

SAMPLE PRACTICE PLAN

TEE BALL



Practice Time: 5:00 - 6:00

1 Hour

TIME	ACTIVITY	COACHES	LOCATION
5:00 -5:10	Warm-up and fun activity <ul style="list-style-type: none"> Base running: run around the bases and high five coach at home Stretches: jumping jacks, arm circles... 		Infield Area
5:10 - 5:20	Throwing and catching basic warm up <ul style="list-style-type: none"> Focus on windshield wipers and alligator chomps 		Left Field Line
5:20 -5:35	Skill station 1- fielding: <ul style="list-style-type: none"> Windshield wiper drill Defend the castle 		Infield Area
5:35 - 5:40	The Lion Way Classroom lesson and water break		Dugout
5:40 - 5:55	Skill Station 2 - Hitting: <ul style="list-style-type: none"> Tee work: focus on where to stand in the batter's box to have a good contact point with the ball and batting stance Plunger ball 		Infield Area Outfield
5:55 - 6:00	Team Building Activity / fun game <ul style="list-style-type: none"> Red light / green light 		Infield Area

Tips To Run A Successful Practice:

- Keep them moving; avoid long lines
- Use props:
 - ▶ Larger light balls: Beach balls / kickballs
 - ▶ Foam balls
 - ▶ Wiffle balls
 - ▶ Buckets
 - ▶ Targets: stuffed animals
 - ▶ Hula hoops
 - ▶ Different color balls
 - ▶ Cones
 - ▶ Tennis rackets
- Encourages parents to be helpers for stations
- Encourage safety:
 - ▶ No swinging bats unless at the tee when it is your turn.
 - ▶ Throw only when our partner is paying attention
- Stickers / cards / incentives
- Keep it fun!
 - Incorporate fun competition/drills, celebrate effort, improvement and sportsmanship.