



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

T-Ball

DAY OF THE WEEK: MONDAY, APRIL 13

FOCUS: FIELDING

Infield Ground Ball Drills

This drill should all be fairly simple and this one can be done from any spot on field. Line your players up to receive the ground balls about 25 feet away from the coach.

The coach should then roll the balls 8-7 feet away from the player at a decent pace to their left or right. It has been commonly regarded that at this age, the coach should not randomly throw the ball left or right of the player. Research has shown that players of this age do well with repeated muscle memory. Focus on one side for this portion of practice. Next practice, you can attempt to roll the ball to the opposite side of the player. Once the player has fielded the ground ball, have them toss the ball back to the assistant coach. This drill should be repeated for approximately 9-12 minutes.



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DAY OF THE WEEK: TUESDAY, APRIL 14

FOCUS: HITTING

Large Target Tee Hitting

This is a great tee ball drill for practice because it helps the players make contact with any object on the tee. It can be difficult for players of this age to muster up enough strength to hit a basketball off of a batting tee, so I recommend using large, soft balls to practice with. Have the player line up just as they would with a regular hitting drill, but this time, have them focus on the large ball. This is a great warmup to do before the actual hitting drill with tee baseballs take place. The repetitive motion of hitting the large ball helps the players gather confidence at the plate. It teaches them to keep the eye on the ball and will gradually teach them to focus on contact.





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DAY OF THE WEEK: WEDNESDAY, APRIL 15

FOCUS: FIELDING

Low Fly Ball Fielding

Another tee ball drill that you can do for your youth player's fielding development is having them get used to fielding basic outfield fly balls. Start by having the coach stand back from the player about 30 – 40 feet away. There's no need to be extremely far from these players as they are young, and the higher the ball travels, the more risk there is to sustain injury. I recommend using a pack of soft rubber baseballs so help mitigate these risks.

Teaching tee ball outfield drills to these kids will help them learn how to stop being afraid of a high pop fly. Try to get in as many repetitions as you can within a 12-15 minute period. It's a good idea to try to give the players different scenarios of pop flies. Whether it be 10 feet in front of the player, or 10 feet to the left or right of the player.

DAY OF THE WEEK: THURSDAY, APRIL 16

FUN & CONDITIONING

LES MILLS TIME!

Get your heart rate up and some good cardiovascular exercise with this Les Mills video!
The whole family can do it together!

<https://watch.lesmillsdemand.com/at-home-workouts/season:7/videos/born-to-move-16-4-5-recycling>



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DAY OF THE WEEK: FRIDAY, APRIL 17

FOCUS: FIELDING & THROWING

Alligator & Head Hunter Drills

Have each player open up their arms like an alligator in front of their body before the ground ball is rolled to them by the coach. Once the ball reaches their glove, have them clamp down with their other arm like an alligator chomping down on the ball. This will teach them to use two hands to secure a ground ball. Performing as many repetitions as possible of this tee ball drill will lead to picking up good habits when on the field.

It's common to see on the field a lot of youth players running at the ball and putting their glove on the ground on the side of their body. This alligator drill for tee ball players will teach them to get their body in front of the ball and to use two hands to clamp down on the ball so that it doesn't get away from them on a simple grounder.

From there, the players will throw the baseball at a helmet stacked on top of a batting tee. The objective is for the players to attempt to hit this batting helmet off of the tee. This is a great tee ball drill for throwing and it is incredible entertainment for them. Whenever you can get some sort of game going with them, it's a great way to hold their attention.



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DAY OF THE WEEK: SATURDAY, APRIL 18

FOCUS: HITTING

DOT & CONE DRILLS

These are two drills focused on hitting accuracy and hand-eye-coordination.

Take a baseball and draw a red dot on it, about the size of a quarter. Stack the ball on a tee and have the 4layers swing at the baseball while staring at the red dot on it. This will help the player consistently make contact with the baseball because they are making it a priority to hit this ball every single time, right on the dot. Try this about 20 times.

Next, Start put 4 cones at 4 different locations on the field.

- First Cone – Placed in front of the pitcher’s mound (1 Point)
- Second Cone – Half way between the pitcher’s mound and second base (2 points)
- Third Cone – At the beginning of the outfield (3 Points)
- Fourth cone – 10 yards past the third cone (4 Points)

Let your player get 10 hits and see how many points he can score. See if he can beat his previous scores each time he plays.



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DAY OF THE WEEK: SUNDAY, APRIL 19

FOCUS: THROWING

Go out and play catch with your player.

Things to focus on with throwing:

- 1) Don't assume that your player knows how to throw
- 2) Teach accuracy
- 3) Eyes need to be on the target
- 4) Step directly toward where they want to throw the ball. Body should be aligned.
- 5) Be aggressive, make the throw, follow through and finish

DAY OF THE WEEK: MONDAY, APRIL 20

FOCUS: CATCHING

Go out and play catch with your player.

Follow the video regarding teaching catching. You do not want them to be afraid of the ball.

<https://www.youtube.com/watch?v=Ohy4hOefDx4>

DAY OF THE WEEK: TUESDAY, APRIL 21

FUN & CONDITIONING

LES MILLS TIME!

It's time to get your heart rate up!

<https://watch.lesmillsdemand.com/at-home-workouts/season:7/videos/born-to-move-15-4-5-magic-lamp>



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DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: BASE RUNNING

If you do not have four actual bases, use a piece of cardboard or something square that is not too raised off the ground.

At this age, it is more about getting outdoors and exercising, which is why running the bases is a great starter drill. Bring a stopwatch and see how fast your player can run to a base in a given time. Start by leading the pack and naming each base as you round it. If you're energetic, when you get to home plate, celebrate as if someone hit a grand slam in the bottom of the 9th inning to win the World Series. The kids will love it!

Or, to teach your player how to sprint out a groundball, you can have them race down the first baseline. Place yourself just past first base down the foul line and have them race past you and then jog back to home plate and do it all over again (high fives are a must as they run past you). Both of these base running drills are a great way to get your players active and working up a sweat.

DAY OF THE WEEK: THURSDAY, APRIL 23

FOCUS: FIELDING

Goalie Drill

Purpose: This drill is to get players comfortable and confident in getting in front and keeping their body squared up to the ball.

Set up: This drill is designed for use with **TENNIS BALLS**. It must be performed on a surface that allows the ball to bounce. Player will set up about 15 feet away from coach, facing him in a ready position. Player does not need a glove.

How it works: Coach will bounce the tennis balls on a one-hop at the player's chest height, alternating moving the player left and right. The player's goal is to use his chest to block each ball and knock them back toward the coach. The coach should bounce each ball far enough away from the player to force him to move quickly, but not too far for the player to get to. The coach should bounce 10 ground balls in a row, give the player a break and then try it again.



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DAY OF THE WEEK: FRIDAY, APRIL 24

FOCUS: THROWING

Distance Throwing

Purpose: This drill is designed to get young players to gain confidence with throwing the ball hard. Many times they will ease off throwing hard while playing catch, so that they don't overthrow their partner. This is a great at-home drill for beginners.

Set up: Players need to have their arms fully warmed up. They should have already played catch for 10 to 15 minutes before doing this drill. This can be a competition or done individually.

How it works: Just as the name implies, players will be trying to throw the ball as far as they can. Have them begin on a foul line or set a cone up to mark where they must throw from. A coach or another player will be standing out in the field to act as a marker. The player will throw the ball as far as he can, and when it stops the marker coach will go stand where it landed. Give the player 3 attempts, and leave a cone or other type of marker on his farthest throw. The winner will be the player whose marker is the farthest from the starting line. If done as an individual drill, have players write down where their farthest throw landed, so that they can try to top their best distance the next time you do the drill.



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DAY OF THE WEEK: SATURDAY, APRIL 25

FOCUS: HITTING

Distance Hitting

Purpose: This drill is designed to get young players to begin learning how to hit the ball hard. Removing all mechanical thoughts, and focusing on hitting the ball as far as possible is a simple, and natural way for young hitters to learn and develop bat speed and power. This drill is especially great for tee ball age players and for parents working at-home with beginners.

Set up: Players should be nice and loose. Have them take some warm up swings before they begin the drill. This can be a competition or done individually. Set up a batting tee in an area where players can hit the ball as far as they can, without obstacles in the way to stop it.

How it works: Just as the name implies, players will be trying to hit the ball as far as they can. A coach or another player will be standing out in the field to act as a marker. The player will hit the ball as far as he can off of the batting tee. When it stops, the marker coach will go stand where it landed. Give the player 3 attempts, and leave a cone or other type of marker on his farthest throw. The winner will be the player who's marker is the farthest from the starting line. If done as an individual drill, have players write down where their farthest hit landed, so that they can try to top their best distance the next time you do the drill.

DAY OF THE WEEK: SUNDAY, APRIL 26

YMCA GYM CLASS TIME!

Join us for YMCA GYM CLASS time with Coach Mike!

<https://www.youtube.com/watch?v=ORRzXu1hqtE>