

FULL PRACTICE PLAN

WEEK FOUR

PRACTICE GOAL

The players should be able to use two hands to catch.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Buckets for Balls (2)
- Tees/Large Traffic cones (3-4)
- Players' Gloves
- Bases (4)
- Cones (10)
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: The players should be able to use two hands to catch. **(3 Minutes)**

2. SET UP A LARGE SQUARE PLAYING AREA, DIVIDED IN HALF, USING CONES CLEAN UP THE BACKYARD: Divide the players into two teams, sending one team to half of the playing area and the other half to the opposite area. Spread out plastic balls and tennis balls all over the entire playing area. On "go", the players must stay on their side, pick up the balls one at a time and throw them into the other team's side or "backyard." Players from both sides are doing this until time is called (play for a minute or two, whatever seems appropriate for players). The teams then collect all of the balls in their "backyard" and count them. The team with the least amount of balls in their area, or the cleaner backyard is the winner. Repeat. Have players help clean up the game at the conclusion. **(10 minutes)**

3. FIELDING: Have players line up behind a cone (about 3 or 4 lines). Talk about taking turns to "field" balls or collect balls. Demonstrate using two hands to "scoop up" a ball. Coaches stand across from a line and roll the first player a tennis ball. After they scoop up the ball, they throw it back to the coach. Then give the next player a turn. Repeat until players seem to grasp fielding (not collapsing, but bending their knees and picking up the ball quickly). Use cues. **(5 minutes)**

- A.** Athletic position, feet shoulder width apart and knees bent
- B.** Glove out and in front
- C.** Use two hands like an alligator
- D.** Field in the center of the body

POSITION: Send players to positions in the infield. May set out cones to mark positions so players know where to stand. Talk about taking turns and that at practice we can take turns at each position, but in a game one person will be in charge of that area. Have one coach at home plate rolling tennis balls to players and another coach stands at the pitcher's plate. Players throw the ball to the coach at the pitcher's plate. **(10 minutes)**

OPTION: Call in half of the players to line up beside home plate. The other players stay in their position. On "go," the coach should roll the ball to a player who must pick it up and throw it to the coach at the pitcher's plate. Also on the same "go," a runner starts to run to first base. If the runner beats the throw to the coach, they are safe. If they do not, they are out. Continue with all the runners.

BREAK (2 minutes)

4. RUN THE BASES: Starting at home plate, everyone jogs to first, second, third, and home in a line, following the coach and 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)**

5. TEE HITTING: Break the players into 3 or 4 groups. Have them stand behind a tee and take turns swinging. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front. Players should start with a half swing to see where they will make contact with the bat before swinging hard. Have all players attempt to make contact with the barrel of the bat. **(12 minutes)**

- A.** Bat at fingertips with a loose grip
- B.** Feet spread shoulder width apart and in an athletic position
- C.** Head looking at pitcher with both eyes
- D.** Level swing through the ball
- E.** Follow through with both upper and lower body

6. CONCLUSION: Gather players and have them shake another player's hand. Talk about what they learned today, how it will help them be great tee ball players and 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 4 — HONORING THE GAME
(ROOTS)**

To help your athletes remember to be good sports and Honor the Game even when you lose, you can use the word ROOTS.

R- Rules -respect for the rules, even if you think we can get away with breaking them.

O- Opponents. You always treat your opponents the way you want be treated.

O- Officials. You respect officials even if you disagree with some of their calls.

T- Teammates. You support them and don't do anything that will embarrass them.

S- Self. You honoring the game, which should be a standard for your athletes, not just to make you, the coach happy.

If you win by dishonoring the game, you can't be proud of that win. And the reverse is true. If you Honor the Game and you lose, you can still feel good, even though you are disappointed that you lost.



WEEK FOUR

**QUICK PLAN
WEEK FOUR | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Review positions/PCA tip of the week

0:10 CLEAN UP THE BACKYARD

- Players are divided into two teams and play in a boundary trying to throw balls to the other team's side. The team with the least on their side wins when time is called
- See full practice plan for complete instructions

0:15 FIELDING

- Fielding technique and repetition in lines
- Fielding in position throwing to a coach
 - Option for base runners while fielding
- See full practice plan for complete instructions

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

0:12 TEE HITTING

- Break players into three or four groups
- Players take turns hitting off the tees

0:04 CONCLUSION

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



HONORING THE GAME (ROOTS)

To help remember to be good sports even when we lose, we are going to use the words ROOTS

- The **R** in ROOTS is Respect the rules, even if we think we can get away with breaking them
- **O** is for Opponents or the other team. We always treat the other team the way we want to be treated.
- The second **O** is Officials or umpires. We respect the umpires even if we disagree with some of their calls.
- **T** is for Teammates. We support them and don't do anything that will embarrass them.
- **S** is for Self. You should be a good sport for yourself, not just to make me happy.

SEQUENCE 2

CLEAN UP THE BACKYARD

WHAT YOU'LL NEED:

Tennis Balls or Plastic Balls | Cones



DRILL SEQUENCE:

- The players are divided into two teams. Each team is responsible for one side of the playing area that is divided by cones.
- All types of soft or squishy balls (tennis or plastic balls) are scattered on both sides of the playing area.
- On “go,” players are to throw or toss the balls on their team’s side to the other team’s side continually until time is called.
- The team with the least numbers of balls on their side when time is called wins.

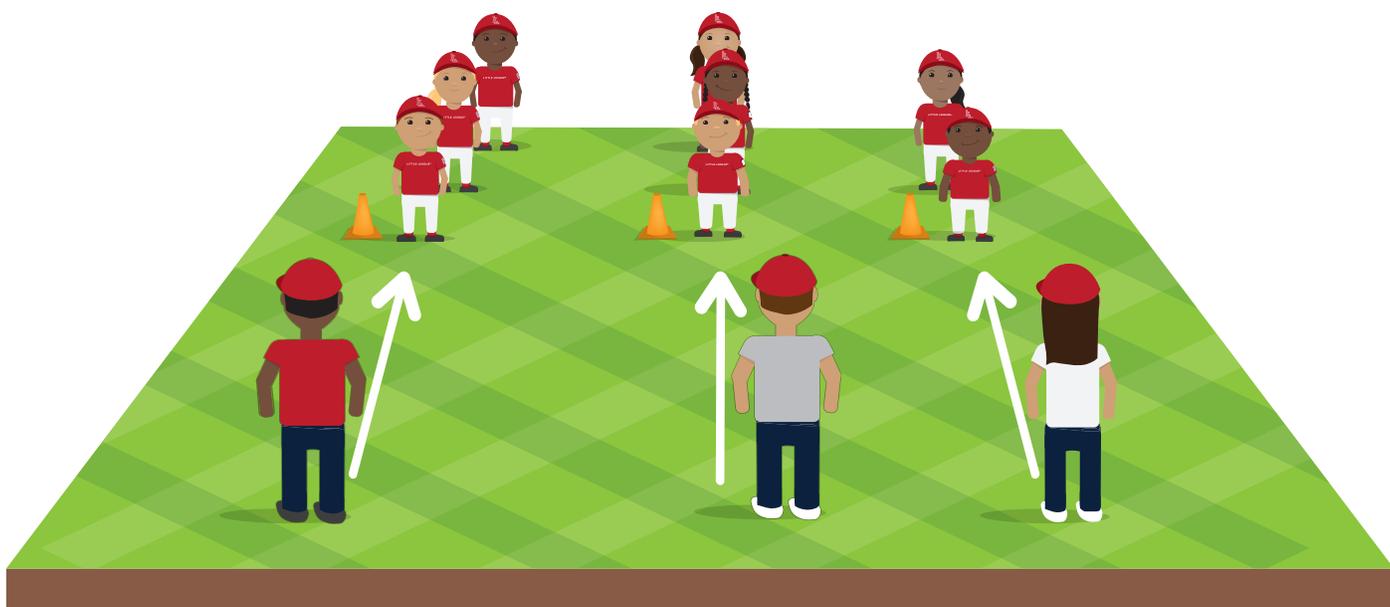


SEQUENCE 3

FIELDING

WHAT YOU'LL NEED:

Tee Balls | Cones



DRILL SEQUENCE:

- In separate lines the players line up and receive a ground ball from a coach.
- The player fields the ground ball rolled to him/her and throws it back to the coach before returning to the end of their line.

SEQUENCE 3

FIELDING IN POSITIONS

WHAT YOU'LL NEED:

Tee Balls | Cones



DRILL SEQUENCE:

- Each position should be marked with cones before the drill starts. The players are sent to positions.
- Before the drill begins, review fielding a ground ball with the players once they are in positions.
- The coach at home plate rolls the ball to the players in position, one at a time. The player who fields the ball then throws it back to the coach on the pitcher's plate.



SEQUENCE 3

FIELDING WITH A RUNNER (OPTIONAL DRILL)

WHAT YOU'LL NEED:

Tee Balls | Bases



DRILL SEQUENCE:

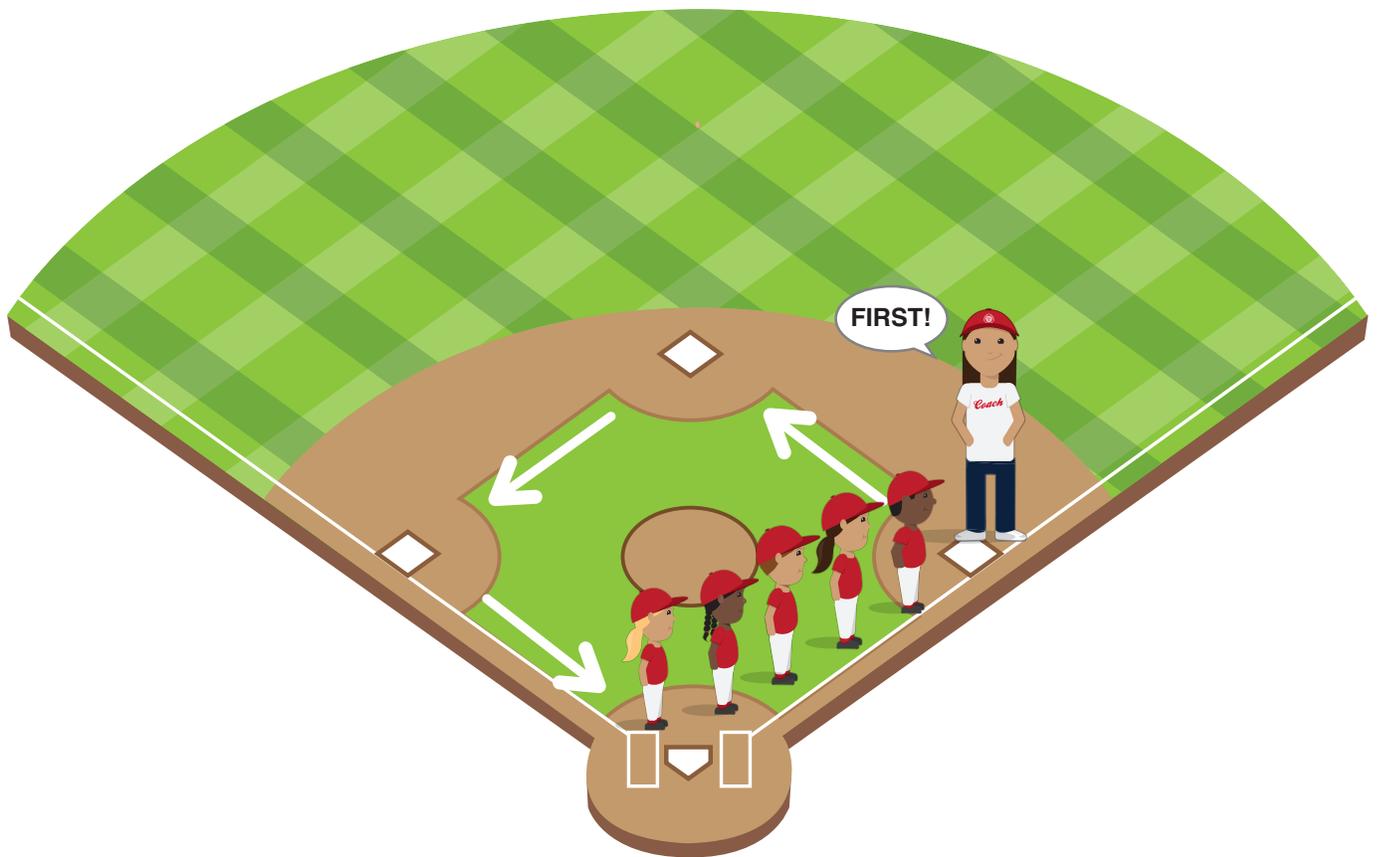
- Players are in position on the field with any extra players in a small line by the coach at home plate.
- On “go” the coach rolls a ball from home plate to a position and the runner at home plate runs to first base at the same time.
- The fielder must field the ball and throw it to the pitcher before the runner gets to first base. If the runner “beats the play” they stay at first base and if the runner does not “beat the play” they go back to the end of the line at home plate.

SEQUENCE 4

RUN THE BASES

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- Starting at home plate, everyone jogs to first, second, third, and home in a line, following the coach and 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.



SEQUENCE 5

TEE HITTING

WHAT YOU'LL NEED:

Tee Balls | Tees



DRILL SEQUENCE:

- The players are split into groups and take turns hitting off a tee into a net, fence, or open field with a coach.