



# Foresthill Divide Little League (FDLL) Practice Plan Template

## Tee Ball and Coach Pitch

Practice for these divisions should be short (45 to 60 minutes) and change activities often. Kids at these ages have short attention spans and will lose interest when not actively participating in a drill.

### 1. Team Warmup/Game (7-10 minutes)

Get the kids moving. This initial activity should focus on having the kids expend their early excited energy, elevating their heart rates, and getting their muscles activated. Suggested warmups include:

**Follow the Leader:** Have the team line up and space out. A coach will be the leader at the front of the line. Coach starts jogging around the field and performing different actions (e.g., skipping, lunging, bear crawls) and the kids have to copy.

**Baseball Tag:** This is a good activity with a smaller number of players, such as when kids are first arriving at practice. Place a runner on each base. Extra kids start on the pitcher's mound with a baseball in hand. The pitchers have to try to tag out a runner before they reach the next base safely. Runners should run in the order of the bases (e.g., 1B to 2B; 2B to 3B). Runners start on a base and pitchers start on the mound. When coach yells "Go" all the players can begin running. If a runner is tagged out, give them a ball and join the pitching team. See who can be the last runner standing. Swap runners and pitchers.

### 2. Team Stations (8 minutes each station + 2 minutes rotation; 30 minutes for all three stations)

Break the team up into three groups. Each group will begin at a different station. Each station should focus on a different fundamental of the game. Pick from one of the suggested drills or use your own.

Station #1 (e.g., Throwing)	Station #2 (e.g., Catching, Fielding)	Station #3 (e.g., Hitting, Baserunning)
<ul style="list-style-type: none"><li>• 4-seam baseball grip</li><li>• Ready-Break-Throw</li><li>• Throwing at a target (e.g., hoop on the fence or a helmet on a tee)</li><li>• Fielding a grounder and throwing to appropriate base</li></ul>	<ul style="list-style-type: none"><li>• High Five the baseball (teaching kids to catch balls in the air with fingers up)</li><li>• Ready position to field a ball</li><li>• Bare-handed catching to develop eye-hand coordination</li><li>• Fielding grounder and touching the base to get a force out</li></ul>	<ul style="list-style-type: none"><li>• Dropping the bat safely and running through first base</li><li>• Hitting from the tee</li><li>• Hitting tossed milk jugs</li><li>• Ready position on the base (one foot on, one foot off)</li></ul>

### 3. Team Game (10-15 minutes)

Play a team game that introduces competition and reinforces the fundamentals the kids are learning. Example team games include:

- Soft wiffle ball dodge ball
- Mini scrimmage; divide your team into two groups and play a one-inning game
- Coach tag