

FULL PRACTICE PLAN

WEEK THREE

PRACTICE GOAL

The players should be able to identify positions (if not the actual position, the idea of being responsible for an area), successfully run to first base after a hit/swing, and attempt catching with two hands

MATERIALS:

- Plastic Balls
- Buckets for Balls
- Bases (4)
- Players' gloves
- Cones (3)
- Bats (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 stance for hitting and the cues/rules. Discuss the PCA tip of the week. **(3 minutes)**

2. LEFT FIELD, CENTER FIELD, RIGHT FIELD: Take players into the outfield to explain/demonstrate the game. Have a cone set in right, center, and left field. All players stand in left field. When the coach yells, "center field," the players have to run to that cone trying not to be last. When the instructor yells, "left field," they have to go back. The instructor can call out either field while the players are on their way and they must change direction to go back. Repeat using center field and right field. Try to "trick" the players by calling the position quickly (agility). **(10 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. **(5 minutes)**

4. DISCUSS: Call players to coach to discuss the positions that they were running to and that it makes up the "outfield". Next we are going to learn about the "infield." Walk players to the dirt. **(2 minutes)**

5. POSITION FITNESS: Players follow along with coach during the activity. Go around the field beginning at the catcher position, announce what position it is, have the players repeat and then do squats (exercise that tries to coordinate with position). Run to the pitcher's plate and do arm circles, run to 1B and do high and low reaches, run to 2B and do windmills, run to SS and do fast feet (running in place) and run to 3B and do push ups. Repeat. **(10 minutes)**

BREAK (2 minutes)

6. SWING AND RUN: Call players in and have them sit in the grass. Review swinging a bat. Before reviewing, discuss safety rules again. They must always keep two hands on the bat, never throw it and stay in their spots so there are no accidents. Have all players stand up and practice a few dry swings using cues. Explain the next game after the players take their dry swings. Review the proper grip on the bat. Talk about how tight they should hold the bat. They should act like they are holding a small bird in their hands. They need to hold it tight enough that it won't fly away, but they can't hold it so tight that they hurt it. 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 keep the bat level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they must watch the ball 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.

After reviewing the basics of swinging, have players line up at home plate. Have each player take a practice swing and run to first base. Players advance one base at a time as the next player runs to first base. Option: Have players hit a ball off of the tee and run to first base instead of taking a practice swing. **(12 minutes)**

7. THROWING PRACTICE: Have players find a friend. Have the players stand so that their noses are facing each other. Each player takes 4 giant steps back. Give each pair a plastic ball to practice throwing. Discuss catching with two hands, watching the ball the whole way and cradling it in softly. Make sure to use plastic balls, the first time players are catching and to stress using two hands. Have the player without the ball get into an athletic position square to their partner. When the player looks at the ball being held by the other partner he/she says "ready." Upon hearing this, the ball is tossed in an underhand motion. Each player making the catch must watch the ball from release and through the air. Stress watching the ball all the way into the hands using both hands to secure the ball. Players should be encouraged to give slightly with the ball to promote soft hands. Eyes on the ball and the success of the catch is what we are striving for in this segment. **(12 minutes)**

8. 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 3 —FILLING EMOTIONAL TANKS (WINNER'S CIRCLE)

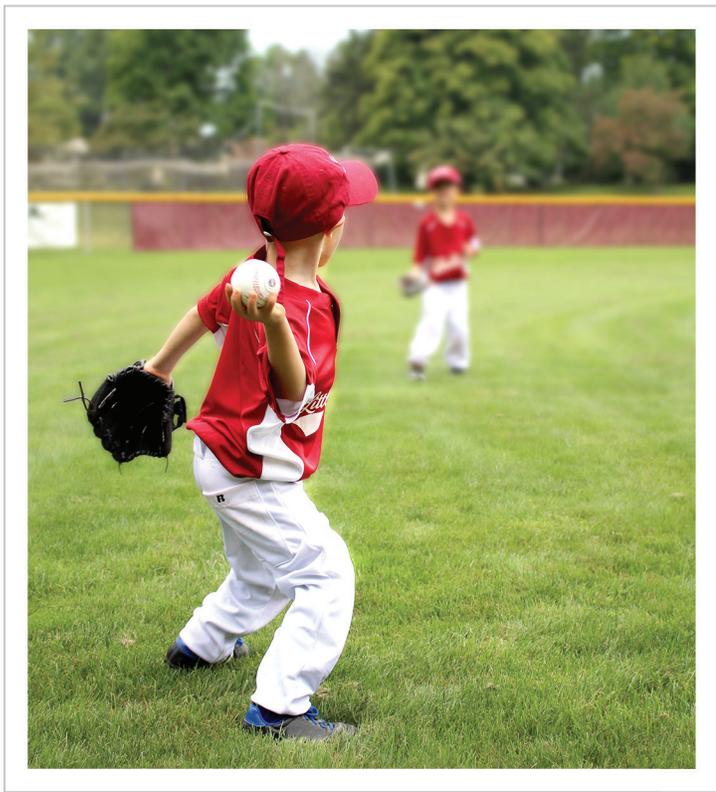
To be the best team you can be, have your athletes help each other get better. One way to do that is to have them fill their teammates' Emotional Tanks.

The **Emotional Tank** is like a car's gas tank. When it's empty, you can't go far, but when it's full, you can go almost anywhere. Teams with full Emotional Tanks usually do better than teams whose tanks are drained.

Your athletes can fill each other's Emotional Tanks by noticing people who help them or the team and thanking them for it.

They can also fill Emotional Tanks by cheering for their teammates, giving them high-fives, smiling at them, and telling them that they are glad they are on the team.

To fill each other's **Emotional Tanks**, you can get into a "Winners' Circle" after each game and give your athletes the chance to tell their teammates the good things they did during the game.



WEEK THREE

QUICK PLAN

WEEK THREE | 45 MINUTES

0:03 INTRODUCTION

- Welcome players
- Review hitting stance/PCA tip of the week

0:10 LEFT FIELD, CENTER FIELD, RIGHT FIELD

- Players run to each position where the cone is when instructed
- See full practice plan for complete instructions

0:05 GRIP AND THROW

- Discuss proper grip and the correct way to make good throws
- Coaches demonstrate the proper grip on the ball with fingers on top and the thumb underneath
- See full practice plan for complete instructions

0:10 POSITION FITNESS

- Discuss outfield positions and infield positions
- Walk to each position and perform an exercise at that position
- Talk about playing games and staying in position
- See full practice plan for complete instructions

0:02 BREAK

0:10 SWING AND RUN

- After reviewing the basics of swinging, have players line up at home plate
- Have each player take a practice swing and run to first base. Players advance one base at a time as the next player runs to first base

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

0:04 CONCLUSION

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



FILLING EMOTIONAL TANKS (WINNERS' CIRCLE)

You can help your teammates by cheering for them, giving them high-fives, smiling at them and telling them you are glad they are on the team.

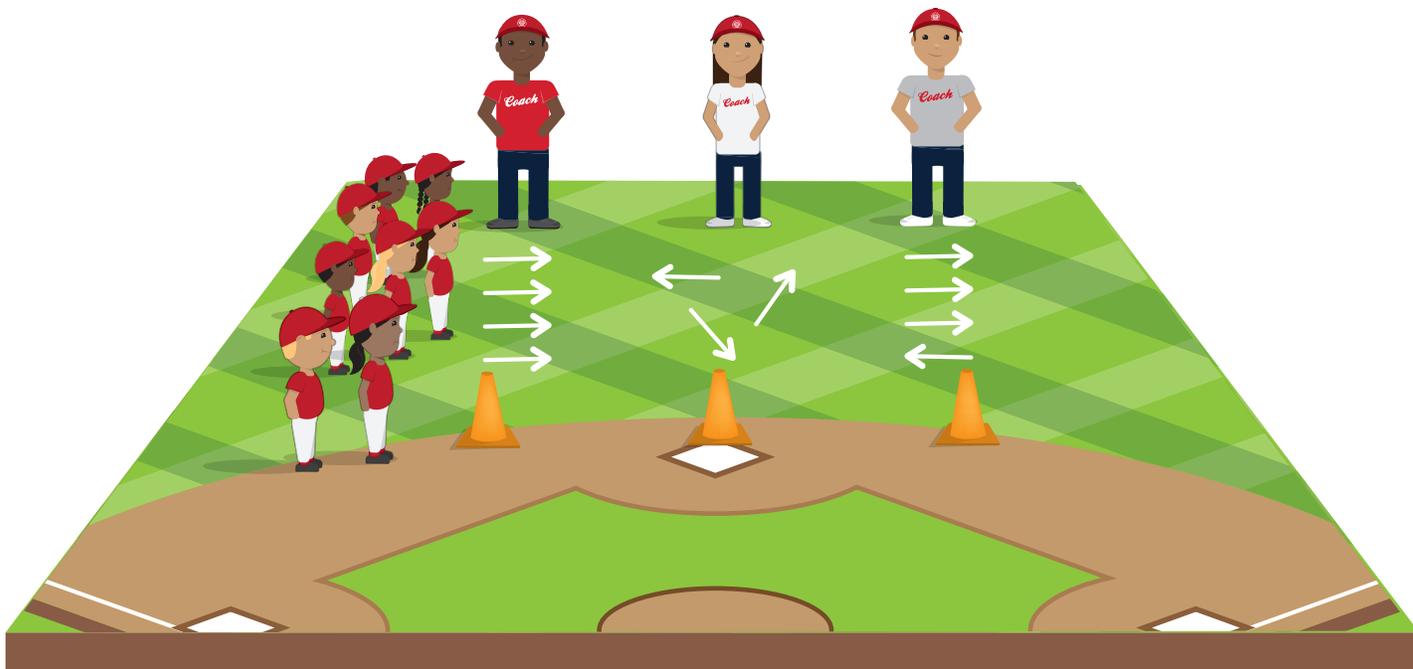
Let's be sure to acknowledge the other team each game as well and let THEM know they did a great job too!

SEQUENCE 2

LEFT FIELD, CENTER FIELD, RIGHT FIELD

WHAT YOU'LL NEED:

Cones (3)



DRILL SEQUENCE:

- The players begin in left field. When the coach calls out another outfield position, the players run to the cone in that specific position.
- Once game begins, the coach can call out a position at any time, even if the players are running between positions.

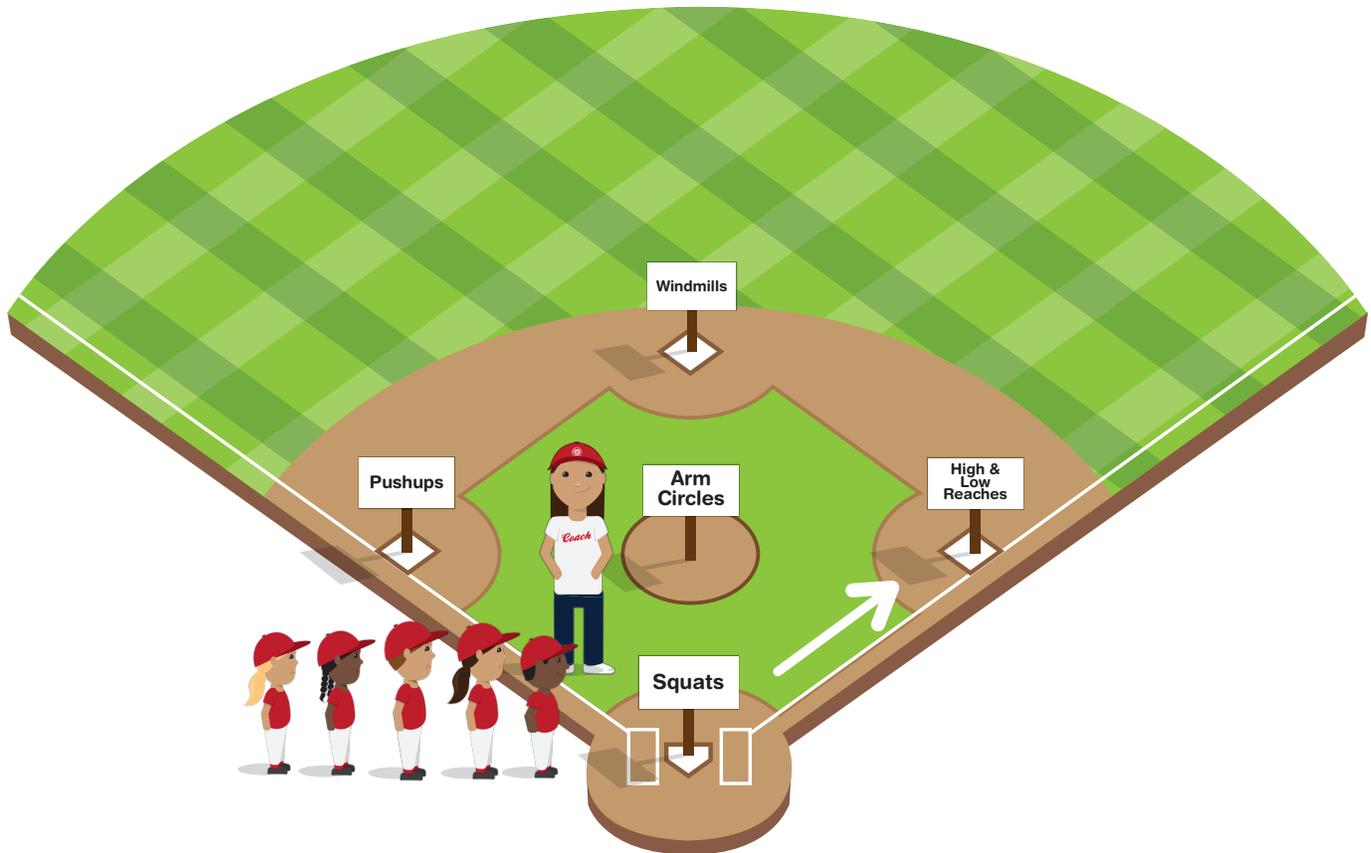


SEQUENCE 5

POSITION FITNESS

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

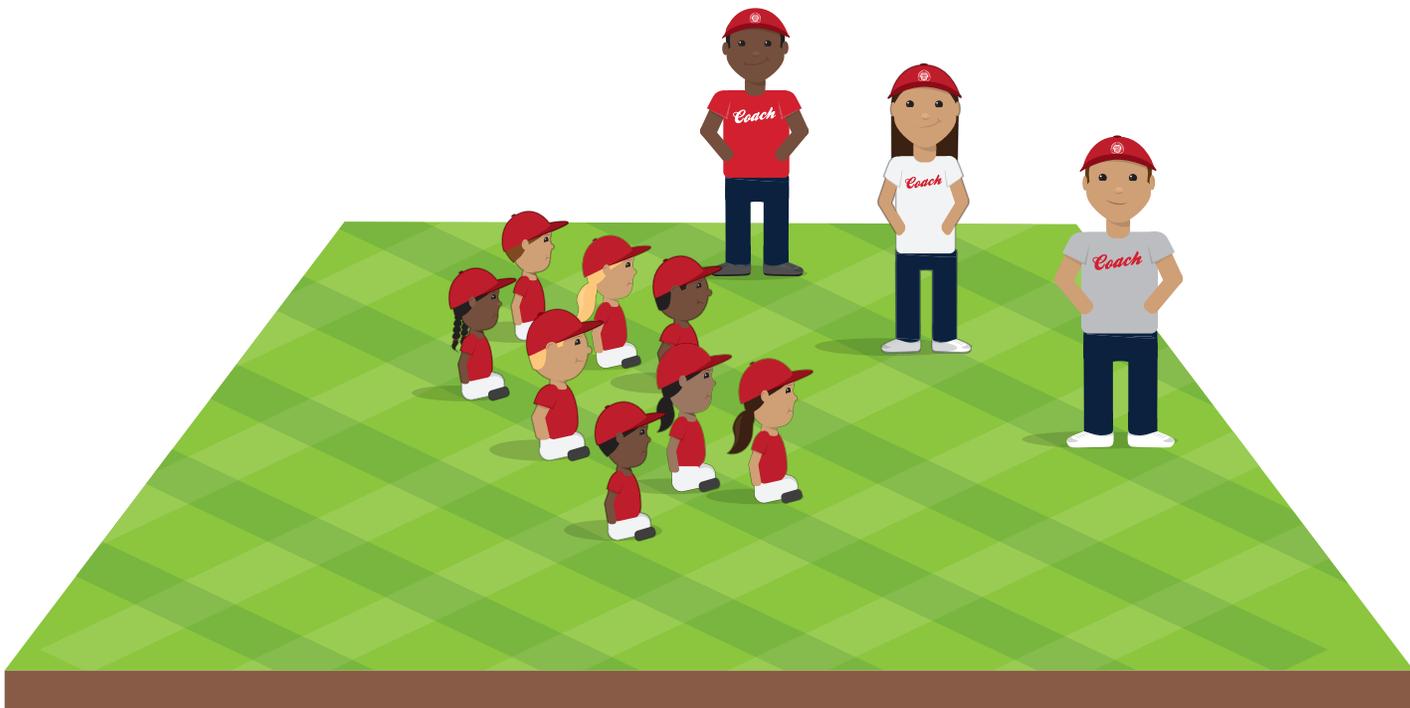
- The players and coach begin at home plate. The coach announces the position, and then he or she demonstrates an exercise for the players to complete. Players and coach complete repetitions of the exercise together before moving on to the next position and exercise.

SEQUENCE 6

SWING REVIEW

WHAT YOU'LL NEED:

Bats



DRILL SEQUENCE:

- Players sit in grass while coach reviews swing and swinging safety rules.
- Players then stand up and practice dry swings.

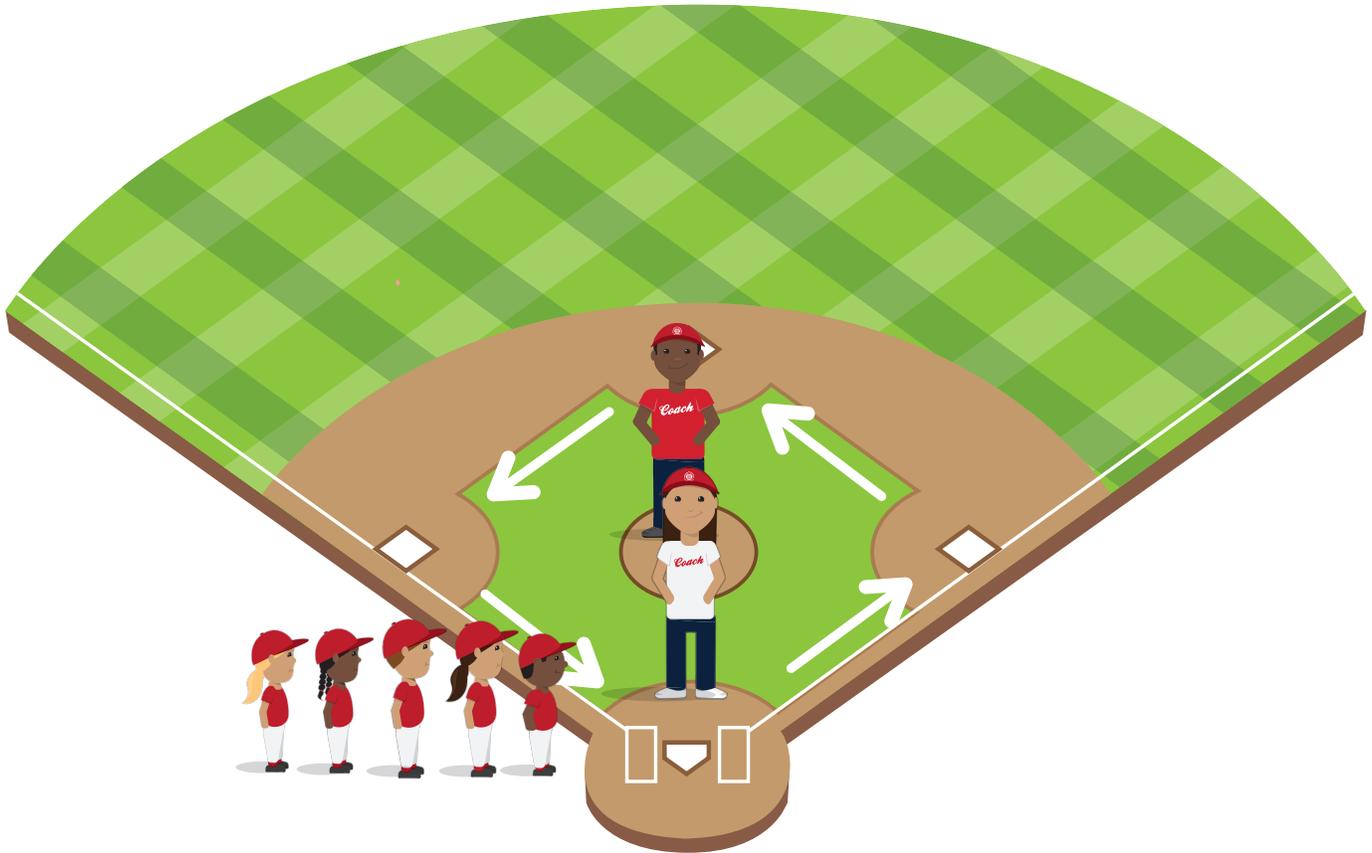


SEQUENCE 6

SWING AND RUN

WHAT YOU'LL NEED:

Bat | Bases | Tee (optional) | Tee Balls (optional)



DRILL SEQUENCE:

- The game is played just like the activity “Base Running,” but now a practice swing is added before the players run.

OPTION: Have a tee set with a ball and have the players hit the ball before running instead of just taking a practice swing.

- Players advance one base at a time, and are moved to the next base by the next player.

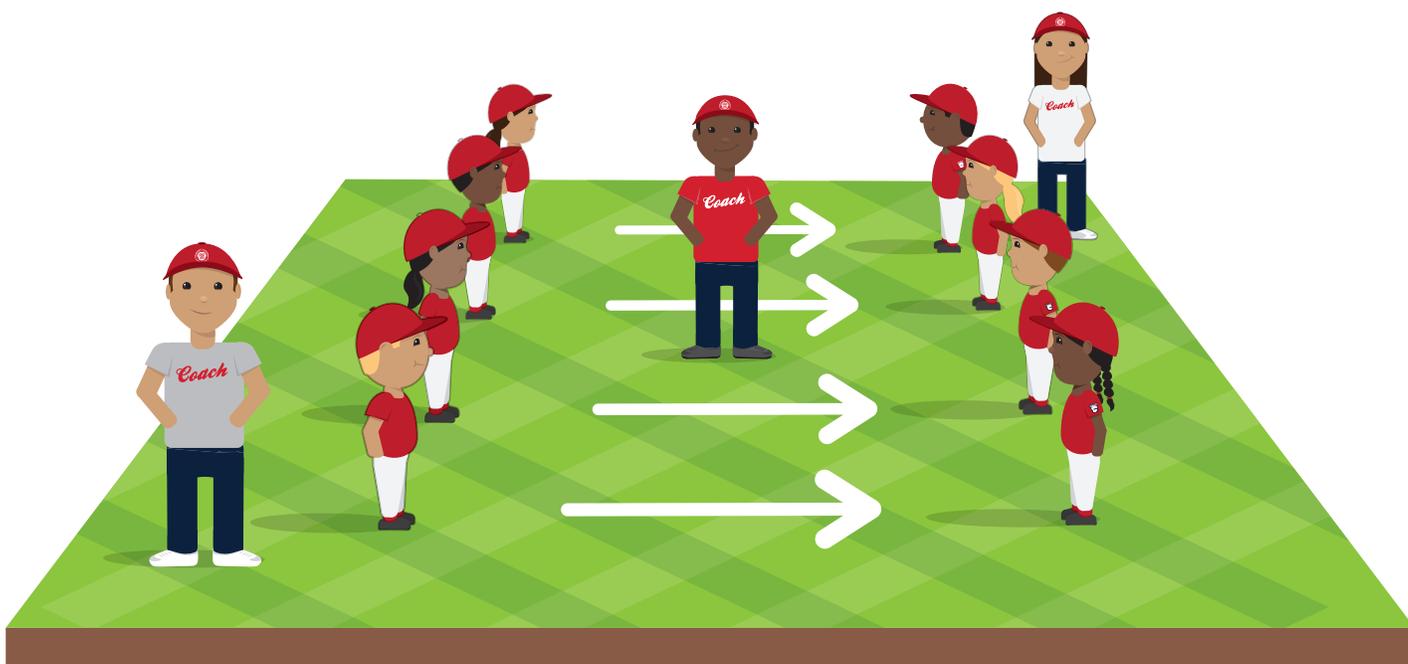
OPTION: A coach has a ball in his/her hand and tags runners who come off of the bases at the wrong times.

SEQUENCE 7

PRACTICE THROWING

WHAT YOU'LL NEED:

Tee Balls



DRILL SEQUENCE:

- The players play catch with a partner.
- Practice fielding a ground ball can be incorporated into this activity by players taking turns rolling the ball to each other and throwing it back.

