



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# VIRTUAL PRACTICE PLAN

## T-Ball

**DAY OF THE WEEK: MONDAY, APRIL 27**

### FOCUS: BASE RUNNING

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 who 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 team 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: TUESDAY, APRIL 28**

### FOCUS: GROUND BALLS

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.



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**DAY OF THE WEEK: WEDNESDAY, APRIL 29**

**FOCUS: THROWING**

Learning how to properly hold the ball is the first step to throwing it well. What you need – Each player needs to have a ball and a glove in order to work in this drill.

How this drill works – Gripping the baseball is essential to throwing properly and accurately. At a young age, learning the proper grip is the best way to help them build the foundation for throwing. Each player has the ball, and they must grasp the ball with the thumb on the underside, and the two top fingers spread slightly apart over the top. The ring finger and the pinky should be touching the side of the ball slightly on the outside. When the coach says 'show me', each of the players gets into the proper throwing stance: legs apart (one in front of the other), foot on the throwing side is behind the body, and the arm is up, with the elbow raised to shoulder height and the forearm and bicep at a 90 degree angle (L-shape).

Result – Coaches will be able to watch how their players are gripping the ball as they show them the grip and the throwing stance. Problems can be corrected at this point.

**DAY OF THE WEEK: THURSDAY, APRIL 30**

**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 getting **this pack of soft, large 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.

**DAY OF THE WEEK: FRIDAY, MAY 1**

**FOCUS: GROUND BALLS**

**Alligator Drill**

This drill is great for tee ball ground ball fundamentals.

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.



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## **DAY OF THE WEEK: SATURDAY, MAY 2**

### **FOCUS: HITTING**

For this fun tee ball hitting drill, you'll need to pick up some colored cones if you don't have some already. I recommend getting these [colored cones from Amazon](#) since they're easy to see.

This is a great hitting drill that is really fun and the players (and coaches!) can enjoy.

Start by putting 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 each player on the team get 4 hits (not swings). Then, record their scores based on the point system above. The player with the highest score total wins.

This drill can be done solo, or in the team format. I personally enjoy doing it in the team format.

## **DAY OF THE WEEK: SUNDAY, MAY 3**

### **FOCUS: CONDITIONING**

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### **DAY OF THE WEEK: MONDAY, MAY 4**

#### **FOCUS: THROWING**

##### **Bucket Toss**

Place an empty bucket at about 5 feet away from your child

Have your child try to throw the ball in the bucket.

If they hit the bucket its 1 point

If they make in the bucket its 2 points.

You can set up a couple of buckets at different distances and rewards points as well.

### **DAY OF THE WEEK: TUESDAY, MAY 5**

#### **FOCUS: FLY BALLS**

No gloves needed on this drill. You need a batting helmet or a bucket.

The coach stands about 15 feet away from a player and tosses a tennis ball into the air. The player runs to get under the ball. If it hits his helmet, he gets one point. If he catches in the helmet or bucket he gets two points. As players get better, make the distance longer. This is a fun drill and players enjoy seeing who gets the most points.

### **DAY OF THE WEEK: WEDNESDAY, MAY 6**

#### **FOCUS: FIELDING & THROWING**

This fielding drill can be done at any infield position. The players get in a line to field grounders. One coach hits or rolls the grounders. A second coach serves as the first baseman.

The player steps up and fields and make a clean throw to first.



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## DAY OF THE WEEK: THURSDAY, MAY 7

### FOCUS: SWINGS

#### Batting Stance and Swing Drill

Very young children will benefit greatly in the future when they are taught the correct batting stance now. They will become disciplined in the stance at an early age and when they move on to high school, it will be second nature to them. Learning the batting stance is one of baseball's fundamentals.

For this drill, line up your team along the first and third base base lines. Ask your players to get into their batting stance. This drill is fun for the kids because it allows them to show off their batting stance. Do not use a baseball bat for this drill.

Check each player to confirm that his arms are up with hands raised to his ears, and back elbow raised.

The coach calls out "swing", and, without bats, they demonstrate their swings. The coach walks around and makes adjustments to their swings, which should be level and across the middle of their bodies.

Make it a fun time and a game for them to swing without a bat. Make sure that they don't swing too hard, and that with each swing, they are doing it the same way each time they go through the motion.



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## **DAY OF THE WEEK: FRIDAY, MAY 8**

### **FOCUS: GLOVE POSITIONING**

This is a great fielding drill to help young players learn which way to use their glove.

**What you need:** Plastic milk jugs with the bottoms cut out. One half also needs to be cut out. It should resemble the set up of a baseball glove, with one side cut out, so it looks like a scoop.

**How this drill works:** Since a scoop is something that is carried outside the hand, younger kids will be able to maneuver the scoop easier than having a glove on their hand. With the scoop shaped similar to a glove, they will begin to understand glove positioning.

When you are instructing the kids on how to use their “scoop”, show them where the scoop goes in certain situations. Show them grounders, waist level tosses, and shoulder / head level tosses.

**Results:** What you want to show the kids is how their glove is just like the scoop. When they have the web side down for grounders the ball rolls into the glove, etc.



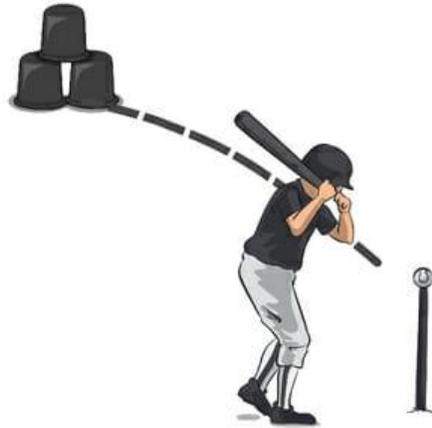
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**DAY OF THE WEEK: SATURDAY, MAY 9**

**FOCUS: HITTING**

**Drill Setup**

Setup 3 buckets upside down on top of each other, with a tee about 20 feet away.



**How it Works**

The first player in line will step up and attempt to hit the buckets.  
The first player in the next line will then take a swing.

**DAY OF THE WEEK: SUNDAY, MAY 10**

**FOCUS: CONDITIONING**

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