

T-Ball Practice Plan (Day 2)

Time	Skills/Drills/Activity	Location	
6:15	<ul style="list-style-type: none"> • Early Outs (Hitting) • Field Prep / Set-up <ul style="list-style-type: none"> ○ Bases, Batting Mats, Cones (for infield positions) 	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 into base (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 half way through the batting order 	Infield	
6:58		<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 • Batting Practice (with Whiffle Balls) <ul style="list-style-type: none"> ○ 2 players hitting off a tee/Pylon – other players collecting balls (rotate after bucket of whiffle balls is empty) 	Outfield
	Group 1 (Skill Development)	Group 2 (Game)	
7:11	<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 	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 	Infield

	<ul style="list-style-type: none"> ○ Big Bounce ○ Pitching (Balance point) ○ Pitching to Rugs ○ Step In Front (Square it off) ○ 2-Step Throw 		<ul style="list-style-type: none"> ○ Fielding <ul style="list-style-type: none"> ▪ Rotate Positions half way through the batting order 	
7:24	<ul style="list-style-type: none"> ● Batting Practice (with Whiffle Balls) <ul style="list-style-type: none"> ○ 2 players hitting off a tee/Pylon – other players collecting balls (rotate after bucket of whiffle balls is empty) 	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