

# WEE T-BALL LESSON PLANNING

Demonstrate Skill—Explain Drill—Walk-through w/o balls (depending on the drill)—Drill—Game

*T-ball is very drill-oriented. Feel free to work in non-baseball games to keep them engaged!*

## Drills By Skill:

### Warm Up:

- GTKY (say your favorite color, food, etc. before passing)
- 4 Corners: run to each bases and do something active at each spot, like: jumping jacks, high knees, push-up's, donkey kicks, touch-your-toes-touch-the-sky)
- Simon says
- Red light; green light: can have them do it forwards, backwards, and sideways

### Throwing:

- Review passing form, stationary (practice with and without ball): bring ball back, elbow bent, ball held high, arm loose not rigid
- Review passing form, motion: step forward with front foot, follow-through toward target

### Drills:

- Pass with coach (demonstrate/talk through proper form—no underhand throws!)
- Players throw with a parent
- Players throw with each other
- Players try to throw ball through a hula hoop (or another target)

### Games:

- Keep your yard clean: Field is split in two with many balls on both sides. The two teams have set number of minutes to continually throw all the balls on their side to the other side. Team with fewest balls on their half at the end of the time wins. *Have a no-throw zone near the center line so they are not as close and are not hitting each other.*
- Hit the Coach: you jog around and they try to hit you with their ball (can tell them they are pirates and the balls are cannon balls!)

**Most important takeaway(s): throwing overhand, follow-through toward target**

### Fielding:

Discuss grounder fielding form: knees bent, glove touching the ground, "alligator chomp" to trap the ball

### Drills:

- Fielder positions Intro: infield
- Fielder positions Intro: outfield
- Fielding line: coach rolls ball to player one at-a-time; both stationary and later make them move some laterally for it
- Field and throw to first: line at pitcher mound, roll grounder to player; pitcher to first base to the

back of the pitcher mound line

**Most important takeaway(s): keeping the glove down and watching the ball roll into it**

**Hitting:**

Explain hitting form: correct hand placement (lead hand on bottom, hands backs), bat pointed up, hands go first when swinging

**Drills:**

Hitting line: very simple—hit one at a time, make sure line is staying back; can have them run all the bases or one at-a-time

**Most important takeaway(s): keeping their eye on the ball and not dropping the bat head while swinging**

**Base Running:**

Discuss direction to run bases

**Drills:**

- Run the bases and learn base names
- Run around the bases like a different animal (cheetah, dog, bunny, etc.)
- Running bases relay (all the way around, then hand off baton to next player)

**Most important takeaway(s): running the correct way after batting**

## **Sample Weekly Plan:**

Week 1:

Rules

Warm Up: Get to Know You Activity

Run the bases and learn base names

Throwing Intro

Throw with Parent

Game: Freeze Tag

Hitting

Week 2:

Warm up: Red Light, Green Light

Running bases relay

Fielding Intro

Game: Hit the coach

Hitting

Week 3:

Warm up: Simon says

Fielder positions Intro: infield

Review: fielding and throwing form

Drill: Field and throw to first

Game: Keep Your Yard Clean

Hitting

Week 4:

Warm Up: 4 corners (do an activity like jumping jacks at each base)

Game: Run around the bases like a different animal (cheetah, dog, bunny, etc.)

Fielder positions Intro: outfield

Review drill: Field and throw to first

Scrimmage (a couple "real" innings, with players going one base at-a-time; I recommend assigning one fielder to field before each hit to avoid dog-piling or the fastest kid always getting it first)