

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.

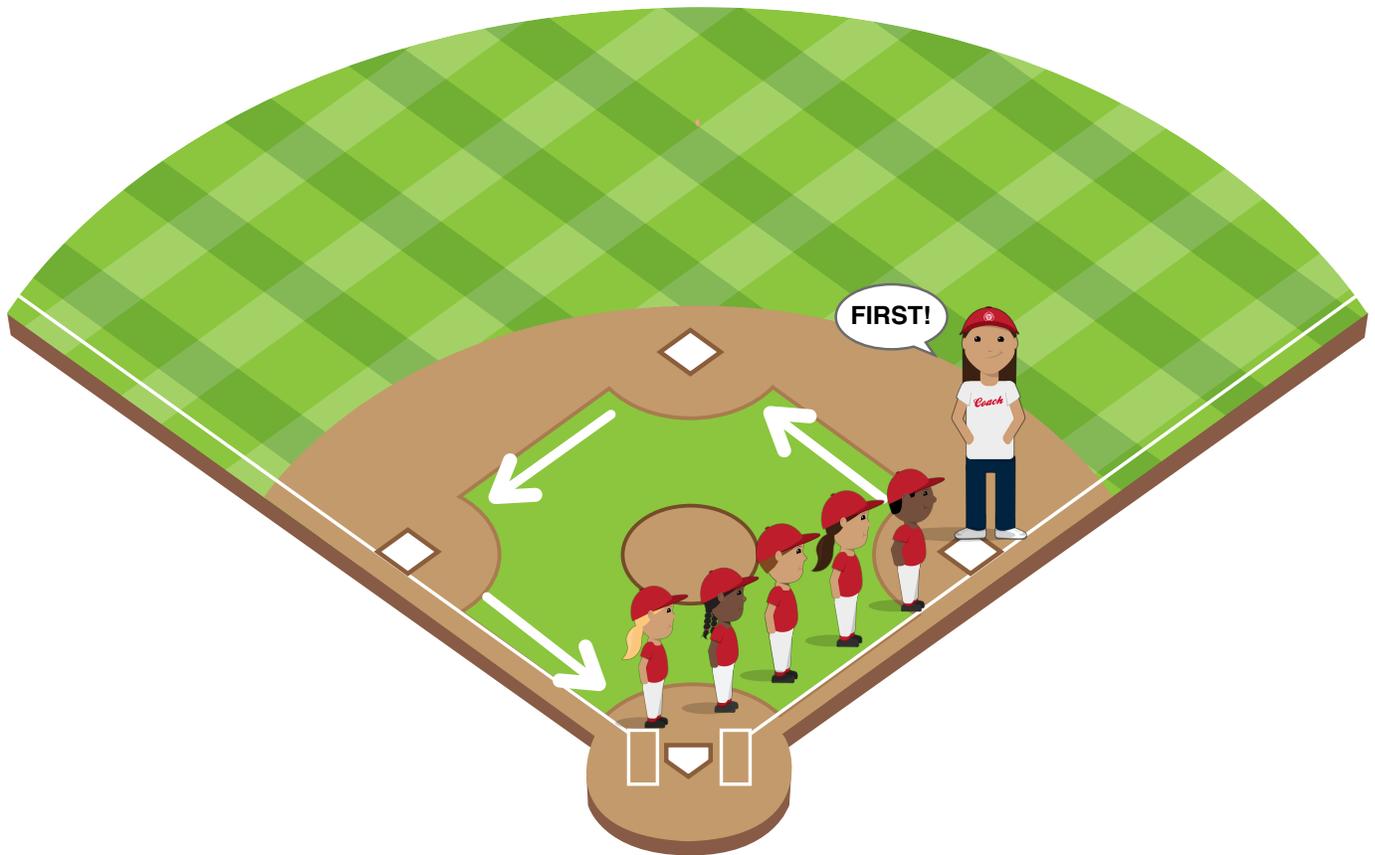


SEQUENCE 4

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 | Helmets



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.



FULL PRACTICE PLAN

WEEK FIVE

PRACTICE GOAL

The players should be able to stay in their position to field the ball and throw it to the correct coach/player to attempt an "out".

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Buckets for Balls (2)
- Tees (3-4) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cones (10) - or anything that can act as a barrier
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Briefly review the correct way to field a ground ball, have a player demonstrate, and discuss the PCA tip of the week. (3 minutes)

2. RED LIGHT, GREEN LIGHT: Explain game to players and have them line up on the foul line or on a mock line in between two cones. A coach stands a distance across from the players. When the coach yells, "green light," they run, and when the coach yells, "red light," they must stop as quickly as they can. Repeat until the players arrive at the coach. The first player is the "winner" of that round. Turn players around and repeat game back to the starting point. (6 minutes)

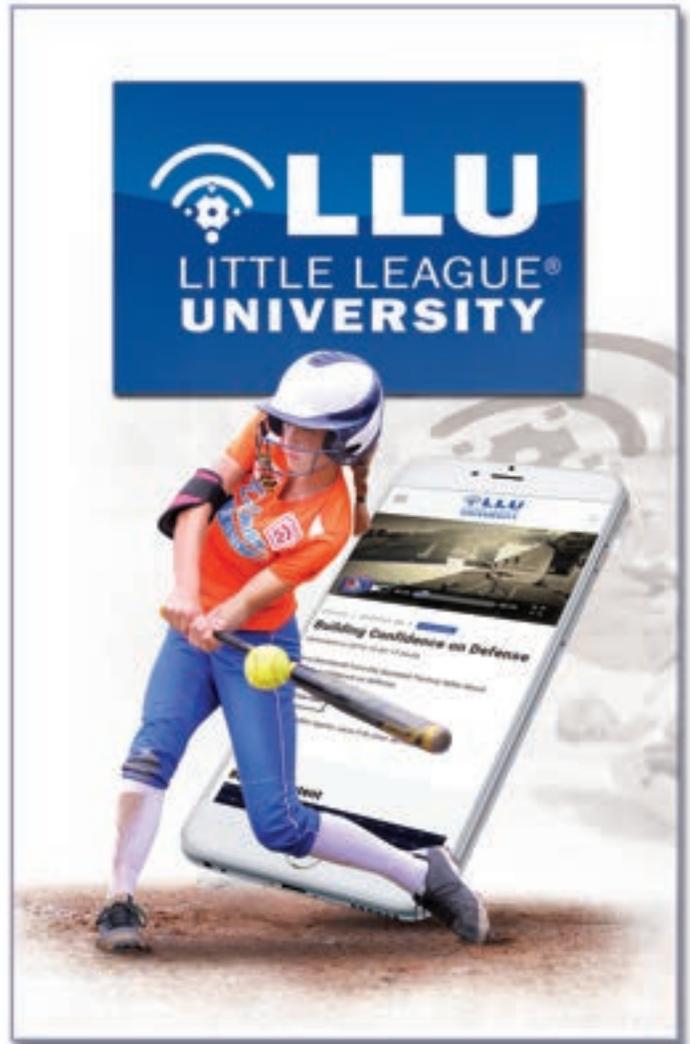
3. CATCHING PRACTICE: Have players get their gloves and find a personal space. Give each player a tennis ball. Have each player "challenge" himself or herself and toss the tennis ball (not too high) into the air and squeeze it in their glove. Stress watching the ball the whole time and covering the ball with the bare hand after the ball hits the glove. When players have practiced for a few minutes, ask them to see how many catches they can make in a row. Have players gather and return tennis balls to bucket. (4 minutes)

4. OFFENSE AND DEFENSE: Spread the players out in the field. Put a bucket on first base, second base, and third base. Designate one player the rest of the team must get the ball to (by throwing to them or running to them). That player is then responsible to put the ball in a bucket to make an out. The coach stands at home plate and rolls balls into the field to each position, one at a time. Players then must stay in position and get the ball to the designated person to place in the bucket for an out. Switch the player who is placing the ball in the bucket. (8 minutes)

PROGRESSION 2: Players MUST throw to the designated player. Designated player must place the ball in the specified bucket. (8 minutes)

PROGRESSION 3: Separate players into two groups. Send half out into the field behind a line of cones and the other half to home plate. The players in the field must stay behind this line during the game. There is also a bucket out in the field behind the cones. At home plate, have three or four tees (depending on number of players) set out apart from each other. Evenly send the players at home plate to the tees. On "go," the players at each tee take turns hitting the ball into the field (3 or 4 balls are being hit at once). The players in the field must collect the balls and put them into the bucket. Players at home plate rotate continuously (quickly) and take turns. Play for a specified time (4-5 minutes) then switch sides. (12 minutes)

5. CONCLUSION: Gather players and have them shake another player's hand. Talk about what they learned today and the PCA tip of the week. Remind the parents of the next event. (2 minutes)





POSITIVE COACHING ALLIANCE TALKING POINTS FOR TEE BALL COACHES

WEEK 5 — TRYING HARD (DIMITT)

In order to get good at anything, you need to give your best efforts at every practice and in every game.

Many people think that talent is the most important thing in being good at a sport (or anything else in life). They think that either you are good at something or you aren't, but really any of us can get better if we work hard and have determination to improve.

That's why we say **“Determination Is More Important Than Talent.”** To help you remember, take the first letter of each word in that sentence and it spells **DIMITT**.

Remember DIMITT and have your athletes use it whenever things seem to be getting hard. We are going to have days when things come easily and days when it seems really hard. Let's remember DIMITT when things get hard.



WEEK FIVE

QUICK PLAN

WEEK FIVE | 45 MINUTES

0:03 INTRODUCTION

- Welcome players
- Review fielding a ground ball/PCA tip of the week

0:06 RED LIGHT, GREEN LIGHT

- Players are lined up, while a coach stands a distance away and calls “green light” for players to run, “red light” for them to stop. The first player to reach the coach wins
- See full practice plan for complete instructions

0:04 CATCHING PRACTICE

- Players are in a personal space with their glove and a tennis ball tossing and catching with themselves

0:28 OFFENSE AND DEFENSE



- Three Progressions
 1. Players in position run or throw the ball to the designated player.
 2. Players in position throw the ball to the designated player
 3. Half players are hitting and half are fielding

0:02 CONCLUSION

- Shake another's hand/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)



TRYING HARD (DIMITT)

In order to get good at anything, you need to give your best efforts at every practice and in every game.

Many people think that talent is the most important thing in being good at a sport (or anything else in life). They think that either you are good at something or you aren't, but really any of us can get better if we work hard and have determination

That's why we say “Determination is More Important Than Talent.”

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SEQUENCE 2

RED LIGHT, GREEN LIGHT

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- All players line up on the foul line in the outfield and the coaches face the players a distance away. When a coach calls out “green light,” the players begin running toward the coach. When the coach calls out “red light,” the players must stop or freeze.
- The coach continues to call out green and red light until players reach a determined distance.



SEQUENCE 3

CATCHING PRACTICE

WHAT YOU'LL NEED:

Gloves | Tennis Balls



DRILL SEQUENCE:

- The players find a personal space anywhere in the playing area. The players should all have his/her glove and tennis ball.
- Players toss the ball in the air to themselves and catch it, or “squeeze it,” in their gloves.



SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 1 & 2

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3)



DRILL SEQUENCE:

- The players begin the drill in positions. The coach rolls the ball to any position. The player at the specific position must field the ball and then either run it or throw it to a designated player (usually the person playing first base). That player then drops the ball into the bucket beside him/her and it counts as an “out.”
- **PROGRESSION 2:** The player who fields the ball must throw the ball (and not run it) to the designated player with the bucket for an out.



SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 3

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3) | Bats | Helmets | Tees



DRILL SEQUENCE:

- The players are divided into two teams. One team must go behind the line of cones in the field, and the other team is near home plate with a tee and plastic balls (or in line at a tee ready to take a turn).
- On “go”, the players at the tees all swing and hit their plastic balls into the field. The players in the field stay behind the cone line to field the balls and then run to place them in the bucket that is also behind the cone line in the field.
- The game is continuous and teams should switch sides after a specific time or until all of the balls are gone. All players (or most) are moving at all times.



FULL PRACTICE PLAN

WEEK SIX

PRACTICE GOAL

The players will be able to call for the ball before they catch it or field it. They will be able to recognize a team effort by encouraging and being attentive to others' actions on the field.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Tee Balls (15)
- Buckets for Balls (3)
- Tees (3-4) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cones (16) - or anything that can act as a barrier
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about what the players liked most about the last game, what they had the most fun doing and the PCA tip of the week. **(3 minutes)**

2. ZIGZAGGING: Set out 4 lines of cones for lines of players to stand behind and zigzag through. Separate players into four groups behind each line of cones. On "go," the first player from each group runs and zigzags through the cones. When they get to the end, they circle around the last cone, zigzag back and tag the next player's hand. The next player goes. Repeat until each player takes a turn. **(5 minutes)**

3. 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. Continue to reinforce the proper hitting mechanics. Review the proper grip on the bat. Talk about how tight they should hold the bat. 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 keep the bat level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they should watch the ball the whole time. They should follow through by finishing with their hands near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate. **(12 minutes)**

BREAK (2 minutes)

4. POP-UPS: Separate players into groups for fly balls. Each coach should take a group and begin with a small tosses to each player (with the group spread out in a semi-circle). The coach should call the player's name (whoever is being tossed to) and that player then calls the ball. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses. After a few rounds, progress to one player

catching as many as they can in a row. When they are through (if they catch 1 or 10), the other players in that group do as many jumping jacks as that player caught and then say, "Good Job". (e.g. – Johnny is up and catches 4 fly balls in a row before he drops one. The other players in the group then do four jumping jacks for the fly balls he caught and then chant, "Good Job, Johnny.") Use cues. Catching is perhaps the most difficult skill for these young players to learn. Begin with no glove and allow players to catch a plastic ball in a "basket catch" method with fingers facing the coach. Gradually move to catching the plastic ball above the head with the fingers up. Once the player has a comfort level with catching the plastic ball, graduate to a tennis ball and have players put on their gloves. Begin with the basket catch and move to the proper technique of catching the ball with fingers up and thumbs together. Stress two hands by having players cover the ball with their bare hand each time it goes into the glove. **(10 minutes)**

5. RUN THE BASES RELAY: Review running the bases. Create two teams. Each team lines up behind a specified base (e.g. second base and home plate) and use a cone to have them stand behind (about 3 feet behind) the base. On "go," the first player of each team begins to run the bases with a plastic ball in hand (like a baton), tagging each base and returns to the base where they started. When they get back, they hand the plastic ball to the next player and go sit down at the end of the line. The next player begins to run the bases when they get the ball and it repeats through the line. The first team done wins. Repeat. **(8 minutes)**

6. CONCLUSION: Gather players and have them tell another teammate one thing that they are going to try to do well in the next game and discuss the PCA tip of the week. Remind the parents of the next event. **(2 minutes)**





**POSITIVE COACHING ALLIANCE TALKING POINTS
FOR TEE BALL COACHES**

**WEEK 6 —TEACHABLE SPIRIT
(WAG)**

You want your athletes to learn and get better every week this season. That means they need to have a Teachable Spirit.

People often stop learning because while they are learning something new, and they are not yet good at it, they don't want to look foolish. But the really foolish person is the one who stops learning.

When it's time for your team to learn, you can WAG! The letters W-A-G help us remember how to learn

W is for Watch. Your athletes can learn a lot just by watching someone do something that they want to know how to do.

A is for Ask. Many people don't ask questions because they think.

G is for Get coaching. Your athletes can get a coach to help them learn what they want to learn.



WEEK SIX

**QUICK PLAN
WEEK SIX | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Talk about what the players had the most fun doing at the previous game/PCA tip of the week

0:05 ZIGZAGGING

- Players are broken into lines and zigzagging around their cones
- 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

0:02 BREAK

0:10 POP-UPS

- Players are in groups, each group is in a semi circle, players are tossed pop-ups and called by name, the player calls the ball
- Progress with difficulty
- How many can each player catch in a row
- Jumping jacks for number of catches

0:08 RUN THE BASES RELAY

- Divide players into two teams
- One team begins at home and the other team at second base
- Players run one at a time with a plastic ball as a baton, and hand off
- First team finished wins
- See full practice plan for complete instructions

0:02 CONCLUSION

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



TEACHABLE SPIRIT (WAG)

People often stop learning because while they are learning something new and they are not yet good at it, they don't want to look silly. But the really silly person is the one who stops learning. The letters W-A-G or "Wag" can help us remember how to learn.

W - is for Watch. You can learn a lot just by watching someone do something

A - is for Ask. Many people don't ask questions because they think it makes them look silly. But, it's smart to ask questions!

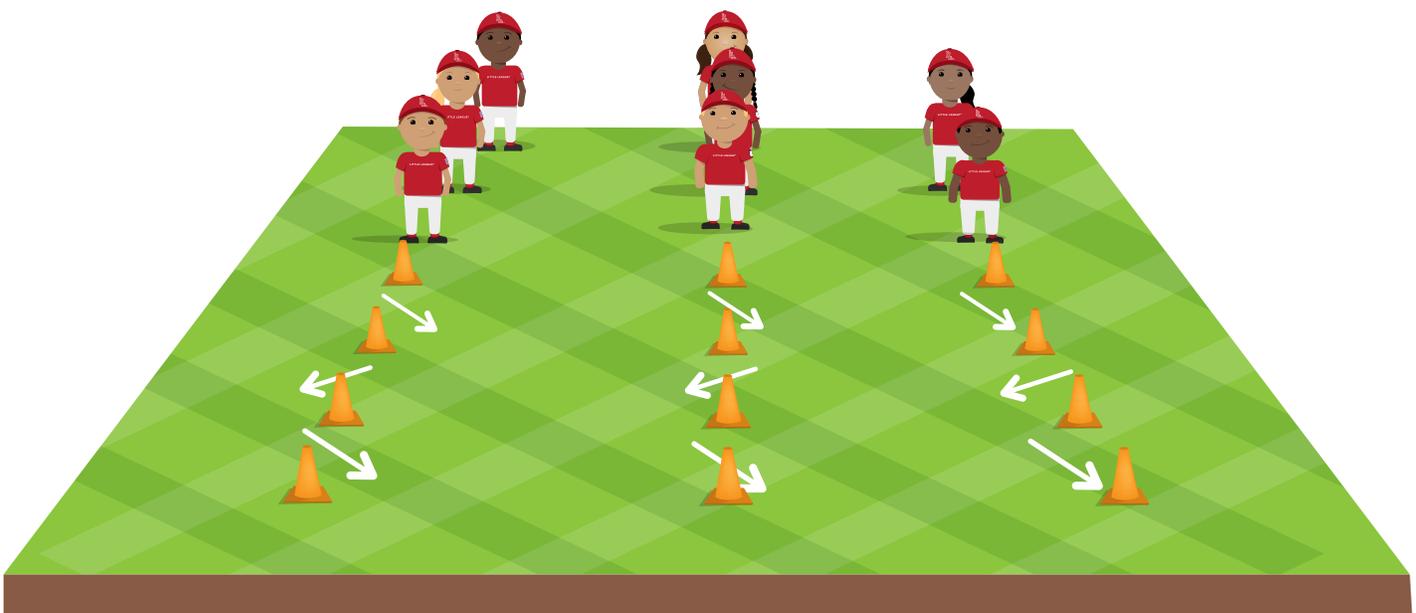
G - is for Get coaching. Get a coach to help you learn.

SEQUENCE 2

ZIGZAGGING

WHAT YOU'LL NEED:

Cones



DRILL SEQUENCE:

- The players are broken up into groups. Each group lines up behind a line of spaced out cones.
- On “go”, the first player in each line zigzags through the cones, circles around the last cones, and zigzags back between the cones. They then tag the next person in line to proceed through the cones.
- Finish when all players are complete or turn the drill into a race between teams.



SEQUENCE 3

TEE HITTING

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Tees | Helmets



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.

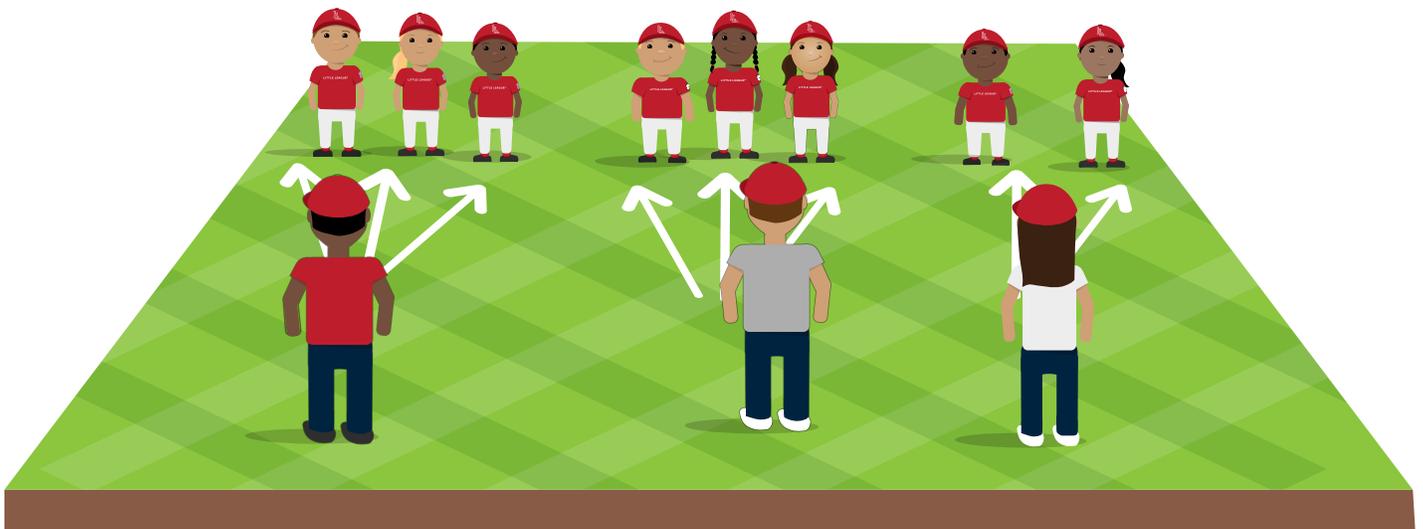


SEQUENCE 4

POP-UPS

WHAT YOU'LL NEED:

Gloves | Tee Balls



DRILL SEQUENCE:

- The players are split up into groups and paired with a coach.
- Each group circles around or spreads out around the coach. The coach takes turn with each player and tosses him/her a very shallow pop-up, progressing higher and higher with each turn.
- After a few practice rounds, each group has a contest within itself to see which player can catch the most pop ups in a row. However many each player catches within each group, the other group members do that many jumping jacks before the next player's turn.

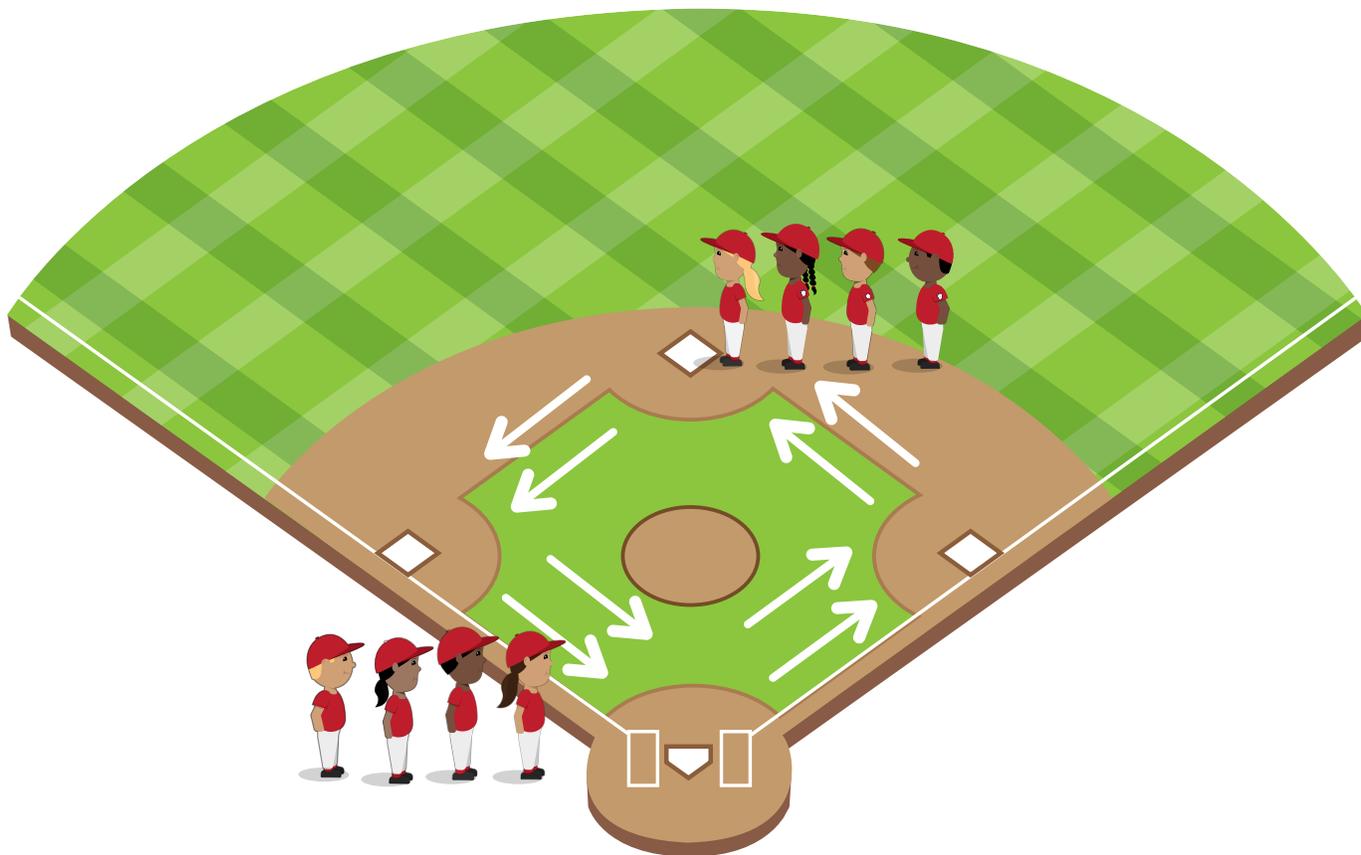


SEQUENCE 5

RUN THE BASES RELAY

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- The players are divided into two teams. One team lines up at second base and the other team lines up at home plate. Each line should be out of the way of the base paths.
- On “go”, the first player in line at second base runs around the bases and back to second base while, at the same time, the player at home runs around the bases back to home plate. Once the players arrive back to their team’s line they tag the next player to continue the race.
- The first team to finish is the winning team.



FULL PRACTICE PLAN

WEEK SEVEN

PRACTICE GOAL

The players should be able to hit the bucket at least one time. Throwing accuracy should be improved.

MATERIALS:

- Plastic Balls (15)
- Tee Balls (15)
- Buckets for Balls (2)
- Tees (1) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about the goal of today's practice, what they will learn, and the PCA tip of the week. **(3 minutes)**

2. THE GREAT BASEBALL: Split the players into four groups and send each group to a side of the field (between home and first, between first and second, between second and third, between third and home). Name each side, examples: "The Baseballs," "The Bats," "The Gloves," "The Bases." Coaches stand in the middle of the square. When the coach calls a specific group; they have to try and make it to the other side of the square without getting tagged by the coaches. If they get tagged they must sit down at that spot. They can now tag players as well from the seated position. Repeat. **(8 minutes)**

3. HIT THE BUCKET: Have players create a giant circle. Inside the circle, place a bucket. Each player should have a plastic ball. Go around the circle and have each player take a turn to throw their ball at the bucket. If someone hits the bucket, it is an out for the whole group. If a player tosses their ball inside the bucket, it counts as three outs. Once the whole team collectively makes 3 outs, everyone wins! If three outs are recorded before everyone has a chance to throw, just see how many outs the whole group can make in a specified time. Once everyone throws for two or three turns call a time-out and have everyone collect their balls and repeat. **(8 minutes)**

BREAK (2 minutes)

4. INNING PRACTICE: Divide the players in half and work on a game inning. Work on transitions, skills, and knowledge that players have shown to lack in games. Examples include running to the correct bases, staying in position, fielding by bending knees, moving toward the ball, and over hand throws. **(20 minutes)**

5. CONCLUSION: Gather players and review what was learned in inning practice. Have the players do a team huddle chant (name of team, or "teamwork", or "tee ball") and discuss the PCA tip of the week. Remind the parents of the next event. **(2 minutes)**



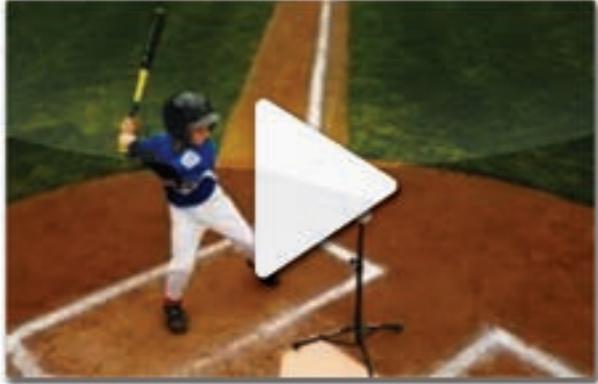
VIDEO RESOURCES

EXPLORE VIDEO TUTORIALS FOCUSING ON TEE BALL AND MORE



1 DROP THE BALL INTO THE GLOVE

TEE BALL Catching the Ball



TEE BALL Hitting off a Tee

VIEW THESE VIDEOS AND MORE ON LittleLeagueU.org

