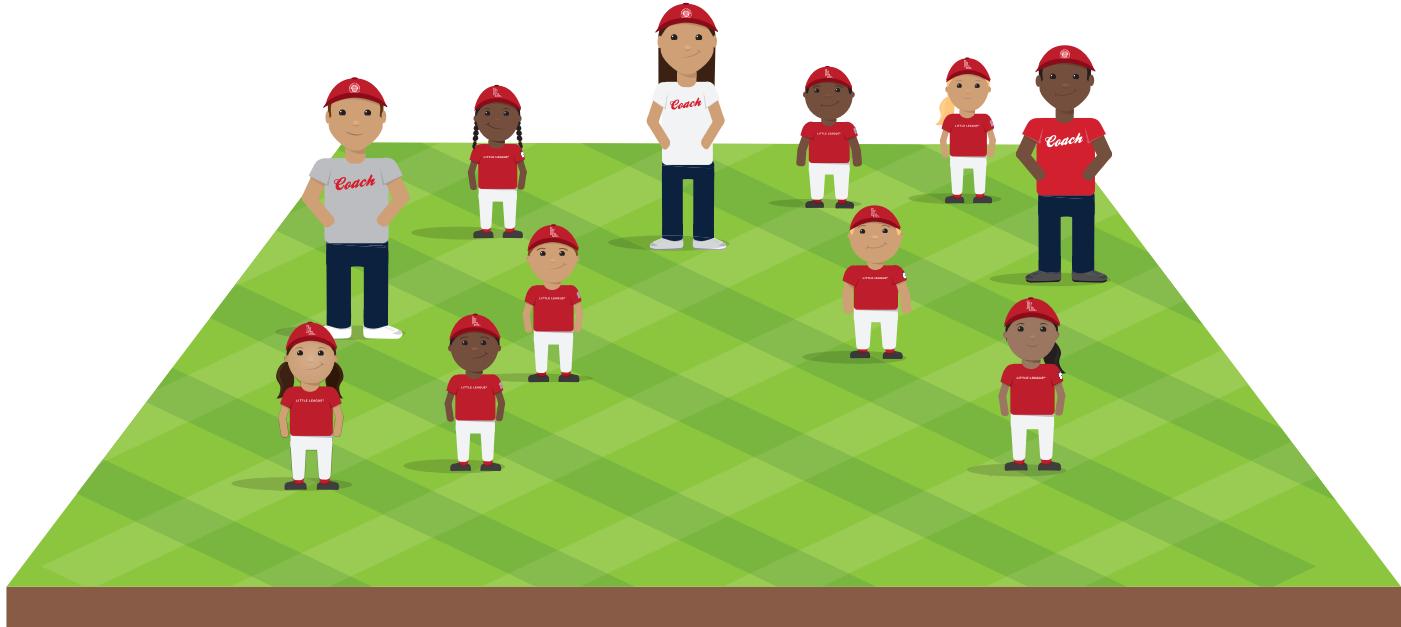
- Players are grouped into teams. On “go” the first player from each team begins by trying to throw their ball through or into the hoop. As each player gets the ball through the hoop, his or her team counts the outs.

# SEQUENCE 5

## DRY PRACTICE SWING

### WHAT YOU'LL NEED:

Bat



### DRILL SEQUENCE:

- The players stand in a batting stance, while a coach demonstrates a swing. Players then try their dry swing (without a bat).



# SEQUENCE 5

## PRACTICE SWING

### WHAT YOU'LL NEED:

Tee Balls | Tee | Bat



### DRILL SEQUENCE:

- While players are taking dry swings, the coach calls one player at a time over to the tee for practice.