

T-Ball Practice Plan (Day 1)

Time	Skills/Drills/Activity	Location		
6:15	<ul style="list-style-type: none"> • Early Outs (Hitting) • Field Prep / Set-up 	Outfield		
6:30	<ul style="list-style-type: none"> • Team Warm-up & Stretch <ul style="list-style-type: none"> ○ Snake Run ○ High Five Shuttle ○ Stretch (Try this, try that) <ul style="list-style-type: none"> ▪ Jumping Jacks ▪ Arm Circles ▪ Stork Stands ▪ Toe Touches ▪ Spider Push-Ups 	Outfield		
6:40	<ul style="list-style-type: none"> • Team Base Running (Practice running from 1st to 2nd) <ul style="list-style-type: none"> ○ Relaxed/Ready ○ Crossover ○ Arms ○ Come out low ○ Crossover-Shuffle-Shuffle ○ Crossover-Shuffle-Shuffle (back to 1st, go to 2nd) ○ Slide (Wet day) 	Outfield		
Game Time (Split Team Into 2 Groups)				
	Group 1 (Game)	Group 2 (Skill Development)		
6:45	<ul style="list-style-type: none"> • Game <ul style="list-style-type: none"> ○ 2 innings ○ Batting <ul style="list-style-type: none"> ▪ Choose different Home Run Hitters ○ Fielding <ul style="list-style-type: none"> ▪ Rotate Positions halfway through the batting order 	Infield	<ul style="list-style-type: none"> • Throwing (Choose one ea. Day) Equipment: Buckets, Balls <ul style="list-style-type: none"> ○ Grip ○ High Ball ○ Big Step ○ Big Bounce ○ Pitching (Balance point) ○ Pitching to Rugs ○ Step In Front (Square it off) ○ 2-Step Throw 	Outfield
6:58			<ul style="list-style-type: none"> • Fielding Skills (1 coach : 3-4 players) Equipment: Ball Bucket, Cones <ul style="list-style-type: none"> ○ Catching Wheel (1-5) ○ Grounders <ul style="list-style-type: none"> ▪ Stance ▪ Alligator shuffle ▪ Attack the ball (Roll short) ▪ Movement (side to side) ○ Pop-fly shuttle (Forehand, Backhand) 	Outfield
	Group 1 (Skill Development)	Group 2 (Game)		

7:11	<ul style="list-style-type: none"> • Throwing (Choose one ea. Day) <p>Equipment: Buckets, Balls</p> <ul style="list-style-type: none"> ○ Grip ○ High Ball ○ Big Step ○ Big Bounce ○ Pitching (Balance point) ○ Pitching to Rugs ○ Step In Front (Square it off) ○ 2-Step Throw 	Outfield	<ul style="list-style-type: none"> • Game <ul style="list-style-type: none"> ○ 2 innings ○ Batting <ul style="list-style-type: none"> ▪ Choose different Home Run Hitters ○ Fielding <ul style="list-style-type: none"> ▪ Rotate Positions halfway through the batting order 	Infield
7:24	<ul style="list-style-type: none"> • Fielding Skills (1 coach : 3-4 players) <p>Equipment: Ball Bucket, Cones</p> <ul style="list-style-type: none"> ○ Catching Wheel (1-5) ○ Grounders <ul style="list-style-type: none"> ▪ Stance ▪ Alligator shuffle ▪ Attack the ball (Roll short) ▪ Movement (side to side) ○ Pop-fly shuttle (Forehand, Backhand) 	Outfield		
7:33	<ul style="list-style-type: none"> • Full Team Base Running Relay Race <ul style="list-style-type: none"> ○ One team starts at Home Plate, Other team starts at 2nd base ○ 1 player at a time 			Infield
7:40	<ul style="list-style-type: none"> • 3 Cheers • High Fives • Field Clean Up 			Infield
7:45	<ul style="list-style-type: none"> • Team Meeting <ul style="list-style-type: none"> ○ Heart and Hustle Award 			Bench