

2017 T-Ball – Session 1

April 22, 2017

Overview

- Teams will practice as a unit with Head Coaches
- First 30 minutes coaches will:
 - Hand out uniforms (kids can change right there if they want – they are little so changing in the field is no big deal)
 - Tell parents that they will be VERY INVOLVED
 - Do Ice-Breaker drills
- Second 30 minutes will have three stations (10 minutes per station):
 - Learn the Bases
 - Ground Balls
 - Throwing
 - These will be lead by senior coaches
 - Station rotation will be on the whistle from the Commissioner
 - *Note we will do hitting, but doesn't work in this first session*

Ice Breaker Drills

To start – NO BALLS OUT – no parents tossing balls to kids at the start. This is distracting and dangerous before you have them organized.

Names

- Kids seated in a circle
 - Every kid says their name out loud one by one around in a circle. Coaches, try to learn them quickly. I suggest having a printed roster with you.

Names and Ball Pass

- Kids seated in a circle
 - Give the first kid the ball. Every kid shouts that kid's name.
 - Kid passes ball to the right, when new player receives the ball all the other players (led by the coach and parents) say that kid's name. This helps learn names

Duck Duck Name

- Kids seated in a circle
 - Give a kid the ball. They start running in a circle around the other kids.
 - Coach yells a name. Player with ball has to stop at the right kid and hand off the ball. Coach and parent helps.
 - Every kid should get a chance.

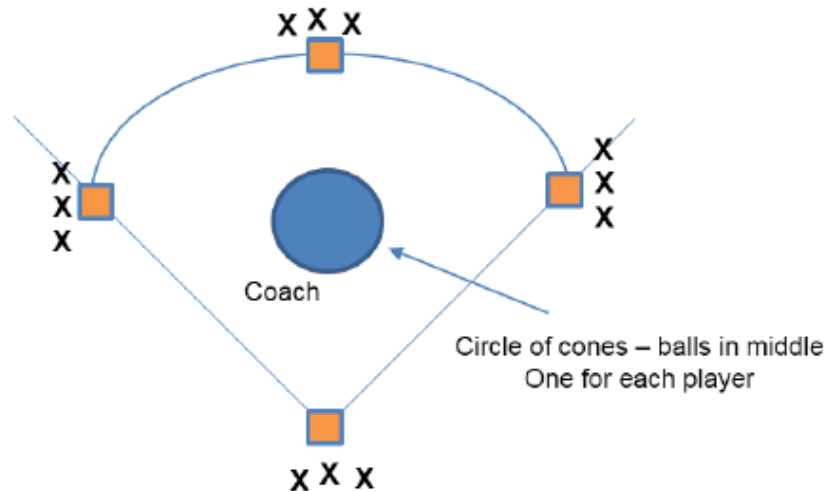
Station #1: Learn the Bases

- One team on each t-ball infield
- Drill #1:
 - Coach gathers all kids at home base
 - Jog around the field (coach leads) with all players and have them shout out the name of the base when they touch it / pass it (2-3 times). Obviously always head to 1B first.
- Drill #2:
 - Kids all at home base, coach at pitchers mound
 - Coach yells out a base and all players have to run there. They have to yell the base name when they get there. Mix it up.
 - Call a few different kids (5 year olds) into the middle and let them call out the base name.
- Drill #3:
 - Kids all at home base again, coach at pitchers mound.
 - Pair up two kids at a time (call them by name that it's their turn)
 - Yell out a base and have them run there and call it out when done.
 - To avoid crashing have them stay at the base until all players have been called.

Station #1: Learn the Bases [Game]

Game #1 – Base Pile Race

- Split the players up evenly around the bases (2-3 per base), NO MITTS.
- Walk each group to the base and tell them what base they are at when you get there.
- Put balls in the middle of the infield (enough for each kid to have one).
- Round 1:
 - Call to one group (base) at a time to run in, pick up a ball and return to their base, **being sure to say the name of the base when you call them (“1st base – come and get your balls!”)**. Look at them when you call them to get their balls. Have them stand with ONE FOOT on the base when they return with the ball. Rotate and do all bases
 - After all have bases been called, have them return their balls to the middle. Have them PLACE THE BALLS in the circle, no throwing. Move the kids to the next base between rounds. Repeat a few times.
- Round 2:
 - Same game, but don’t do it in order and don’t look at the base to make it obvious. Call out the base and see if they get it right. Move the kids to the next base between rounds. Repeat a few times.
 - Call different kids into the middle and let them do the call outs.



Station #2 – Ground Balls [Review Technique]

Main coach will tell kids how to get in proper position. Start them like they are sitting in a chair (tell them “like you’re sitting on a toilet” – they’ll all laugh), then add the hands in front with throwing hand on top. Repeat these words loud (have them repeat them out loud – I still use this in every level!)

FEET WIDE

BUTT DOWN

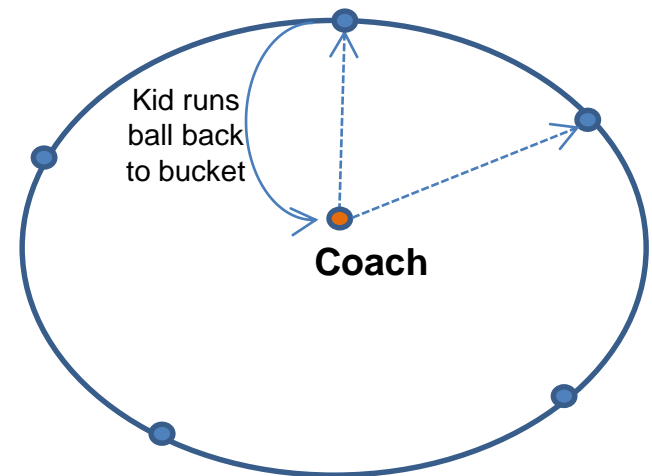
HANDS IN FRONT



Station #2: Ground Balls [Drill]

Drill #1 – NO MITTS

- Groups of 5 or 6 -- one coach/parent per group
- Cones around in a circle, parent/coach in the middle
- Parent/coach rolls ball, kid fields, then runs ball back to center, drops ball in bucket and back to their cone
- **NO THROWBACKS** – this eliminates wasted time from bad throws, the drill is about fielding so we want as many reps as possible
- Repeat “**FEET WIDE – BUTT DOWN – HANDS IN FRONT**” every time before rolling the ball to them
- After two or three times around, **REPEAT WITH MITTS ON**

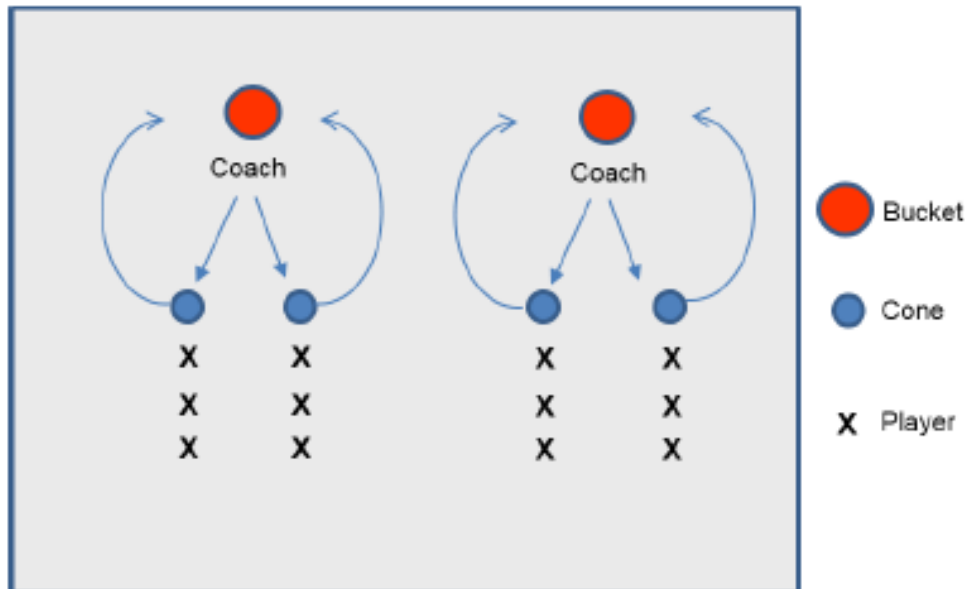


Game:

- After a few times around with mits, make it a race between the two circles. Kids sit behind coach after dropping the ball into the bucket. First team all sitting behind coach wins.

Station #2: Ground Balls [Game]

- Four cones, kids in line behind the cones, with MITTS ON
- One coach/parent per line (four rollers works best, but one coach can do two lines)
- Roll grounders to kids (slow). They field ball then run behind the coach who is rolling the ball and drop it in the bucket (no throws). Kid sits behind bucket in line. First team to fill their bucket wins (let all teams finish of course).
- Repeat FEET WIDE – BUTT DOWN – HAND IN FRONT every time.
- Mix up coaches and teams and repeat.



Station # 3 – Throwing [Review Technique]

Coach Review (Part 1)

- From one knee, demonstrate having throwing arm elbow at 90 degree angle with non-throwing hand supporting (kneeling takes away all of the noise from the rest of the body that kids introduce when they throw).
- Flick wrist at end and point fingers to the target.
- Walk up and down the line high fiving players to get them into the proper motion.
- Remind them that where the point their fingers is where the ball will go.



Drill #1 – Bucket Shot

- Put cones in semi-circle around an empty bucket (don't do full circle in case of overthrows)
- Players on one knee, NO MITTS.
- Put as many balls as available per kid in front of them (hopefully at least 3 per kid)
- On coach's call, all at once have them toss to the bucket.
- Count how many got in the bucket. Cheer them on for a hit bucket, etc. Throw all balls and then recollect and repeat.
- Tips/reminders:
 - Stress accuracy, not speed in throwing.
 - Correct pop-up throws.

Game:

- Make it a game by having multiple buckets and have teams of three go at once. 1 point for hitting bucket three for in the bucket.
- If only one bucket try to get the count in the bucket up every time.
- If they are doing great...make a big deal of moving the bucket back a few times, but keep it close enough that they can make the throw with just the flick.
- Final game can be putting a helmet on top of the batting tee and trying to hit that.