



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL PRACTICE PLAN

## T-BALL

**DAY OF THE WEEK: MONDAY, MAY 25**

### FOCUS: BATTING

Teaching the kids the proper swing is important to building a foundation for hitting the ball.

**What you need** – Line the kids up on the first and third baselines, and ask them to get into a batters stance.

**How this drill works** – This will be a fun drill for the kids, as they get to show off their swing without the bat as an impediment. When they line up, ask them to assume the batter's stance. They should have their arms up with their hands raised to their ears and their back elbow raised. When you call out 'swing', all of the kids will show you their swing with the invisible bat. At this stage, you (and assistant coaches) can view the swings of each player and you can make small adjustments to the swings. Make it a fun time and a game to swing without a bat. Make sure the players don't swing too hard, and that they maintain the same fundamentals throughout.

**Result** – With coaches watching over their swing, better instruction can be given to help the players swing properly.



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**DAY OF THE WEEK: TUESDAY, MAY 26**

**FOCUS: THROWING & PARTNER TOSS**



**DAY OF THE WEEK: WEDNESDAY, MAY 27**

**FOCUS: FLY BALLS**

Sometimes younger baseball players have a fear of catching the ball because they are afraid it is too hard.

**What you need** – You will need enough softer balls (tennis balls, wiffleballs, puffy balls) for all of the players. The player should have their gloves.

**How this drill works** – It is tough for some young players to get over the fact that the ball is very hard and they may get hit. This prevents some players from making the effort to catch the ball. They are afraid that if they miss, the ball is going to hit, and therefore hurt them. Start off by showing the players that the ball is very soft, and even if it hits them in the head, they are not going to get hurt. Then, you can start off with the players in the lines and throw the ball to them one by one. Once the players get the hang of it, they can start throwing the ball to each other to try and catch it.

**Result** – Younger players will get over the fear of catching the ball by working with the soft ball and eventually moving up to the harder ball.



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## DAY OF THE WEEK: THURSDAY, MAY 28

### FOCUS: BLOCK THE BALL

This is the first step to getting kids to learn the prospect of fielding the ball.

**What you need** – Set up two or three lines of players so the kids can get maximum repetition. Have a coach or parent volunteer at each line with several balls.

**How this drill works** – With this drill coaches need to first instruct their players on how to move to get in front of the ball. Start the players off in the ready position (hands on the knees, slightly bent, and with their head up watching the play). The coaches or volunteers should roll the ball directly at the players at first, but then to either side. The player needs to shuffle to get their body in front of the ball to knock it down. For each ball that the player knocks down they get three points. If the player scoops the ball with their glove, they get five points. The players will get excited about getting points for knocking the ball down. To teach players how to use their gloves properly, try using plastic milk jugs with one side cut out to form a “scoop”. Have the kids use the scoop to field the ball. This will help them learn to use their gloves to scoop up the ball, rather than trap it.

**Result** – Learning to knock the ball down and ultimately to try and scoop the ball is the first part of fielding the ball

## DAY OF THE WEEK: FRIDAY, MAY 29

### FOCUS: BUCKET TOSS

This puts together the basic idea of fielding a grounder and then throwing the ball to a spot on the field.

**What you need** – You can set up several stations for this drill in order to increase the amount of repetition. You have a line of fielders and a box or bucket at a base.

**How this drill works** – This puts the original drill of bouncing to the bucket together with fielding the ball. The coach will roll a grounder to the player and they pick it up and throw it to try to get it in the box. The emphasis is for the player to knock down the ball, gain the proper grip, throwing motion and then aim it to the bucket. Players will get the same points as they would get in the bounce to the bucket drill.



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**DAY OF THE WEEK: SATURDAY, MAY 30**

**FOCUS: CONDITIONING**

It's Les Mills Time!

<https://www.youtube.com/watch?v=GHCgRsrQwNU&t=4s>

**DAY OF THE WEEK: SUNDAY, MAY 31**

**FOCUS: CONDITIONING**

It's Les Mills Time!

<https://www.youtube.com/watch?v=B-ulfVFtFBs>

**DAY OF THE WEEK: MONDAY, JUNE 1**

**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.



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**DAY OF THE WEEK: TUESDAY, JUNE 2**

**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.

**DAY OF THE WEEK: WEDNESDAY, JUNE 3**

**FOCUS: 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.



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## **DAY OF THE WEEK: THURSDAY, JUNE 4**

### **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: FRIDAY, JUNE 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: SATURDAY, JUNE 6**

### **FOCUS: CONDITIONING**

It's Les Mills Time!

<https://www.youtube.com/watch?v=7GkiHHYoHa4>



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**DAY OF THE WEEK: SUNDAY, MAY 24**

**FOCUS: CONDITIONING**

It's Les Mills Time!

<https://www.youtube.com/watch?v=kVGp7WGUMi8>