LITTLE LEAGUE®

Tee Ball PROGRAM

YOUR GUIDE TO FUN, FITNESS, AND FUNDAMENTALS!

POWERED BY

LittleLeagueUniversity.org

ABOUT THE PROGRAM

Children as young as four years of age are eligible to play Little League®, beginning with Tee Ball. Little League has created a program for Tee Ball-age players (ages 4-7); and their parents or guardians, that is specifically designed to provide a foundation and introduction to baseball and softball that is grounded in fundamentals, fitness, and having fun.

The Little League Tee Ball program is a 10-week plan and resource that features structured learning, highlighted by one practice and one game per week. Over the course of the season, coaches and parents will engage in a series of lessons utilizing up to 40 activities that include skills, drills, and plenty of physical activity.

For generations of Little Leaguers®, their first steps between the lines came in Tee Ball. The same is true of volunteers entering the Little League program in support of their children. Understanding and appreciating the significance of those first steps, Little League International set out to develop a program intent on embracing those moments and creating positive, exciting, and educational experiences for children and adults.

DEAR TEE BALL COACH,

Are you ready for the most rewarding season of your life? Little League® has developed easy-to-follow practice plans to help bring fun and activity into your Tee Ball practices while teaching the fundamentals! The program is designed to have one practice and one game per week. From our research, we have found that parents want practices that have physical activity and most of all that are FUN. Concentrating on having fun at this early age is paramount.

Dr. Darrell Burnett, Certified Sports Psychologist specializing in youth sports and member of the Little League International Board of Directors, explains Tee Ball is the ENTRY level of youth sports and "every child's entry-level experience in the sport to be exciting and enjoyable. FUN and ACTION are the keys. And, even in the early stages, if they learn some skills it will add to the fun."

THE PROGRAM IS SEPARATED INTO FOUR PARTS.

1. **Full practice plans:** Provide details to each instructional activity (while developing baseball or softball skills) as well as highlight the Positive Coaching Alliance tip of the day
2. **Quick Plans:** Quick reference guide to each practice plan
3. **Activity Guides:** Each activity can be downloaded with the quick plan for quick reference either folded or printed on card stock and placed in a lanyard
4. **Tee Ball "FUN"damental Videos**: Collection of videos hosted on **LittleLeagueU.org** designed to compliment the weekly instructional practice plans

Content Contributors:

A PARENT'S GUIDE TO LITTLE LEAGUE® TEE BALL

WHAT IS TEE BALL?

Tee Ball is a non-competitive program focused on fun, fitness, and fundamentals where players ages 4–7 are first introduced to the basics baseball and softball. Little League® International strives to provide a Tee Ball experience focused on teaching the fundamentals of the game in a fun environment while incorporating a high level of physical activity.

WHAT TO EXPECT AS A PARENT

REGISTRATION

Every Little League program has a clearly defined area from which they may register players. In order to participate, a player must live within or attend school within a league's boundaries. At registration, plan to bring documentation showing that your child lives or attends school within that league's boundaries. If you are unsure of where to register your child, please use Little League's League Finder at **PlayLittleLeague.org**

Additionally, most leagues will charge a registration fee to participate in Tee Ball. This fee goes to help offset the expenses of operating the program for your league such as uniforms, equipment, field maintenance, etc. Registration fees will vary from league to league.

GAMES AND PRACTICES

Little League recommends that leagues hold two Tee Ball Activities (games or practices) per week. Each activity should last between 45 minutes and 1 hour and 15 minutes. Parents are strongly encouraged to stay at the field during Tee Ball activities.

Little League provides each manager/coach with a curriculum of activities focused on fun, fitness, and fundamentals that can be implemented during practices and games. The curriculum, including video drills, can be accessed online at **LittleLeagueU.org** and at **LittleLeague.org/teeball.**

EQUIPMENT

Your local Little League program will provide each Tee Ball team with the equipment necessary for games and practices. Equipment that will be provided to each team includes helmets, bats, balls, and catcher's equipment. Additionally, each player should be provided with a uniform shirt and hat. Items that typically need to be purchased by the parent include a glove, baseball/softball pants, and cleats. Some parents may also choose to purchase a bat for their child to use.

VOLUNTEERING

Volunteers are the backbone of every successful Little League program. Your community's Little League program will have a wide range of volunteer opportunities available. Some common opportunities include coaching, concessions, fundraising, etc. Additionally, there are always a number of opportunities to volunteer on a one time basis such as a field work day, opening ceremonies, a fundraising event, etc. Little League encourages all parents to get involved and be an active part of your community's Little League program.

FUNDRAISING

Many leagues will ask families to participate in a fundraiser to benefit the league. Fundraisers help leagues keep registration costs down and provide resources for improvements to the league. Many leagues have options to ensure the Little League experience at the local level is affordable for all families, and no child may be turned away from participating due to financial reasons.

PARENT CONNECTION

The Parent Connection newsletter is Little League's monthly newsletter just for you. All parents are encouraged to sign up to receive *The Parent Connection* by visiting **LittleLeague.org/register.**

LITTLE LEAGUE® TEE BALL GAME PLAY & TIPS

Little League® recommends that the 10 practices detailed in this curriculum are interspersed with games throughout the season. It is important to remember that Tee Ball Games should also be focused around the principals of fun, fitness, and fundamentals. Leagues are encouraged to implement or adapt the following concepts to improve game play for participants.

LIMIT ROSTER SIZE

When possible, leagues are encouraged to limit the size of Tee Ball rosters to 6 to 10 players. Limiting roster size improves the game play experience by:

- Shortening game time
- Allowing for players to be more active in the field
- Shortening the wait to bat for players on the hitting team
- Allowing for coaches to provide more attention to each player

USE TIME LIMITS

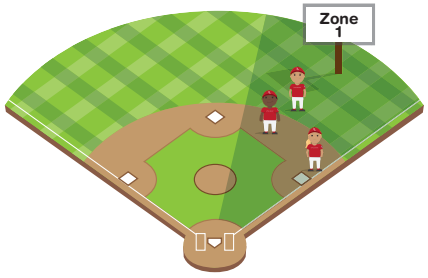
When scheduling and playing games, keep in mind the attention span of an average Tee Ball participant. Little League recommends setting a time limit of 1 hour to 1 hour and 15 minutes for games. If using smaller rosters, this should allow for 2-3 innings of play to be completed.

DEFENSIVE TIPS

ONLINE VIDEO
LLU LITTLE LEAGUE® UNIVERSITY

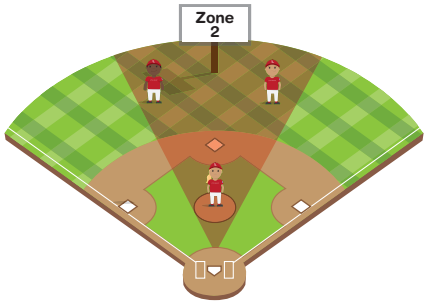
ROTATE PLAYERS ON DEFENSE

Rotating players during the inning on defense is a great way to keep them engaged. An effective way to do this is to divide the playing field into 2 or 3 zones, assigning a coach to each zone, and rotating players within each zone after every batter (or after a predetermined number of batters). The following sample defensive rotation divides the field into 3 zones and ensures that every player gets to play an infield and outfield position every inning.



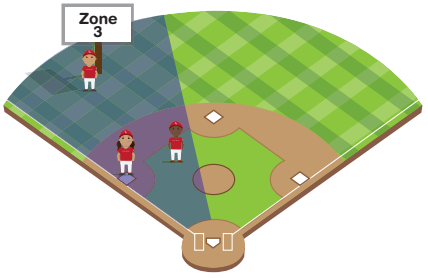
Positions: 1st Base, 2nd Base, Right Field

After Each Batter: 1st base moves to 2nd base, 2nd base moves to right field, right field to 1st base



Positions: Pitcher, Left-Center Field, Right-Center Field

After Each Batter: Pitcher moves to Left-Center Field, Left-Center Field moves to Right-Center Field, Right-Center Field moves to Pitcher



Positions: Short Stop, 3rd Base, Left Field

After Each Batter: Short Stop moves to 3rd Base, 3rd Base moves to Left Field, Left Field moves to Short Stop

If you use a catcher, it is recommended that the catcher stay in position for the entire inning due to the need to wear catcher's equipment.

TIPS:

- Make sure to assign a coach to each zone
- Once players have rotated, have them get in a ready position for each batter

UTILIZE COACHES ON DEFENSE

Utilizing coaches on defense is a great way to keep players engaged in the field. The defensive team's coaches should divide the field into zones and work with players in their area to stay alert and engaged. Utilizing tactics such as having players get into a ready position, having players call out where they will throw the ball if hit to them, etc. keeps players active and focused. Coaches can also consider taking an extra ball or two onto the field with them to toss to players to keep them engaged during times when the ball is not hit in their direction.

OFFENSIVE TIPS

ROTATE THE BATTING ORDER EVERY INNING

Allowing a different player to lead off every inning is a great way to keep players engaged on offense. Several sample rotations are shown below. These can be modified to meet your league's needs.

ROTATION 1

INNING	LEAD-OFF BATTER	LAST BATTER
1,3	BATTER #1	BATTER #9 (OR LAST BATTER)
2,4	BATTER #9 (OR LAST BATTER)	BATTER #1

ROTATION 2

INNING	LEAD-OFF BATTER	LAST BATTER
1	BATTER #1	BATTER #9 (OR LAST BATTER)
2	BATTER #5	BATTER #4
3	BATTER #9 (OR LAST BATTER)	BATTER #8
4	BATTER #4	BATTER #3

UTILIZE COACH PITCH SPARINGLY

Many leagues elect to have coaches throw a set number of pitches to each batter during games. In addition to slowing down the game, this can lead to frustration for players who are unable to hit a pitched ball consistently. If your league would like to use coach pitch in Tee Ball, consider doing the following:

- Only use coach pitch in the second half of the season.
- Limit the number of pitches thrown to each batter to 3-5. If the batter does not make contact during that set number of pitches, use the tee.
- Have first-year participants hit off the tee all season. This allows for players to develop the basics of a consistent, level swing.

SCHEDULING

Little League® recommends that each Tee Ball team is provided with two activities per week. Little League's Tee Ball Curriculum is designed to provide the local league with flexibility when implementing. Below are two recommendations for implementing the program.

SAMPLE SCHEDULE 1 (ONE GAME PER WEEK)

	ACTIVITY 1	ACTIVITY 2
WEEK 1	PRACTICE 1	GAME 1
WEEK 2	PRACTICE 2	GAME 2
WEEK 3	PRACTICE 3	GAME 3
WEEK 4	PRACTICE 4	GAME 4
WEEK 5	PRACTICE 5	GAME 5
WEEK 6	PRACTICE 6	GAME 6
WEEK 7	PRACTICE 7	GAME 7
WEEK 8	PRACTICE 8	GAME 8
WEEK 9	PRACTICE 9	GAME 9
WEEK 10	PRACTICE 10	GAME 10

SAMPLE SCHEDULE 2 (EARLY FOCUS ON PRACTICE)

	ACTIVITY 1	ACTIVITY 2
WEEK 1	PRACTICE 1	PRACTICE 2
WEEK 2	PRACTICE 3	PRACTICE 4
WEEK 3	PRACTICE 5	PRACTICE 6
WEEK 4	PRACTICE 7	GAME 1
WEEK 5	PRACTICE 8	GAME 2
WEEK 6	PRACTICE 9	GAME 3
WEEK 7	PRACTICE 10	GAME 4
WEEK 8	GAME 5	GAME 6
WEEK 9	GAME 7	GAME 8
WEEK 10	GAME 9	GAME 10

LITTLE LEAGUE® TEE BALL EQUIPMENT AND ACTIVITY INDEX

LITTLE LEAGUE® TEE BALL EQUIPMENT RECOMMENDATIONS

To complete the activities outlined in Little League's Tee Ball Program, it is recommended that each Tee Ball team is provided with the following supplies:

- ☐ PLASTIC BALLS (15)
- ☐ TENNIS BALLS (15)
- ☐ TEE BALLS (15)
- ☐ BALL BUCKETS (2)
- ☐ CONES (10–20)
- ☐ SET OF BASES (1)
- ☐ TEE (3–4)
- ☐ HULA HOOPS (3)
- ☐ BATS (3–4)
- ☐ VOLLEYBALL (1)
- ☐ BEACH BALLS (2)
- ☐ HELMETS (6)

LITTLE LEAGUE® ACTIVITY INDEX

HITTING

ACTIVITY	PAGE	WEEK
SWINGING	22–23	WEEK TWO
SWING AND RUN	29	WEEK THREE
TEE HITTING	39	WEEK FOUR
OFFENSE AND DEFENSE	44–45	WEEK FIVE
TEE HITTING	49	WEEK SIX
STATIONS	60	WEEK EIGHT

FIELDING

ACTIVITY	PAGE	WEEK
LEFT FIELD, CENTER FIELD, RIGHT FIELD	26	WEEK THREE
POSITION FITNESS	27	WEEK THREE
FIELDING	35	WEEK FOUR
CATCHING PRACTICE	43	WEEK FIVE
OFFENSE AND DEFENSE	44–45	WEEK FIVE
POP-UPS	50	WEEK SIX
BEACH VOLLEYBALL	61	WEEK EIGHT
STATIONS	66–67	WEEK NINE

RUNNING/AGILITY

ACTIVITY	PAGE	WEEK
PLASTIC BALL TAG	12	WEEK ONE
RUN THE BASES	17	WEEK ONE
STATUES	20	WEEK TWO
SWING AND RUN	29	WEEK THREE
RUN THE BASES	38	WEEK FOUR
RED LIGHT, GREEN LIGHT	42	WEEK FIVE
ZIGZAGGING	48	WEEK SIX
RUN THE BASES RELAY	51	WEEK SIX
THE GREAT BASEBALL	54	WEEK SEVEN
FOLLOW THE LEADER	58	WEEK EIGHT
RACES	62	WEEK NINE
STATIONS	64–65	WEEK NINE

THROWING

ACTIVITY	PAGE	WEEK
GRIP AND THROW	11	WEEK ONE
TEAM THROWING	21	WEEK TWO
THROWING PRACTICE	30	WEEK THREE
CLEAN UP THE BACKYARD	34	WEEK FOUR
HIT THE BUCKET	55	WEEK SEVEN
STATIONS	60	WEEK EIGHT

GAME PLAY PRACTICES

ACTIVITY	PAGE	WEEK
INNING PRACTICE	52–53	WEEK SEVEN

FULL PRACTICE PLAN
WEEK ONE

PRACTICE GOAL

The players should be able to grip a ball correctly, successfully attempt an overhand throw, and run the bases with guidance.

MATERIALS:

- Plastic Balls
- Buckets for Balls
- Bases (4)
- Cones (20) *optional*

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Review coaches' names and players' names. Review purpose for being at the field and show enthusiasm to start the very first practice. Discuss PCA tip of the week. ***(3 minutes)***

2. PLASTIC BALL TAG: Explain the game to players while they are still gathered from the welcome. While explaining, demonstrate how they will be tagged and how to freeze. Keep the explanation brief, players will learn by trying. Have players find a spot to stand in the dirt (personal space) and on "go" the players are to run around the dirt. Each coach will have a plastic ball in hand and tag players. If a player is tagged, they have to freeze. They can unfreeze and run again when they are tagged by a teammate. Play until players look tired. Repeat the game this time using fair territory. Spread cones along the first and third base foul lines (if there are no chalk lines). Players must stay within the cones boundaries and in the dirt (outfield grass is out of bounds). Repeat game for a third time, as players freeze they must freeze like a baseball/ softball hitter. Demonstrate what a player looks like holding an imaginary bat. ***(13 minutes)***

3. GRIP AND THROW: Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, talk about holding a baseball/softball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their "favorite hand" and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it. ***(3 minutes)***

4. THROWING: Have each player take a ball and practice the grip while still in the circle. Check grips. Next demonstrate throwing overhand. Throw to another coach, while emphasizing holding the ball correctly in the favorite hand, and throwing overhand. Allow players to pick any spot they would like facing a fence. Have players turn around and take six giant steps away from the fence and then turn around. Practice throwing overhand to the fence. Use throwing cues. The players should start with the proper grip that was discussed. They must look at their target. It is a good idea to have them say "ready" once they have their eyes on their target as a reminder each time to look at the target first. The next move is to step directly to their target. The ball and hand should move in a circular motion. A good reminder is to tell players that when they take the ball out of their glove their thumb should go past their thigh and then the ball should continue to go up facing the sky – "thumb to thigh, show it to the sky." They should release the ball to the target and let their arm continue to move to finish the circular motion. Stressing this follow through will prevent them from stopping their arm as soon as they release the ball. ***(7 minutes)***

Stop players and call them back to the coach. Now review stepping with the correct foot. Demonstrate the grip, holding the ball in the favorite hand, and stepping with the other foot toward the target. Demonstrate to players by throwing the ball into the fence. Let players try throwing again, circulate and fix feet. While players are finishing up, set out the bases in the infield if not done already. ***(5 minutes)***

BREAK *(2 minutes)*

5. RUN THE BASES: Call players in and collect plastic balls (if not already done). Ask if anyone knows where home plate is? Call on a player and then ask that player to run to home plate (if they know). Once the player is there, ask the other players to follow. Create a line at home plate. Talk about the bases being in a giant square (1st, 2nd, 3rd, and home).

Starting at home plate, everyone jogs to first, second, third and home in a line following the coach calling out the bases as they go. On round 2, start the line at home plate, on "go" the first player runs to first and stays on first. On the next "go", the player on first advances to second and the new runner goes to first. Repeat with all players running and all advancing until each player scores at home plate. Optional to have a coach on the field with a ball in hand, stressing that the base means SAFE and if they are off the base they could be tagged OUT. One coach needs to be at home plate letting players leave and keeping them aware (encouraging teammates), while another coach is in the field directing. ***(8 minutes)***

6. CONCLUSION: Gather players and have them give another player a high five. Talk about what they learned today and how it will help them be great Tee Ball players. Give the PCA tip of the week. Remind the parents of the next event. ***(4 minutes)***

POSITIVE COACHING ALLIANCE
TALKING POINTS FOR TEE BALL COACHES

WEEK 1 — THE BIG THREE
(HAVE FUN, TRY HARD, AND BE A GOOD SPORT)

There are three big things to work on this season—having fun, working hard, and being a good sport. If you can do all three, you'll have a great season.

The first part of the Big Three is to try to **have fun.** When you enjoy what you are doing, you usually do it better.

The second part of the Big Three is to **try hard.** Have everyone agree to give his or her best effort at every practice and every game.

Finally, you want to **be good sports.** You want to honor the game and treat your opponents and officials with respect even when things don't go the way we'd like them to.

Any one of these three things may seem pretty easy, but when you try to do all of them, it can be difficult. For example, it's easy to have fun when you don't work hard, but we can do both. We'll learn that hard work can be fun.

WEEK ONE

QUICK PLAN
WEEK ONE | 45 MINUTES

0:03 INTRODUCTION
- Welcome players
- Review names (players & coaches)
- Focus on the reason for being there/PCA tip of the week

0:13 PLASTIC BALL TAG
- Players run in the infield while coach tries to tag them frozen with a plastic ball, repeat in outfield
- See full practice plan for complete instructions

0:03 GRIP
- Players gather in circle
- Grip plastic ball with whole hand using fingertips
- Have players demonstrate correct grip before going to spots to throw

0:12 THROWING
- Players find a spot to throw at fence
- Coaches focus on grip
- Call players back to coach and teach stepping with opposite foot (demonstrate)
- Send players back to spots to throw against fence
- Coaches monitor for grip and stepping with opposite foot

0:02 BREAK

0:08 RUN THE BASES
- Players line up at home plate to begin
- Call out the bases as the runners go one at a time
- See full practice plan for complete instructions

0:04 CONCLUSION
- High fives
- Review what they learned/PCA tip of the week
- Remind players of next event (practice/game)

THE BIG THREE: HAVE FUN, TRY HARD, BE A GOOD SPORT

There are three big things to work on this season - having fun, working hard, and being a good sport. If we can do all three, we'll have a great season.

- When we enjoy what we are doing, we usually do it better
- Let's all agree to give our best effort at every practice and every game
- Finally, we want to be good sports. We want to treat our opponents and officials with respect.

SEQUENCE 2

PLASTIC BALL TAG

WHAT YOU'LL NEED:

Plastic Ball

DRILL SEQUENCE:

- The first round of this freeze-tag style game is playing in an open field.
- The second round is played only using fair territory of the field.
- In the third round, when the players are tagged they not only freeze, but they freeze in the position of a batter.

SEQUENCE 3

GRIP AND THROW

WHAT YOU'LL NEED:
Baseballs/Softballs | Gloves | Fence

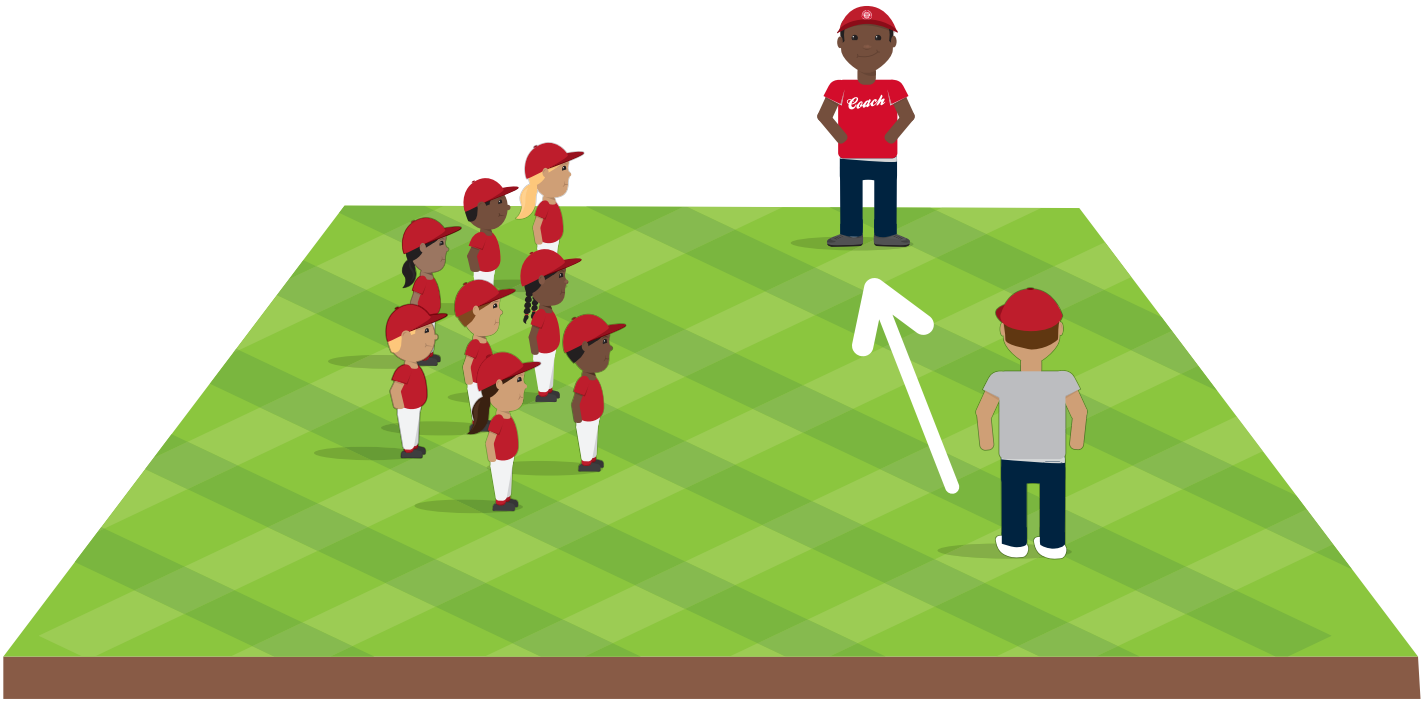
DRILL SEQUENCE:

- While players are circled around the coach, the correct grip is shown and each player practices holding the ball.

SEQUENCE 4

THROWING DEMONSTRATION

WHAT YOU'LL NEED:
Plastic Balls



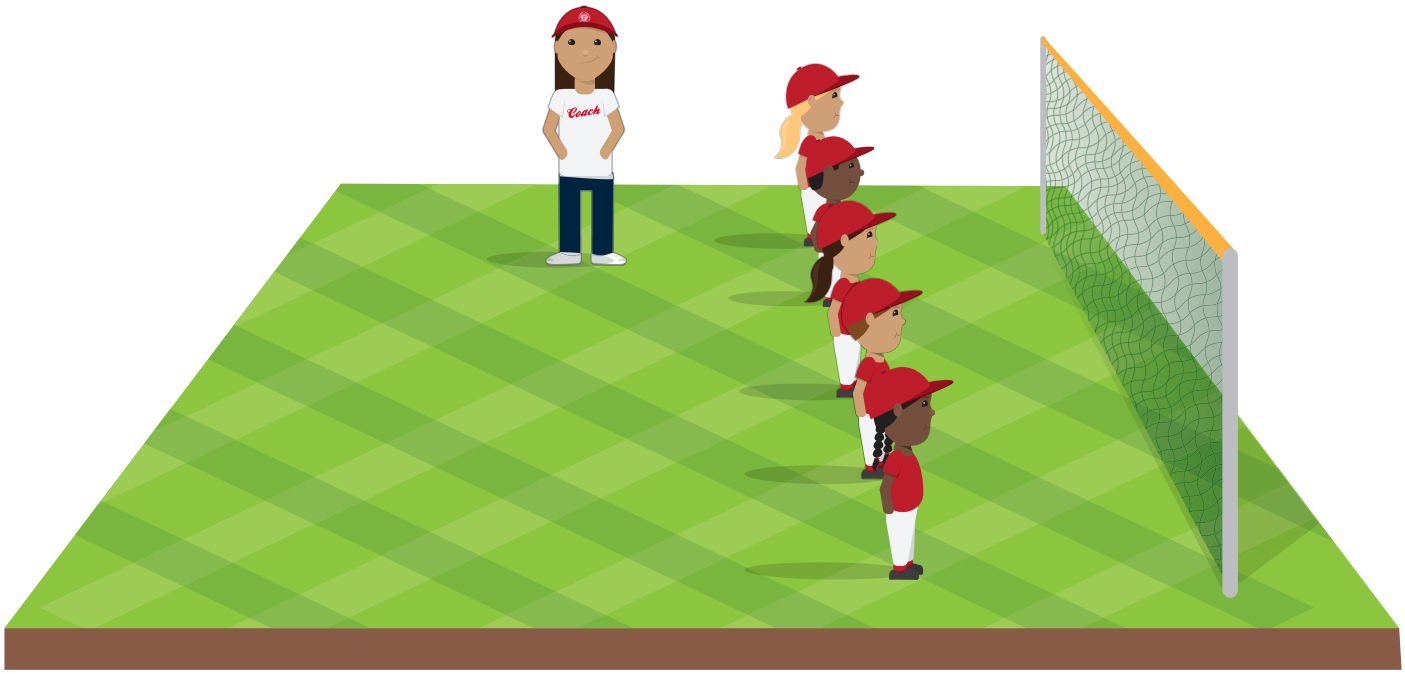
DEMONSTRATION:

- The players look to the coaches while they demonstrate an entire throw.

SEQUENCE 4

THROWING PRACTICE

WHAT YOU'LL NEED:
Baseballs/Softballs | Fence



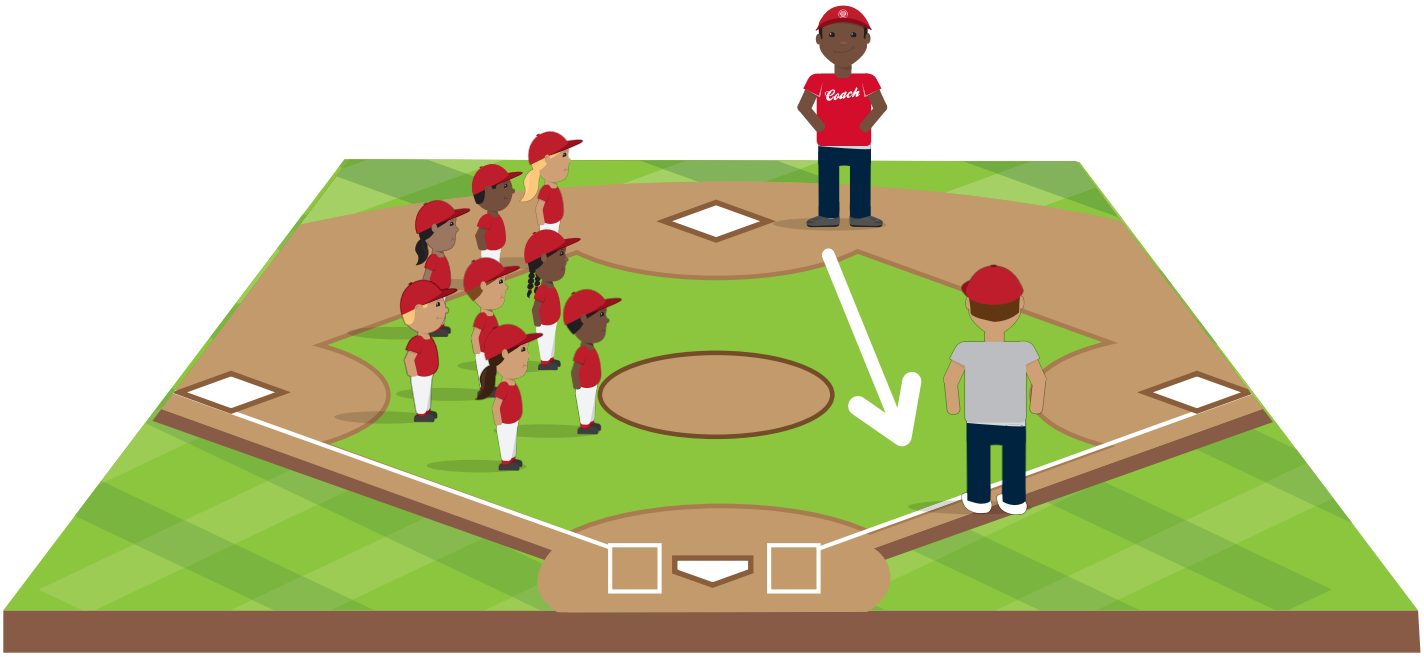
DRILL SEQUENCE:

- The players practice throwing at the fence following the coach's cues.

SEQUENCE 4

OPPOSITE FOOT WHILE THROWING DEMONSTRATION

WHAT YOU'LL NEED:
Tee Balls



DRILL SEQUENCE:

- The players are called back for the coach to demonstrate stepping with the opposite foot when throwing.

SEQUENCE 5

RUN THE BASES

ONLINE VIDEO

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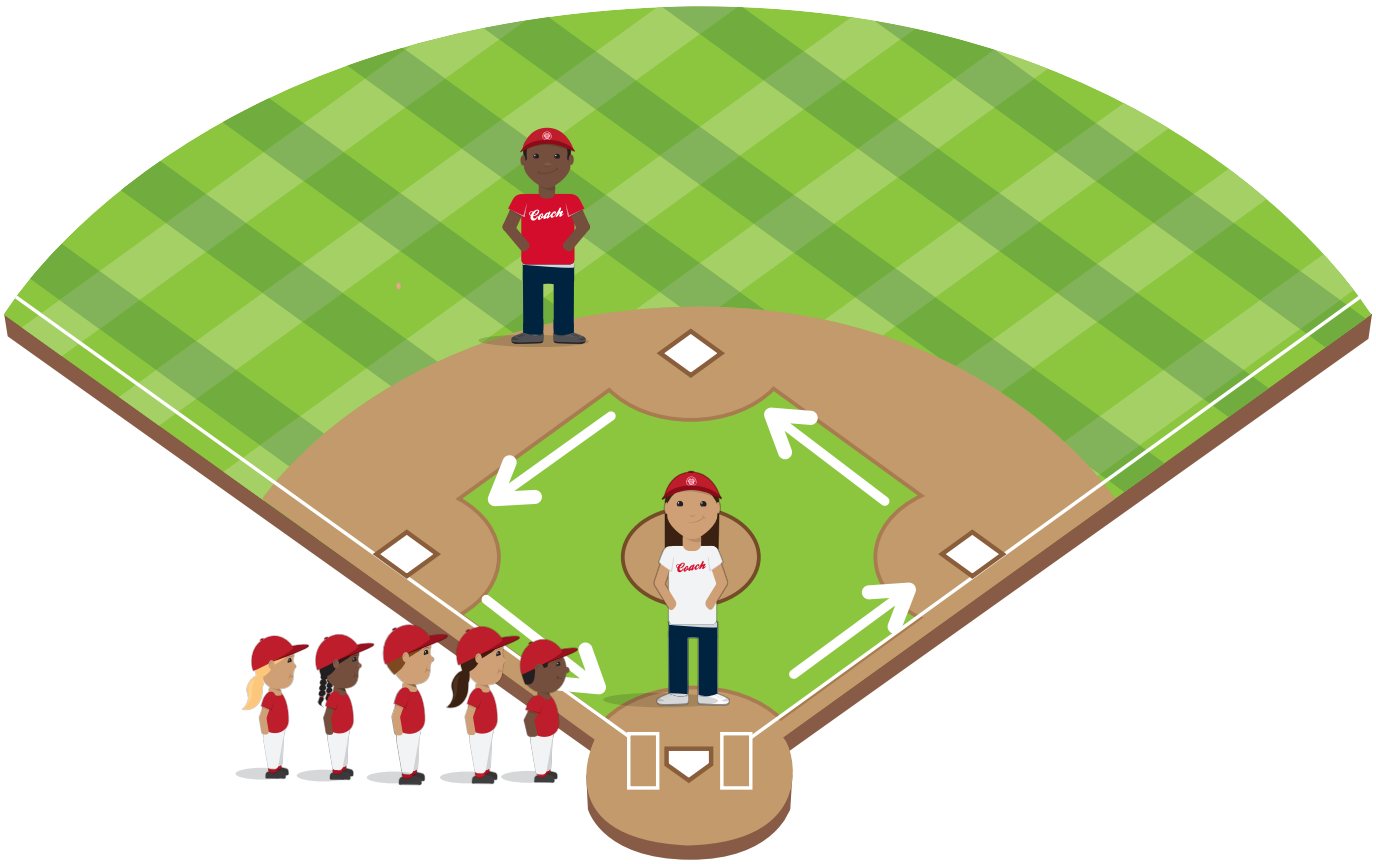
WHAT YOU'LL NEED:

Bases (4)



DRILL SEQUENCE:

- Following the coach, the players run/jog around the bases while calling out each base that they touch.
- For round two, the players will advance to each base one at a time and will stop on each base. They will move to the next base when they are cued.
- An option is to have a coach with a ball in his or her hand ready to tag players who come off of the base.

FULL PRACTICE PLAN
WEEK TWO

PRACTICE GOAL

The players should be able to throw overhand stepping with opposite foot and swing a bat unassisted.

MATERIALS:

- Plastic Balls
- Tee/Large Traffic Cone (1)
- Hula Hoops (3-4)
- String/Zip Ties
- Cones (5)
- Bat (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Review coaches' names and players' names. Review purpose for being at the field and show enthusiasm to start the practice. Verbally review the cues for throwing and have players raise their throwing hand and touch their stepping foot with that hand. Discuss the PCA tip of the week. ***(3 minutes)***

2. STATUES: Explain the game to players while they are still gathered from the welcome. While explaining, demonstrate how they will be tagged and how to freeze like a statue. Keep explanation brief as players will learn by trying. Have players find a spot to stand in the dirt (personal space) and on "go" players run anywhere in the infield. When the coach says, "freeze like _____," they must freeze like a statue of whatever the coach calls out. The coach then says, "go," and the players run again. Things to call out: like your favorite superhero, like an animal, like a race car driver, like you are throwing a ball, like you just hit a home-run…Repeat. This time: play that when the coach tags the players, they freeze like a _____, whatever the coach calls. While a coach and players are playing, hang 3 to 4 hula hoops at player-throwing height on the fence. Space them about 10 feet apart. ***(7 minutes)***

3. REVIEW GRIP AND THROW: Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, review how to hold a ball the correct way to make good throws. Have a player demonstrate what they remember, use a few balls to circulate and take turns throughout the group. Use cues. The players should start with the proper grip- fingers on top with thumb underneath. Grip pressure should be like holding a tube of toothpaste. They must look at their target. It is a good idea to have them say "ready" once they have their eyes on their target as a reminder each time to look at the target first. The next move is to step directly to their target. The ball and hand should move in a circular motion. A good reminder is to tell players that when they take the ball out of their glove, their thumb should go past their thigh and then the ball should continue to go up facing the sky – "thumb to thigh, show it to the sky." They should release the ball to the target and let their arm continue to move to finish the circular motion. Stressing this follow through will prevent them from stopping their arm as soon as they release the ball. ***(5 minutes)***

4. TEAM THROWING: Players are grouped into teams. On "go" the first player from each team begins by trying to throw their ball through or into the hoop. As each player gets the ball through the hoop, his or her team counts the outs. ***(15 minutes)***

BREAK ***(3 minutes)***

5. SWINGING: Call players in and have them sit in the grass. Talk about swinging a bat. Before teaching, discuss safety rules. They must always keep two hands on the bat, never throw it and stay in their spots so that there are no accidents. Demonstrate a swing using cues. (Which is your favorite hand/your throwing hand? That hand goes on top, the other below, bend knees, stand "sideways", eyes on the ball.) Stress that the bat should be held in the fingers and pads of fingers – not in their palms. Have them put their index finger of one hand into the palm of their other hand. They should close the hand over the finger as tight as possible. Once the hand is closed, have the players try to get their index finger out. Do this again with the index finger being placed where the fingers meet the hand the second time. Again have them grip down hard and try to take their finger out of their hand. It should be much more difficult to free their finger the second time. This should demonstrate to the players that using the fingers is a stronger grip than using the palms. Once they have a proper grip, have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher's plate. Have them take a swing, trying to have the bat stay level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they must watch the ball that they are hitting the whole time. They should follow through by finishing with their hands up near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate. Gather players and have them give another player a high five. Talk about what they learned today and how it will help them be great Tee Ball players. Give the PCA tip of the week. Remind the parents of the next event. ***(10 minutes)***

6. CONCLUSION: Gather players and have them give another player a high five. Talk about what they learned today and how it will help them be great Tee Ball players. Give the PCA tip of the week. Remind the parents of the next event. ***(4 minutes)***

POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 2 — REBOUNDING FROM MISTAKES
(MISTAKE RITUAL)

All athletes, even great ones, make mistakes, but great athletes know how to bounce back from mistakes.

On your team it should be okay to make a mistake. If your players fear mistakes, they won't try their hardest. Tell them to remember to just keep hustling and working hard, no matter what!

Use a *Mistake Ritual* to help your athletes focus on the most important play—the next play. When someone on your team makes a mistake, they can Flush it down the toilet by making a flushing motion with their hand.

Also, tell that person, "That's okay. Flush it! Get ready for the next play."

WEEK TWO

QUICK PLAN
WEEK TWO | 45 MINUTES

0:03 INTRODUCTION
- Welcome players
- Review Names (Players & Coaches)
- Focus on the reason for being there/PCA tip of the week

0:07 STATUES
- Players are tagged and must freeze like whatever the coach says
- See full practice plan for complete instructions

0:05 REVIEW GRIP AND THROWING
- Players gather in circle
- Grip plastic ball with whole hand using fingertips
- Demonstrate correct grip and throwing with opposite foot

0:15 TEAM THROWING
- Hula hoops need to be fastened to the fence
- Players are broken into even teams
- Players take turns throwing through the hoop against the fence
- Each throw that is made through the hoop counts as an "out" for that team. Players are working toward three outs
- Coaches monitor for grip and stepping with opposite foot
- See full practice plan for complete instructions

0:03 BREAK

0:10 SWINGING
- Demonstrate a swing to player
- Have players practice swinging without a bat (a dry swing)
- Take each player, one at a time to practice with a tee while others are still dry swinging.

0:04 CONCLUSION
- Have each player compliment another/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)

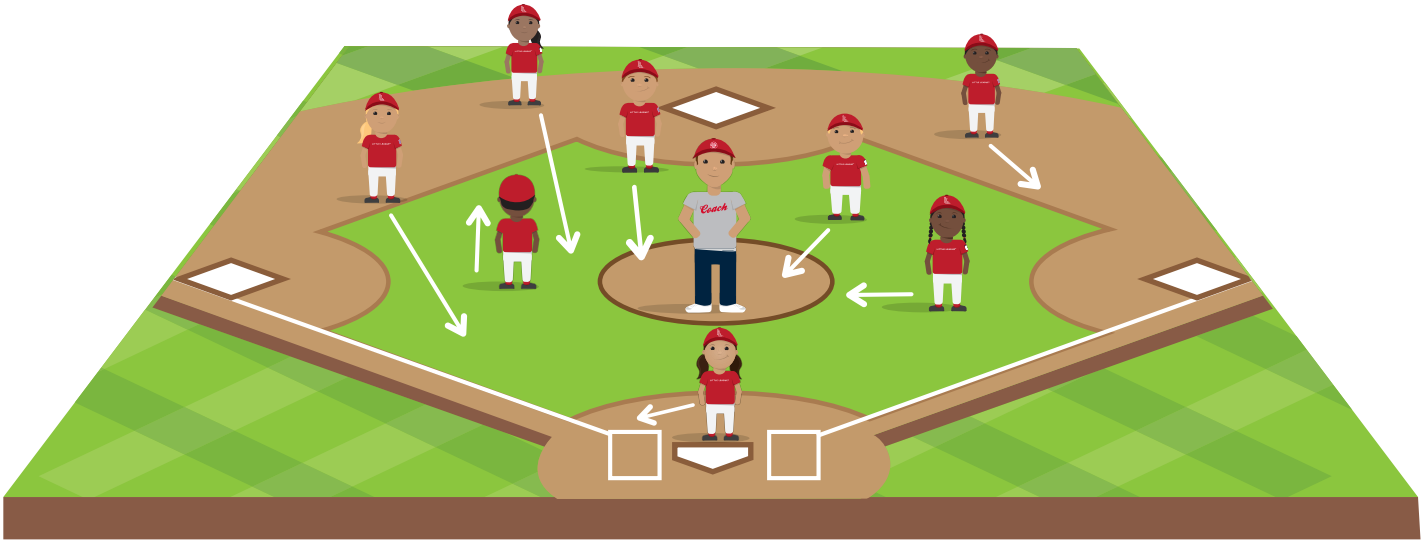
REBOUNDING FROM MISTAKES

On this team it's okay to make a mistake. If we fear mistakes, we won't try our hardest. Remember to just keep hustling and working hard, no matter what!

SEQUENCE 2

STATUES

WHAT YOU'LL NEED:
Tee Balls



DRILL SEQUENCE:

- Players stay in the infield and freeze like a statue when instructed by the coach.
- In the second round, the coach tags the players to freeze instead of just calling out "freeze."

SEQUENCE 4

TEAM THROWING

ONLINE VIDEO

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WHAT YOU'LL NEED:

Plastic Balls | Fence | Hula Hoops | Cones | String

DRILL SEQUENCE:

- Players are grouped into teams. On "go" the first player from each team begins by trying to throw their ball through or into the hoop. As each player gets the ball through the hoop, his or her team counts the outs.

SEQUENCE 5

DRY PRACTICE SWING

WHAT YOU'LL NEED:

Bat | Helmets

DRILL SEQUENCE:

- The players stand in a batting stance, while a coach demonstrates a swing. Players then try their dry swing (without a bat).

SEQUENCE 5

PRACTICE SWING

WHAT YOU'LL NEED:

Tee Balls | Tee | Bat | Helmets

DRILL SEQUENCE:

- While players are taking dry swings, the coach calls one player at a time over to the tee for practice.

FULL PRACTICE PLAN
WEEK THREE

PRACTICE GOAL

The players should be able to identify positions (if not the actual position, the idea of being responsible for an area), successfully run to first base after a hit/swing, and attempt catching with two hands

MATERIALS:

- Plastic Balls
- Buckets for Balls
- Bases (4)
- Players' gloves
- Cones (3)
- Bats (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Review coaches' names and players' names. Review purpose for being at the field and show enthusiasm to start the practice. Verbally review the stance for hitting and the cues/rules. Discuss the PCA tip of the week. ***(3 minutes)***

2. LEFT FIELD, CENTER FIELD, RIGHT FIELD: Take players into the outfield to explain/demonstrate the game. Have a cone set in right, center, and left field. All players stand in left field. When the coach yells, "center field," the players have to run to that cone trying not to be last. When the instructor yells, "left field," they have to go back. The instructor can call out either field while the players are on their way and they must change direction to go back. Repeat using center field and right field. Try to "trick" the players by calling the position quickly (agility). ***(10 minutes)***

3. GRIP AND THROW: Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, talk about holding a baseball/softball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their "favorite hand" and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it. ***(5 minutes)***

4. DISCUSS: Call players to coach to discuss the positions that they were running to and that it makes up the "outfield". Next we are going to learn about the "infield." Walk players to the dirt. ***(2 minutes)***

5. POSITION FITNESS: Players follow along with coach during the activity. Go around the field beginning at the catcher position, announce what position it is, have the players repeat and then do squats (exercise that tries to coordinate with position). Run to the pitcher's plate and do arm circles, run to 1B and do high and low reaches, run to 2B and do windmills, run to SS and do fast feet (running in place) and run to 3B and do push ups. Repeat. ***(10 minutes)***

BREAK *(2 minutes)*

6. SWING AND RUN: Call players in and have them sit in the grass. Review swinging a bat. Before reviewing, discuss safety rules again. They must always keep two hands on the bat, never throw it and stay in their spots so there are no accidents. Have all players stand up and practice a few dry swings using cues. Explain the next game after the players take their dry swings. Review the proper grip on the bat. Talk about how tight they should hold the bat. They should act like they are holding a small bird in their hands. They need to hold it tight enough that it won't fly away, but they can't hold it so tight that they hurt it. Have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher's plate. Have them take a swing trying to keep the bat level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they must watch the ball they are hitting the whole time. They should follow through by finishing with their hands up near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate.

After reviewing the basics of swinging, have players line up at home plate. Have each player take a practice swing and run to first base. Players advance one base at at time as the next player runs to first base. Option: Have players hit a ball off of the tee and run to first base instead of taking a practice swing. ***(12 minutes)***

7. THROWING PRACTICE: Have players find a friend. Have the players stand so that their noses are facing each other. Each player takes 4 giant steps back. Give each pair a plastic ball to practice throwing. Discuss catching with two hands, watching the ball the whole way and cradling it in softly. Make sure to use plastic balls, the first time players are catching and to stress using two hands. Have the player without the ball get into an athletic position square to their partner. When the player looks at the ball being held by the other partner he/she says "ready." Upon hearing this, the ball is tossed in an underhand motion. Each player making the catch must watch the ball from release and through the air. Stress watching the ball all the way into the hands using both hands to secure the ball. Players should be encouraged to give slightly with the ball to promote soft hands. Eyes on the ball and the success of the catch is what we are striving for in this segment. ***(12 minutes)***

8. CONCLUSION: Gather players and have them give another player a high five. Talk about what they learned today and how it will help them be great Tee Ball players. Give the PCA tip of the week. Remind the parents of the next event. ***(4 minutes)***

POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 3 —FILLING EMOTIONAL TANKS
(WINNER'S CIRCLE)

To be the best team you can be, have your athletes help each other get better. One way to do that is to have them fill their teammates' Emotional Tanks.

The **Emotional Tank** is like a car's gas tank. When it's empty, you can't go far, but when it's full, you can go almost anywhere. Teams with full Emotional Tanks usually do better than teams whose tanks are drained.

Your athletes can fill each other's Emotional Tanks by noticing people who help them or the team and thanking them for it.

They can also fill Emotional Tanks by cheering for their teammates, giving them high-fives, smiling at them, and telling them that they are glad they are on the team.

To fill each other's **Emotional Tanks,** you can get into a "Winners' Circle" after each game and give your athletes the chance to tell their teammates the good things they did during the game.

WEEK THREE

QUICK PLAN
WEEK THREE | 45 MINUTES

0:03 INTRODUCTION
- Welcome players
- Review hitting stance/PCA tip of the week

0:10 LEFT FIELD, CENTER FIELD, RIGHT FIELD
- Players run to each position where the cone is when instructed
- See full practice plan for complete instructions

0:05 GRIP AND THROW
- Discuss proper grip and the correct way to make good throws
- Coaches demonstrate the proper grip on the ball with fingers on top and the thumb underneath
- See full practice plan for complete instructions

0:10 POSITION FITNESS
- Discuss outfield positions and infield positions
- Walk to each position and perform an exercise at that position
- Talk about playing games and staying in position
- See full practice plan for complete instructions

0:02 BREAK

0:10 SWING AND RUN
- After reviewing the basics of swinging, have players line up at home plate
- Have each player take a practice swing and run to first base. Players advance one base at a time as the next player runs to first base

0:12 THROWING
- Players find a spot to throw at fence
- Coaches focus on grip
- Call players back to coach and teach stepping with opposite foot (demonstrate)
- Send players back to spots to throw against fence
- Coaches monitor for grip and stepping with opposite foot

0:04 CONCLUSION
- High fives
- Review what they learned/PCA tip of the week
- Remind players of next event (practice/game)

FILLING EMOTIONAL TANKS (WINNERS' CIRCLE)

You can help your teammates by cheering for them, giving them high-fives, smiling at them and telling them you are glad they are on the team.

Let's be sure to acknowledge the other team each game as well and let THEM know they did a great job too!

SEQUENCE 2

LEFT FIELD, CENTER FIELD, RIGHT FIELD

ONLINE VIDEO

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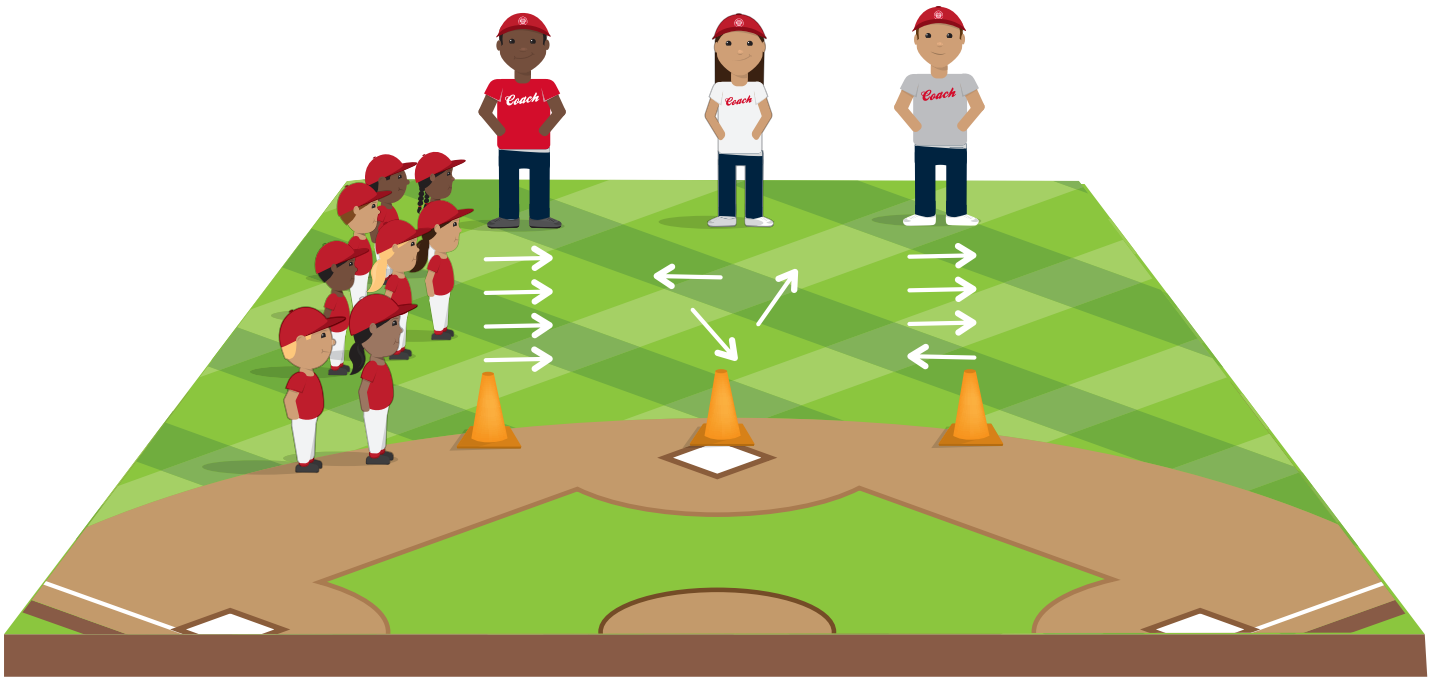
WHAT YOU'LL NEED:

Cones (3)



DRILL SEQUENCE:

- The players begin in left field. When the coach calls out another outfield position, the players run to the cone in that specific position.
- Once game begins, the coach can call out a position at any time, even if the players are running between positions.

SEQUENCE 5

POSITION FITNESS

WHAT YOU'LL NEED:

No equipment needed

DRILL SEQUENCE:

- The players and coach begin at home plate. The coach announces the position, and then he or she demonstrates an exercise for the players to complete. Players and coach complete repetitions of the exercise together before moving on to the next position and exercise.

SEQUENCE 6

SWING REVIEW

WHAT YOU'LL NEED:

Bats | Helmets

DRILL SEQUENCE:

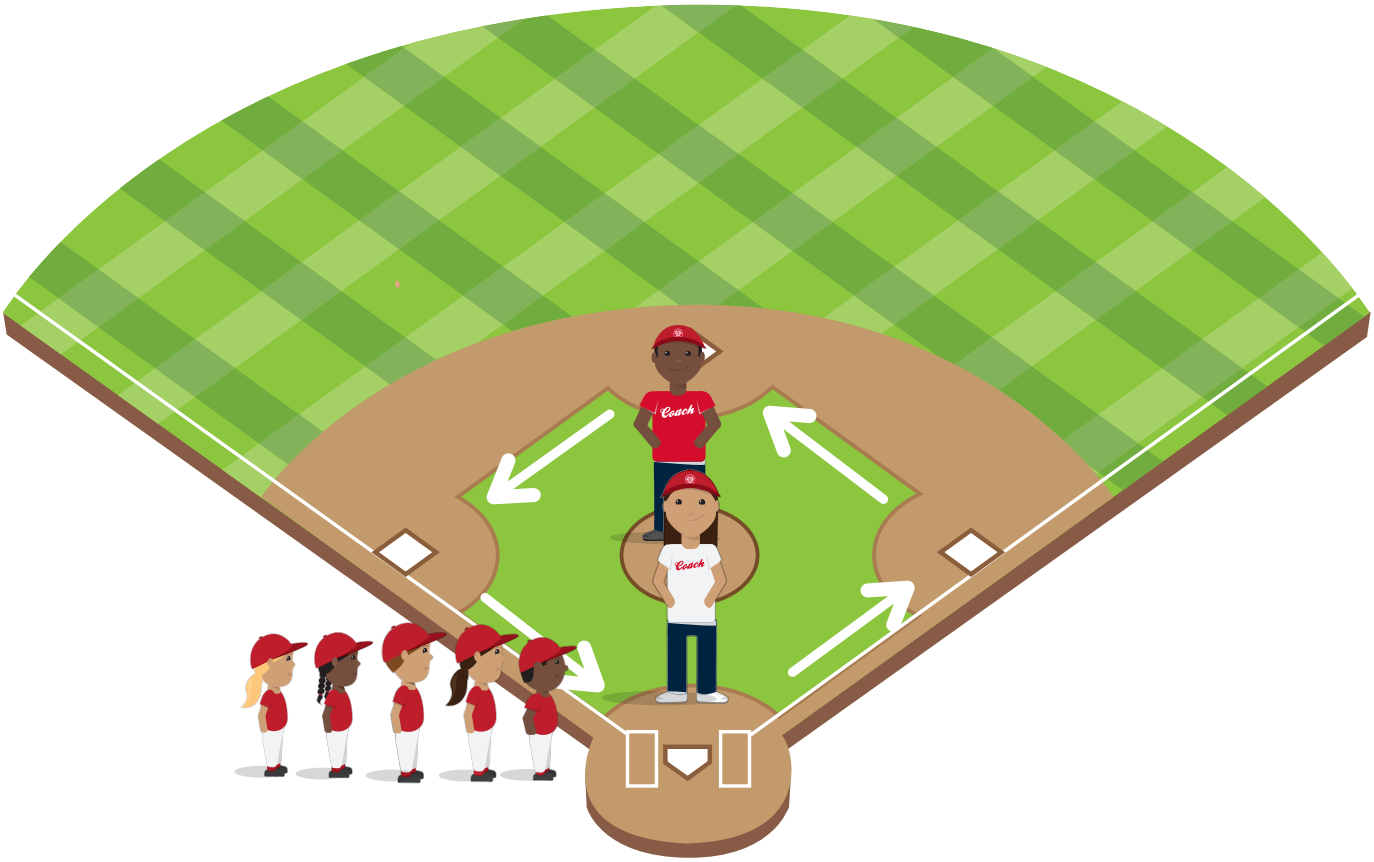
- Players sit in grass while coach reviews swing and swinging safety rules.
- Players then stand up and practice dry swings.

SEQUENCE 6

SWING AND RUN

WHAT YOU'LL NEED:

Bat | Bases | Helmets | *Optional Equipment: Tee and Tee Balls*



DRILL SEQUENCE:

- The game is played just like the activity "Base Running," but now a practice swing is added before the players run.

  OPTION: Have a tee set with a ball and have the players hit the ball before running instead of just taking a practice swing.

- Players advance one base at a time, and are moved to the next base by the next player.

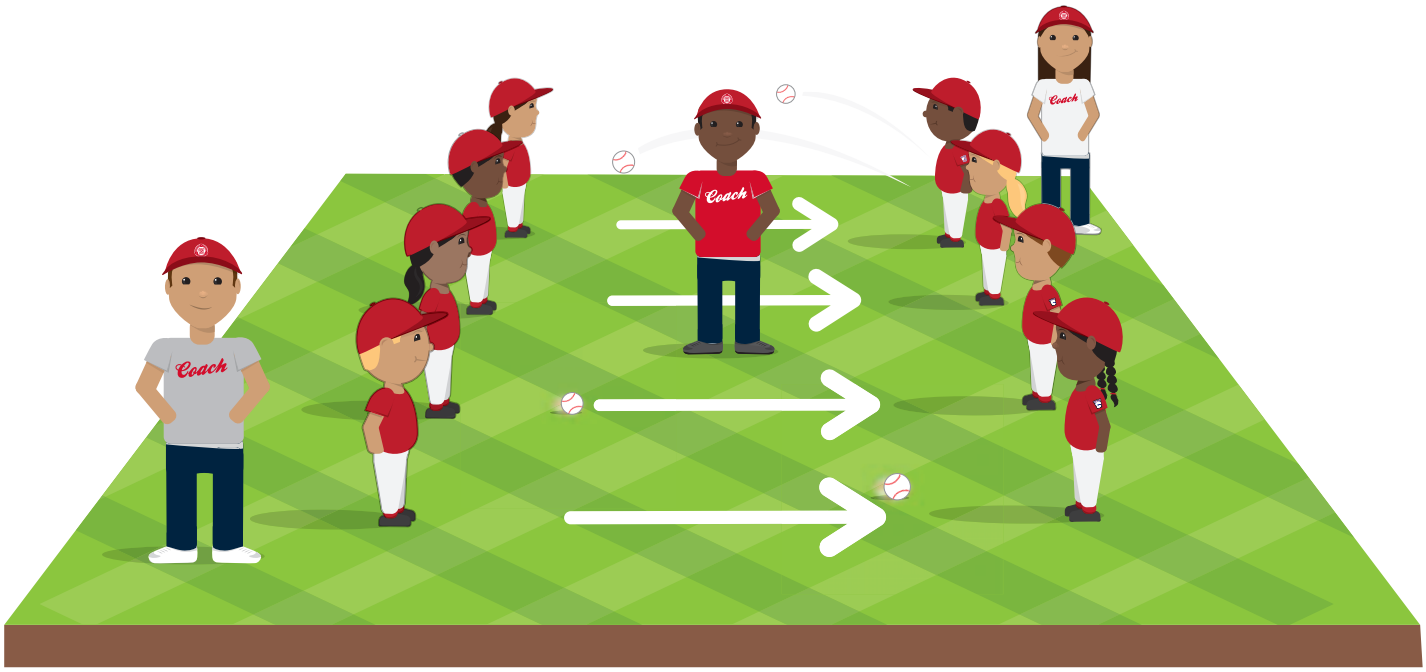
  OPTION: A coach has a ball in his/her hand and tags runners who come off of the bases at the wrong times.

SEQUENCE 7

PRACTICE THROWING

WHAT YOU'LL NEED:

Tee Balls



DRILL SEQUENCE:

- The players play catch with a partner.
- Practice fielding a ground ball can be incorporated into this activity by players taking turns rolling the ball to each other and throwing it back.

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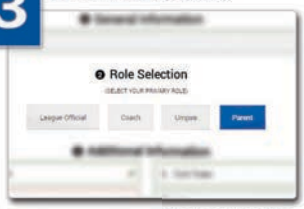

Choose the role that best represents your status

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Confirm your registration email

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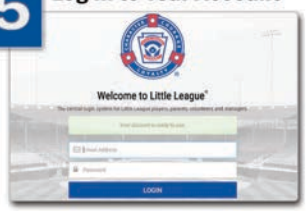

Re-enter your login information

6 You're in!

Feedback or Questions? Email LLU@LittleLeague.org

FULL PRACTICE PLAN
WEEK FOUR

PRACTICE GOAL

The players should be able to use two hands to catch.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Buckets for Balls (2)
- Tees/Large Traffic cones (3-4)
- Players' Gloves
- Bases (4)
- Cones (10)
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: The players should be able to use two hands to catch. ***(3 Minutes)***

2. SET UP A LARGE SQUARE PLAYING AREA, DIVIDED IN HALF, USING CONES CLEAN UP THE BACKYARD: Divide the players into two teams, sending one team to half of the playing area and the other half to the opposite area. Spread out plastic balls and tennis balls all over the entire playing area. On "go", the players must stay on their side, pick up the balls one at a time and throw them into the other team's side or "backyard." Players from both sides are doing this until time is called (play for a minute or two, whatever seems appropriate for players). The teams then collect all of the balls in their "backyard" and count them. The team with the least amount of balls in their area, or the cleaner backyard is the winner. Repeat. Have players help clean up the game at the conclusion. ***(10 minutes)***

3. FIELDING: Have players line up behind a cone (about 3 or 4 lines). Talk about taking turns to "field" balls or collect balls. Demonstrate using two hands to "scoop up" a ball. Coaches stand across from a line and roll the first player a tennis ball. After they scoop up the ball, they throw it back to the coach. Then give the next player a turn. Repeat until players seem to grasp fielding (not collapsing, but bending their knees and picking up the ball quickly). Use cues. ***(5 minutes)***

- **A.** Athletic position, feet shoulder width apart and knees bent
- **B.** Glove out and in front
- **C.** Use two hands like an alligator
- **D.** Field in the center of the body

POSITION: Send players to positions in the infield. May set out cones to mark positions so players know where to stand. Talk about taking turns and that at practice we can take turns at each position, but in a game one person will be in charge of that area. Have one coach at home plate rolling tennis balls to players and another coach stands at the pitcher's plate. Players throw the ball to the coach at the pitcher's plate. ***(10 minutes)***

OPTION: Call in half of the players to line up beside home plate. The other players stay in their position. On "go," the coach should roll the ball to a player who must pick it up and throw it to the coach at the pitcher's plate. Also on the same "go," a runner starts to run to first base. If the runner beats the throw to the coach, they are safe. If they do not, they are out. Continue with all the runners.

BREAK *(2 minutes)*

4. RUN THE BASES: Starting at home plate, everyone jogs to first, second, third, and home in a line, following the coach and calling out the bases as they go. On round 2, start the line at home plate, on "go" the first player runs to first and stays on first. On the next "go", the player on first advances to second and the new runner goes to first. Repeat with all players running and all advancing until each player scores at home plate. Optional to have a coach on the field with a ball in hand, stressing that the base means SAFE and if they are off the base they could be tagged OUT. One coach needs to be at home plate letting players leave and keeping them aware (encouraging teammates), while another coach is in the field directing. ***(8 minutes)***

5. TEE HITTING: Break the players into 3 or 4 groups. Have them stand behind a tee and take turns swinging. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front. Players should start with a half swing to see where they will make contact with the bat before swinging hard. Have all players attempt to make contact with the barrel of the bat. ***(12 minutes)***

- **A.** Bat at fingertips with a loose grip
- **B.** Feet spread shoulder width apart and in an athletic position
- **C.** Head looking at pitcher with both eyes
- **D.** Level swing through the ball
- **E.** Follow through with both upper and lower body

6. CONCLUSION: Gather players and have them shake another player's hand. Talk about what they learned today, how it will help them be great tee ball players and the PCA tip of the week. Remind the parents of the next event. ***(4 minutes)***

POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 4 — HONORING THE GAME
(ROOTS)

To help your athletes remember to be good sports and Honor the Game even when you lose, you can use the word ROOTS.

R- Rules -Respect for the rules, even if you think we can get away with breaking them.

O- Opponents. You always treat your opponents the way you want be treated.

O- Officials. You respect officials even if you disagree with some of their calls.

T- Teammates. You support them and don't do anything that will embarrass them.

S- Self. You honoring the game, which should be a standard for your athletes, not just to make you, the coach happy.

If you win by dishonoring the game, you can't be proud of that win. And the reverse is true. If you Honor the Game and you lose, you can still feel good, even though you are disappointed that you lost.

WEEK FOUR

QUICK PLAN
WEEK FOUR | 45 MINUTES

0:03 INTRODUCTION
- Welcome players
- Review positions/PCA tip of the week

0:10 CLEAN UP THE BACKYARD
- Players are divided into two teams and play in a boundary trying to throw balls to the other team's side. The team with the least on their side wins when time is called
- See full practice plan for complete instructions

0:15 FIELDING
- Fielding technique and repetition in lines
- Fielding in position throwing to a coach
  - Option for base runners while fielding
- See full practice plan for complete instructions

0:02 BREAK

0:08 RUN THE BASES
- Players line up at home plate to begin
- Call out the bases as the runners go one at a time
- See full practice plan for complete instructions

0:12 TEE HITTING
- Break players into three or four groups
- Players take turns hitting off the tees

0:04 CONCLUSION
- High fives/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)

HONORING THE GAME (ROOTS)

To help remember to be good sports even when we lose, we are going to use the words ROOTS

- The **R** in ROOTS is Respect the rules, even if we think we can get away with breaking them
- **O** is for Opponents or the other team. We always treat the other team the way we want to be treated.
- The second **O** is Officials or umpires. We respect the umpires even if we disagree with some of their calls.
- **T** is for Teammates. We support them and don't do anything that will embarrass them.
- **S** is for Self. You should be a good sport for yourself, not just to make me happy.

SEQUENCE 2

CLEAN UP THE BACKYARD

WHAT YOU'LL NEED:
Tennis Balls or Plastic Balls | Cones

DRILL SEQUENCE:

- The players are divided into two teams. Each team is responsible for one side of the playing area that is divided by cones.
- All types of soft or squishy balls (tennis or plastic balls) are scattered on both sides of the playing area.
- On "go," players are to throw or toss the balls on their team's side to the other team's side continually until time is called.
- The team with the least numbers of balls on their side when time is called wins.

SEQUENCE 3

FIELDING

ONLINE VIDEO
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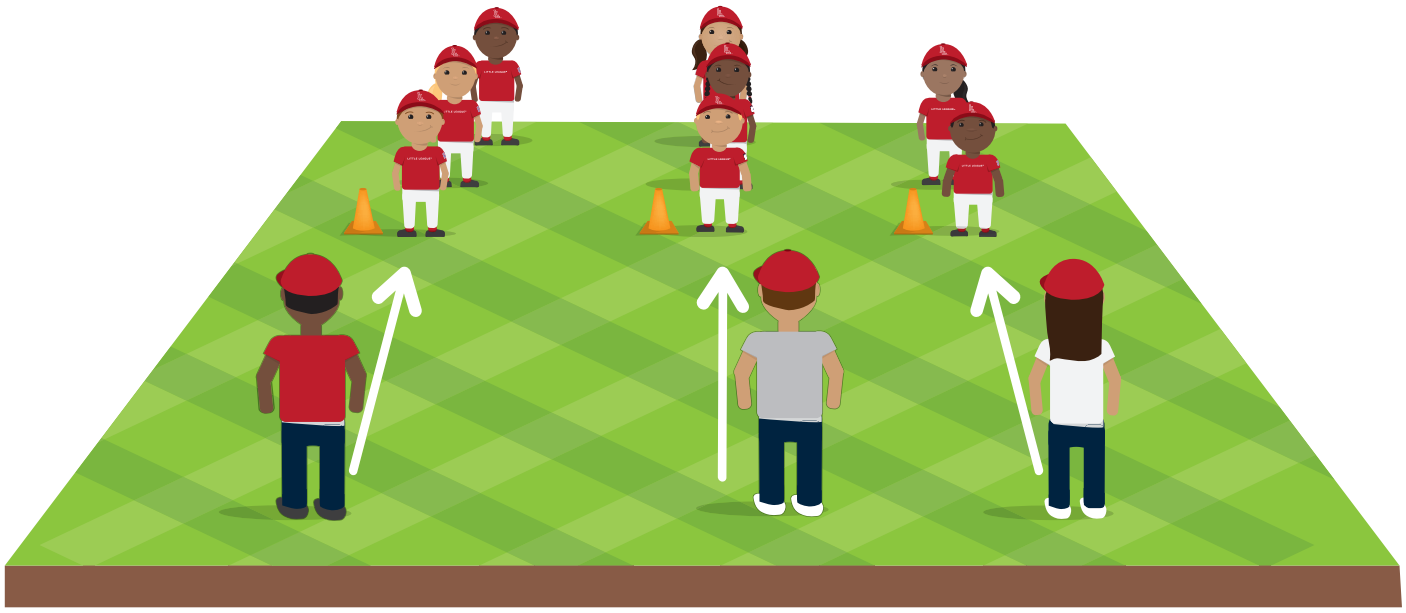
WHAT YOU'LL NEED:

Tee Balls | Cones



DRILL SEQUENCE:

- In separate lines the players line up and receive a ground ball from a coach.
- The player fields the ground ball rolled to him/her and throws it back to the coach before returning to the end of their line.

SEQUENCE 3

FIELDING IN POSITIONS

WHAT YOU'LL NEED:
Tee Balls | Cones

DRILL SEQUENCE:

- Each position should be marked with cones before the drill starts. The players are sent to positions.
- Before the drill begins, review fielding a ground ball with the players once they are in positions.
- The coach at home plate rolls the ball to the players in position, one at a time. The player who fields the ball then throws it back to the coach on the pitcher's plate.

SEQUENCE 3

FIELDING WITH A RUNNER *(OPTIONAL DRILL)*

WHAT YOU'LL NEED:
Tee Balls | Bases

DRILL SEQUENCE:

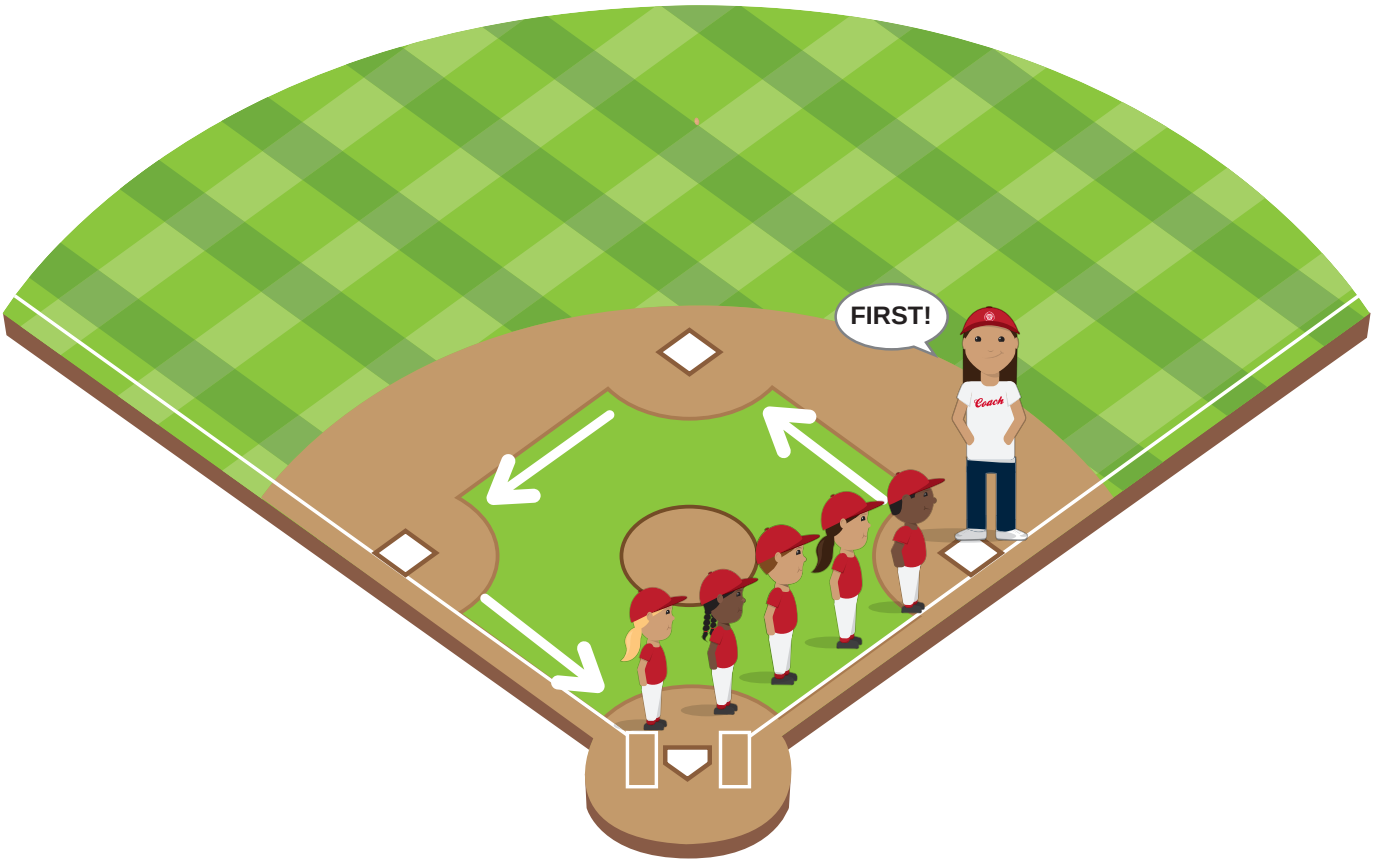
- Players are in position on the field with any extra players in a small line by the coach at home plate.
- On "go" the coach rolls a ball from home plate to a position and the runner at home plate runs to first base at the same time.
- The fielder must field the ball and throw it to the pitcher before the runner gets to first base. If the runner "beats the play" they stay at first base and if the runner does not "beat the play" they go back to the end of the line a home plate.

SEQUENCE 4

RUN THE BASES

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

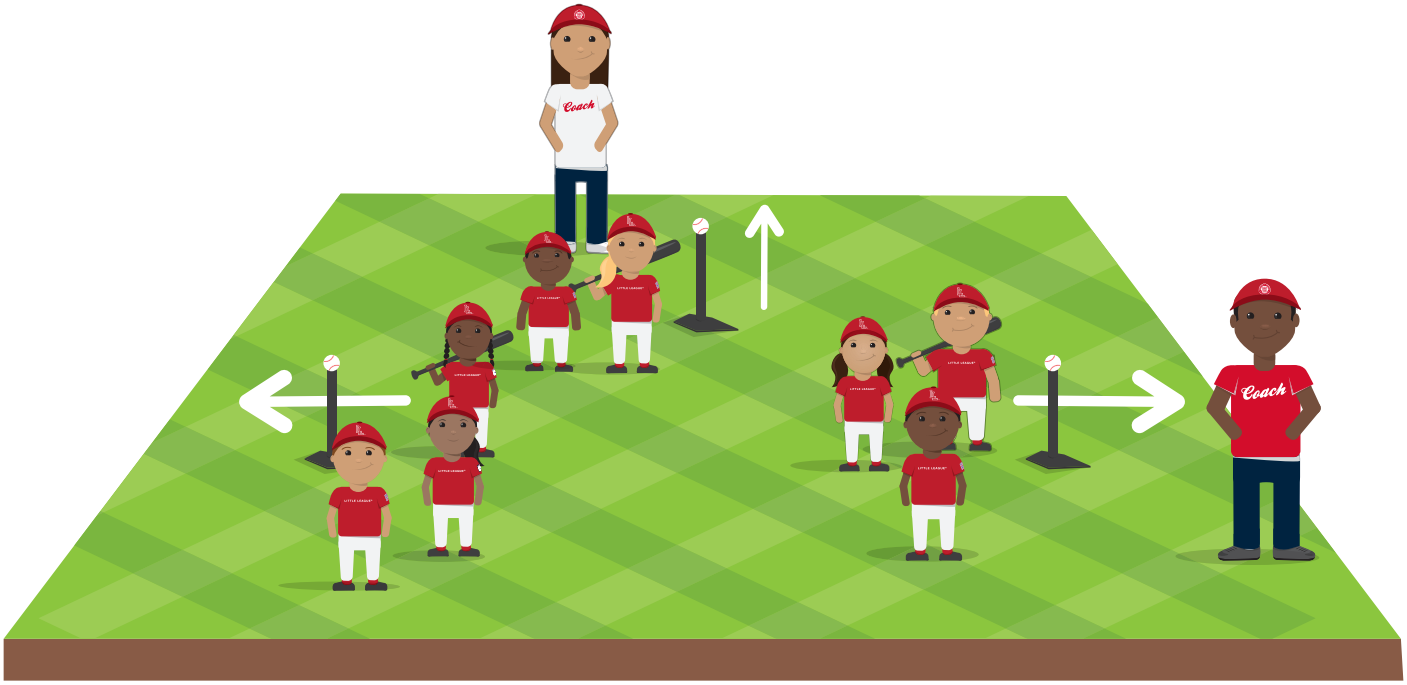
- Starting at home plate, everyone jogs to first, second, third, and home in a line, following the coach and calling out the bases as they go.
- On round 2, start the line at home plate, on "go" the first player runs to first and stays on first. On the next "go", the player on first advances to second and the new runner goes to first. Repeat with all players running and all advancing until each player scores at home plate.
- Optional to have a coach on the field with a ball in hand, stressing that the base means SAFE and if they are off the base they could be tagged OUT.

SEQUENCE 5

TEE HITTING

WHAT YOU'LL NEED:

Tee Balls | Tees | Helmets



DRILL SEQUENCE:

- The players are split into groups and take turns hitting off a tee into a net, fence, or open field with a coach.

FULL PRACTICE PLAN
WEEK FIVE

PRACTICE GOAL

The players should be able to stay in their position to field the ball and throw it to the correct coach/player to attempt an *"out".*

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Buckets for Balls (2)
- Tees (3-4) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Cones (10) *- or anything that can act as a barrier*
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Briefly review the correct way to field a ground ball, have a player demonstrate, and discuss the PCA tip of the week. (3 minutes)

2. RED LIGHT, GREEN LIGHT: Explain game to players and have them line up on the foul line or on a mock line in between two cones. A coach stands a distance across from the players. When the coach yells, "green light," they run, and when the coach yells, "red light," they must stop as quickly as they can. Repeat until the players arrive at the coach. The first player is the "winner" of that round. Turn players around and repeat game back to the starting point. ***(6 minutes)***

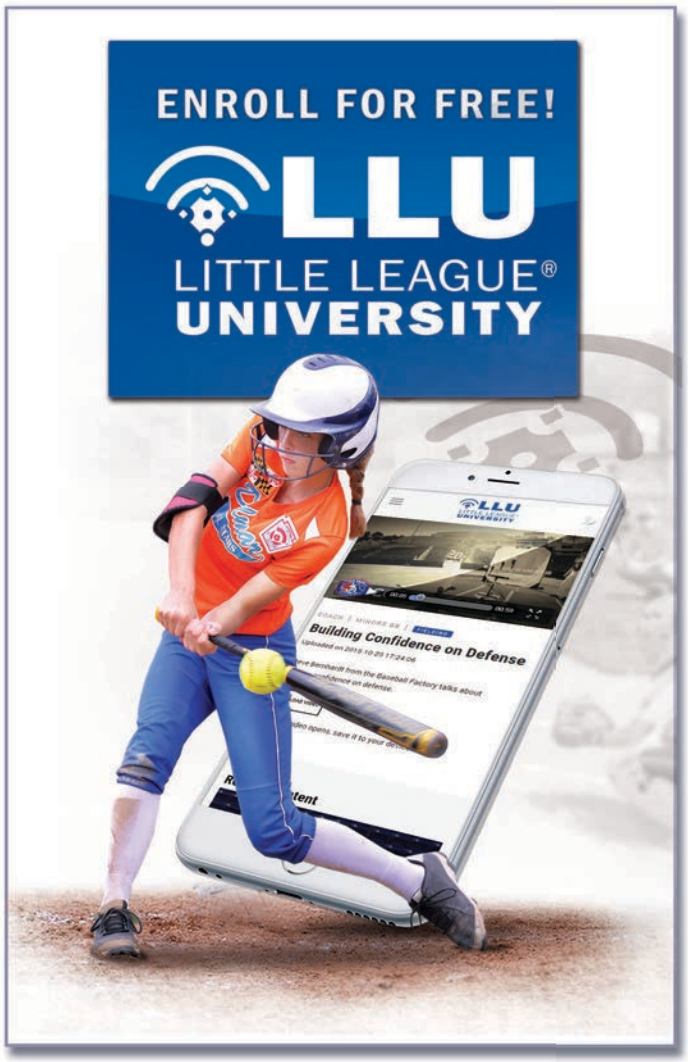
3. CATCHING PRACTICE: Have players get their gloves and find a personal space. Give each player a tennis ball. Have each player "challenge" himself or herself and toss the tennis ball (not too high) into the air and squeeze it in their glove. Stress watching the ball the whole time and covering the ball with the bare hand after the ball hits the glove. When players have practiced for a few minutes, ask them to see how many catches they can make in a row. Have players gather and return tennis balls to bucket. ***(4 minutes)***

4. OFFENSE AND DEFENSE: Spread the players out in the field. Put a bucket on first base, second base, and third base. Designate one player the rest of the team must get the ball to (by throwing to them or running to them). That player is then responsible to put the ball in a bucket to make an out. The coach stands at home plate and rolls balls into the field to each position, one at a time. Players then must stay in position and get the ball to the designated person to place in the bucket for an out. Switch the player who is placing the ball in the bucket. ***(8 minutes)***

PROGRESSION 2: Players MUST throw to the designated player. Designated player must place the ball in the specified bucket. ***(8 minutes)***

PROGRESSION 3: Separate players into two groups. Send half out into the field behind a line of cones and the other half to home plate. The players in the field must stay behind this line during the game. There is also a bucket out in the field behind the cones. At home plate, have three or four tees (depending on number of players) set out apart from each other. Evenly send the players at home plate to the tees. On "go," the players at each tee take turns hitting the ball into the field (3 or 4 balls are being hit at once). The players in the field must collect the balls and put them into the bucket. Players at home plate rotate continuously (quickly) and take turns. Play for a specified time (4-5 minutes) then switch sides. ***(12 minutes)***

5. CONCLUSION: Gather players and have them shake another player's hand. Talk about what they learned today and the PCA tip of the week. Remind the parents of the next event. ***(2 minutes)***



POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 5 — TRYING HARD
(DIMITT)

In order to get good at anything, you need to give your best efforts at every practice and in every game.

Many people think that talent is the most important thing in being good at a sport (or anything else in life). They think that either you are good at something or you aren't, but really any of us can get better if we work hard and have determination to improve.

That's why we say **"Determination Is More Important Than Talent."** To help you remember, take the first letter of each word in that sentence and it spells **DIMITT.**

Remember DIMITT and have your athletes use it whenever things seem to be getting hard. We are going to have days when things come easily and days when it seems really hard. Let's remember DIMITT when things get hard.

WEEK FIVE

QUICK PLAN
WEEK FIVE | 45 MINUTES

0:03 **INTRODUCTION**
- Welcome players
- Review fielding a ground ball/PCA tip of the week

0:06 **RED LIGHT, GREEN LIGHT**
- Players are lined up, while a coach stands a distance away and calls "green light" for players to run, "red light" for them to stop. The first player to reach the coach wins
- See full practice plan for complete instructions

0:04 **CATCHING PRACTICE**
- Players are in a personal space with their glove and a tennis ball tossing and catching with themselves

0:28 **OFFENSE AND DEFENSE**
- Three Progressions
  1. Players in position run or throw the ball to the designated player.
  2. Players in position throw the ball to the designated player
  3. Half players are hitting and half are fielding

0:02 **CONCLUSION**
- Shake another's hand/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)

TRYING HARD (DIMITT)

In order to get good at anything, you need to give your best efforts at every practice and in every game.

Many people think that talent is the most important thing in being good at a sport (or anything else in life). They think that either you are good at something or you aren't, but really any of us can get better if we work hard and have determination

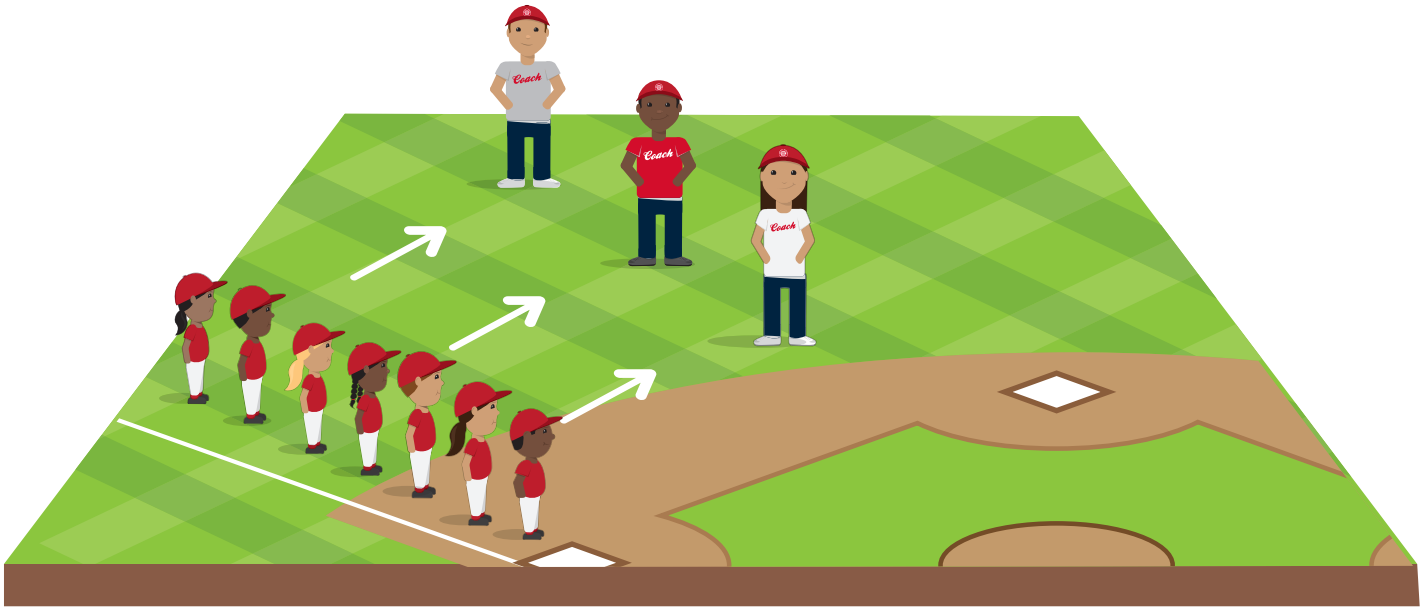
Thats why we say *"Determination is More Important Than Talent."*

Remember DIMITT and have your athletes use it whenever things seems to be getting hard. We are going to have days when things come easily and days when it seems really hard. Let's remember DIMITT when things get hard.

SEQUENCE 2

RED LIGHT, GREEN LIGHT

WHAT YOU'LL NEED:
No equipment needed



DRILL SEQUENCE:

- All players line up on the foul line in the outfield and the coaches face the players a distance away. When a coach calls out "green light," the players begin running toward the coach. When the coach calls out "red light," the players must stop or freeze.
- The coach continues to call out green and red light until players reach a determined distance.

SEQUENCE 3

CATCHING PRACTICE

WHAT YOU'LL NEED:
Gloves | Tennis Balls

DRILL SEQUENCE:

- The players find a personal space anywhere in the playing area. The players should all have his/her glove and tennis ball.
- Players toss the ball in the air to themselves and catch it, or "squeeze it," in their gloves.

SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 1 & 2

ONLINE VIDEO

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WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3)

DRILL SEQUENCE:

- The players begin the drill in positions. The coach rolls the ball to any position. The player at the specific position must field the ball and then either run it or throw it to a designated player (usually the person playing first base). That player then drops the ball into the bucket beside him/her and it counts as an "out."
- **PROGRESSION 2:** The player who fields the ball must throw the ball (and not run it) to the designated player with the bucket for an out.

SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 3

ONLINE VIDEO

LLU LITTLE LEAGUE® UNIVERSITY

WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3) | Bats | Helmets | Tees

DRILL SEQUENCE:

- The players are divided into two teams. One team must go behind the line of cones in the field, and the other team is near home plate with a tee and plastic balls (or in line at a tee ready to take a turn).
- On "go", the players at the tees all swing and hit their plastic balls into the field. The players in the field stay behind the cone line to field the balls and then run to place them in the bucket that is also behind the cone line in the field.
- The game is continuous and teams should switch sides after a specific time or until all of the balls are gone. All players (or most) are moving at all times.

FULL PRACTICE PLAN
WEEK SIX

PRACTICE GOAL

The players will be able to call for the ball before they catch it or field it. They will be able to recognize a team effort by encouraging and being attentive to others' actions on the field.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Tee Balls (15)
- Buckets for Balls (3)
- Tees (3-4) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Cones (16) *- or anything that can act as a barrier*
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about what the players liked most about the last game, what they had the most fun doing and the PCA tip of the week. ***(3 minutes)***

2. ZIGZAGGING: Set out 4 lines of cones for lines of players to stand behind and zigzag through. Separate players into four groups behind each line of cones. On "go," the first player from each group runs and zigzags through the cones. When they get to the end, they circle around the last cone, zigzag back and tag the next player's hand. The next player goes. Repeat until each player takes a turn. ***(5 minutes)***

3. TEE-HITTING: Break the players into 3 or 4 groups. Have them stand behind a tee and take turns swinging. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front. Players should start with a half swing to see where they will make contact with the bat before swinging hard. Have all players attempt to make contact with the barrel of the bat. Continue to reinforce the proper hitting mechanics. Review the proper grip on the bat. Talk about how tight they should hold the bat. Have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher's plate. Have them take a swing trying keep the bat level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they should watch the ball the whole time. They should follow through by finishing with their hands near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate. ***(12 minutes)***

BREAK *(2 minutes)*

4. POP-UPS: Separate players into groups for fly balls. Each coach should take a group and begin with a small tosses to each player (with the group spread out in a semi-circle). The coach should call the player's name (whoever is being tossed to) and that player then calls the ball. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses. After a few rounds, progress to one player catching as many as they can in a row. When they are through (if they catch 1 or 10), the other players in that group do as many jumping jacks as that player caught and then say, "Good Job". (i.e. – Johnny is up and catches 4 fly balls in a row before he drops one. The other players in the group then do four jumping jacks for the fly balls he caught and then chant, "Good Job, Johnny.") Use cues. Catching is perhaps the most difficult skill for these young players to learn. Begin with no glove and allow players to catch a plastic ball in a "basket catch" method with fingers facing the coach. Gradually move to catching the plastic ball above the head with the fingers up. Once the player has a comfort level with catching the plastic ball, graduate to a tennis ball and have players put on their gloves. Begin with the basket catch and move to the proper technique of catching the ball with fingers up and thumbs together. Stress two hands by having players cover the ball with their bare hand each time it goes into the glove. ***(10 minutes)***

5. RUN THE BASES RELAY: Review running the bases. Create two teams. Each team lines up behind a specified base (e.g. second base and home plate) and use a cone to have them stand behind (about 3 feet behind) the base. On "go," the first player of each team begins to run the bases with a plastic ball in hand (like a baton), tagging each base and returns to the base where they started. When they get back, they hand the plastic ball to the next player and go sit down at the end of the line. The next player begins to run the bases when they get the ball and it repeats through the line. The first team done wins. Repeat. ***(8 minutes)***

6. CONCLUSION: Gather players and have them tell another teammate one thing that they are going to try to do well in the next game and discuss the PCA tip of the week. Remind the parents of the next event. ***(2 minutes)***

POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 6 —TEACHABLE SPIRIT
(WAG)

You want your athletes to learn and get better every week this season. That means they need to have a Teachable Spirit.

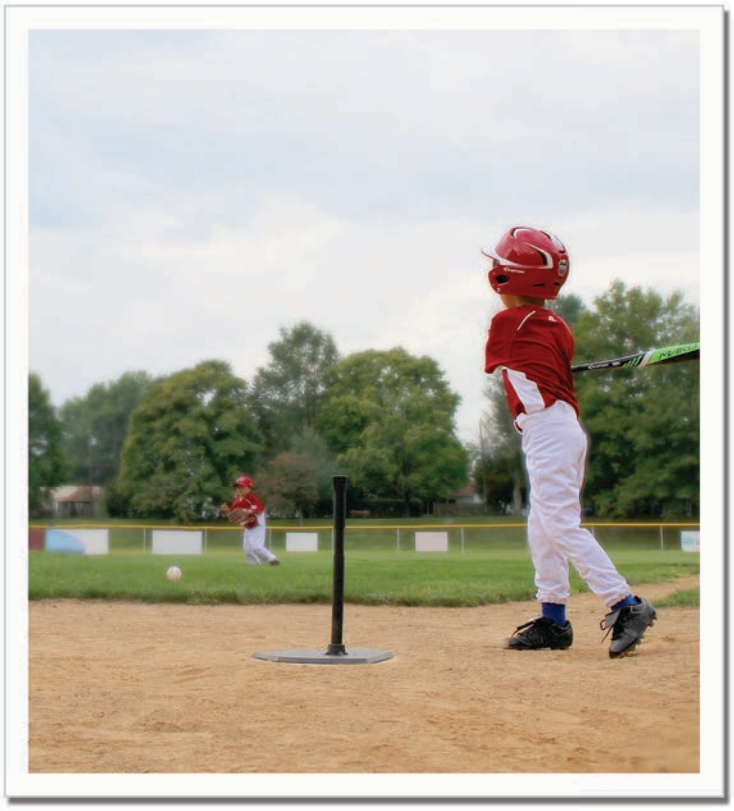
People often stop learning because while they are learning something new, and they are not yet good at it, they don't want to look foolish. But the really foolish person is the one who stops learning.

When it's time for your team to learn, you can WAG! The letters W-A-G help us remember how to learn

W is for Watch. Your athletes can learn a lot just by watching someone do something that they want to know how to do.

A is for Ask. Many people don't ask questions because they think.

G is for Get coaching. Your athletes can get a coach to help them learn what they want to learn.



WEEK SIX

QUICK PLAN
WEEK SIX | 45 MINUTES

0:03 **INTRODUCTION**
- Welcome players
- Talk about what the players had the most fun doing at the previous game/PCA tip of the week

0:05 **ZIGZAGGING**
- Players are broken into lines and zigzagging around their cones
- See full practice plan for complete instructions

0:12 **TEE HITTING**
- Break players into three or four groups
- Players take turns hitting off the tees

0:02 **BREAK**

0:10 **POP-UPS**
- Players are in groups, each group is in a semi circle, players are tossed pop-ups and called by name, the player calls the ball
- Progress with difficulty
- How many can each player catch in a row
- Jumping jacks for number of catches

0:08 **RUN THE BASES RELAY**
- Divide players into two teams
- One team begins at home and the other team at second base
- Players run one at a time with a plastic ball as a baton, and hand off
- First team finished wins
- See full practice plan for complete instructions

0:02 **CONCLUSION**
- High fives
- Review what they learned/PCA tip of the week
- Remind players of next event (practice/game)

TEACHABLE SPIRIT (WAG)

People often stop learning because while they are learning something new and they are not yet good at it, they don't want to look silly. But the really silly person is the one who stops learning. The letters W-A-G or "Wag" can help us remember how to learn.

W - is for Watch. You can learn a lot just by watching someone do something

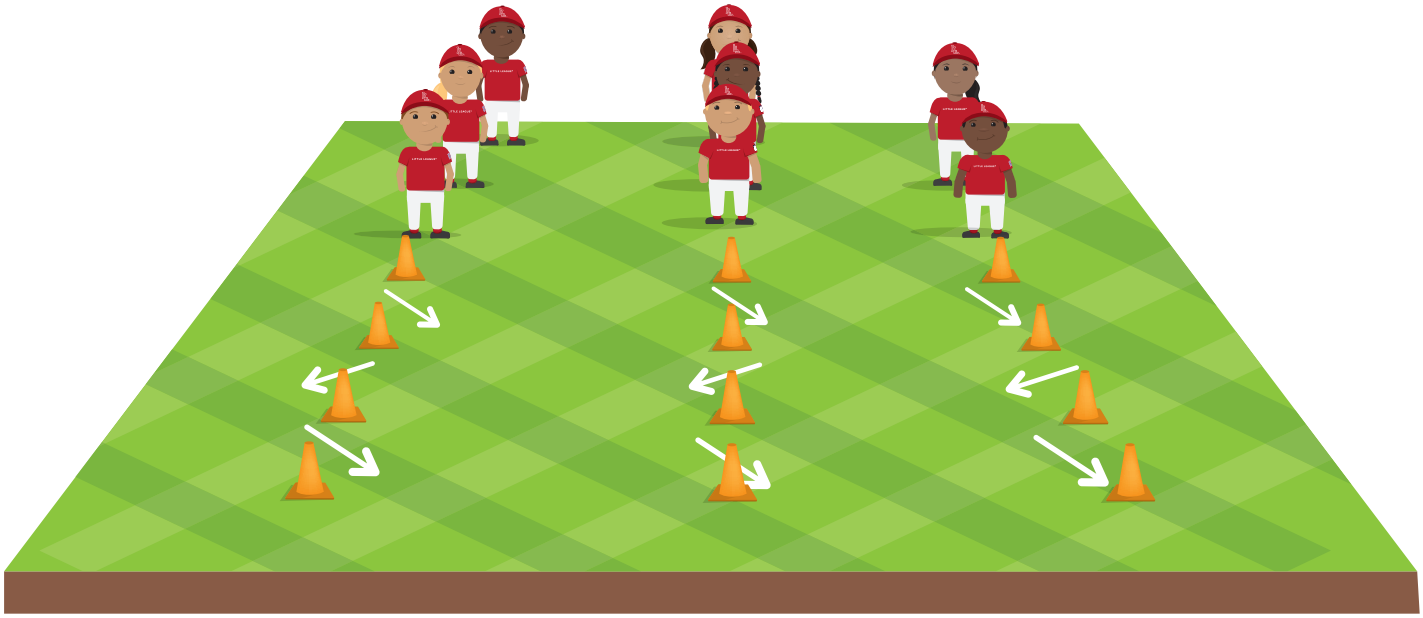
A - is for Ask. Many people don't ask questions because they think it makes them look silly. But,it's smart to ask questions!

G - is for Get coaching. Get a coach to help you learn.

SEQUENCE 2

ZIGZAGGING

WHAT YOU'LL NEED:
Cones



DRILL SEQUENCE:

- The players are broken up into groups. Each group lines up behind a line of spaced out cones.
- On "go", the first player in each line zigzags through the cones, circles around the last cones, and zigzags back between the cones. They then tag the next person in line to proceed through the cones.
- Finish when all players are complete or turn the drill into a race between teams.

SEQUENCE 3

TEE HITTING

ONLINE VIDEO

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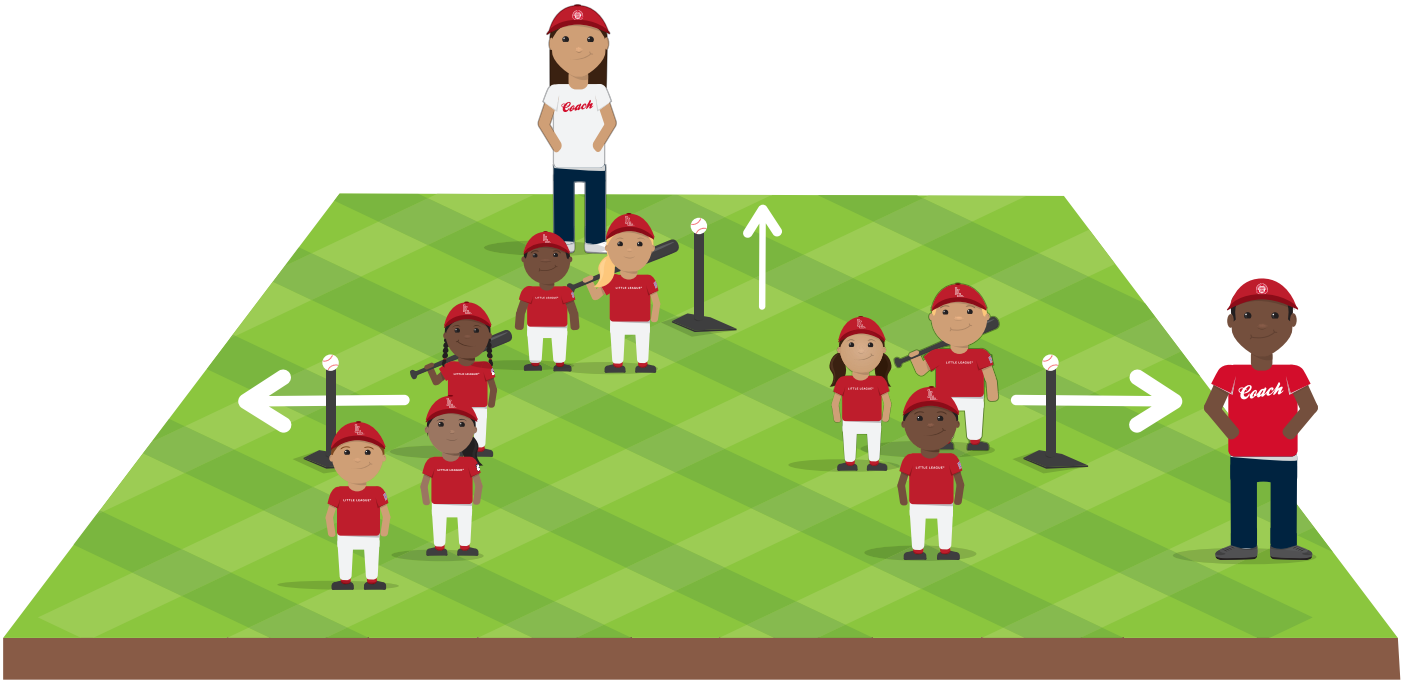
WHAT YOU'LL NEED:

Tee Balls | Tees | Helmets



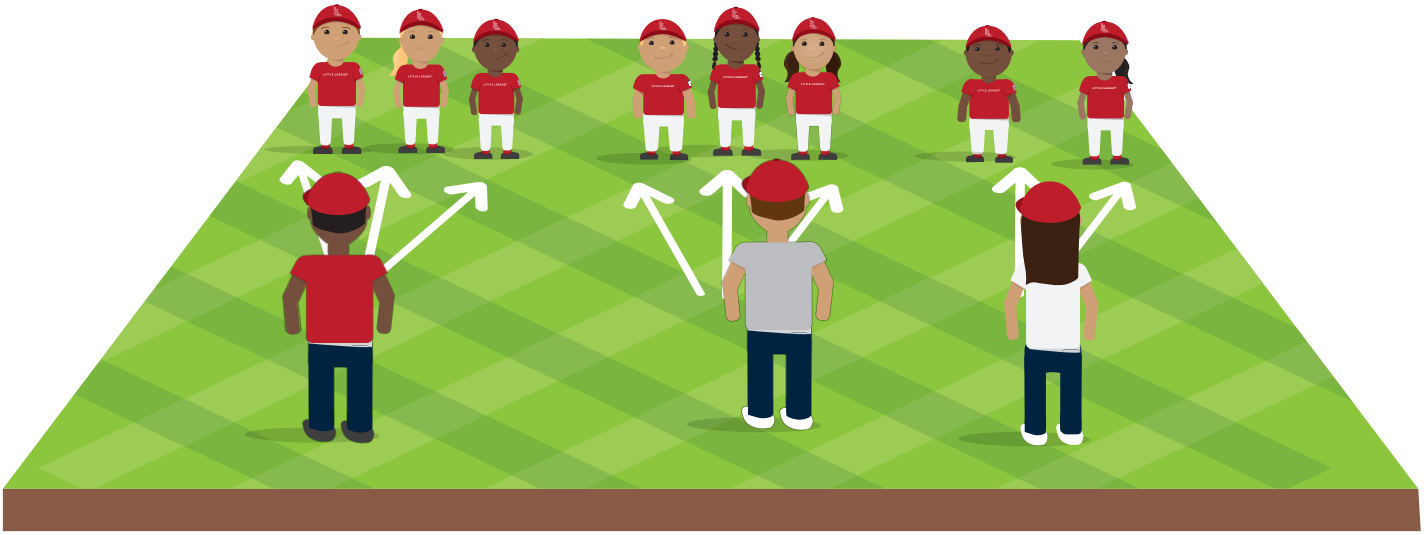
DRILL SEQUENCE:

- The players are split into groups and take turns hitting off a tee into a net, fence, or open field with a coach.

SEQUENCE 4

POP-UPS

WHAT YOU'LL NEED:
Gloves | Tee Balls



DRILL SEQUENCE:

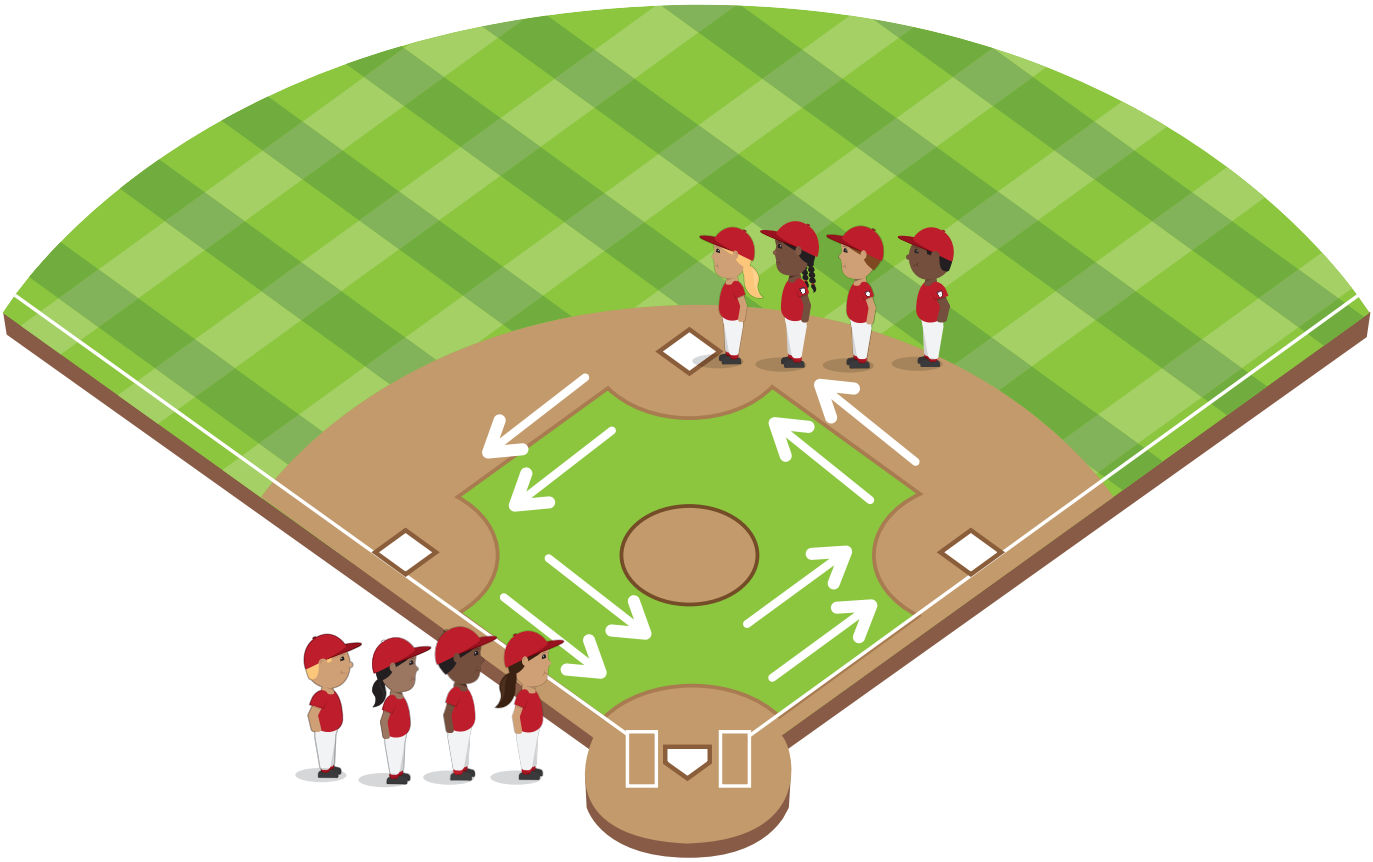
- The players are split up into groups and paired with a coach.
- Each group circles around or spreads out around the coach. The coach takes turn with each player and tosses him/her a very shallow pop-up, progressing higher and higher with each turn.
- After a few practice rounds, each group has a contest within itself to see which player can catch the most pop ups in a row. However many each player catches within each group, the other group members do that many jumping jacks before the next player's turn.

SEQUENCE 5

RUN THE BASES RELAY

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- The players are divided into two teams. One team lines up at second base and the other team lines up at home plate. Each line should be out of the way of the base paths.
- On "go", the first player in line at second base runs around the bases and back to second base while, at the same time, the player at home runs around the bases back to home plate. Once the players arrive back to their team's line they tag the next player to continue the race.
- The first team to finish is the winning team.

FULL PRACTICE PLAN
WEEK SEVEN

PRACTICE GOAL

The players should be able to hit the bucket at least one time. Throwing accuracy should be improved.

MATERIALS:

- Plastic Balls (15)
- Tee Balls (15)
- Buckets for Balls (2)
- Tees (1) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about the goal of today's practice, what they will learn, and the PCA tip of the week. ***(3 minutes)***

2. THE GREAT BASEBALL: Split the players into four groups and send each group to a side of the field (between home and first, between first and second, between second and third, between third and home). Name each side, examples: "The Baseballs," "The Bats," "The Gloves," "The Bases." Coaches stand in the middle of the square. When the coach calls a specific group; they have to try and make it to the other side of the square without getting tagged by the coaches. If they get tagged they must sit down at that spot. They can now tag players as well from the seated position. Repeat. ***(8 minutes)***

HIT THE BUCKET: Have players create a giant circle. Inside the circle, place a bucket. Each player should have a plastic ball. Go around the circle and have each player take a turn to throw their ball at the bucket. If someone hits the bucket, it is an out for the whole group. If a player tosses their ball inside the bucket, it counts as three outs. Once the whole team collectively makes 3 outs, everyone wins! If three outs are recorded before everyone has a chance to throw, just see how many outs the whole group can make in a specified time. Once everyone throws for two or three turns call a time-out and have everyone collect their balls and repeat. ***(8 minutes)***

BREAK ***(2 minutes)***

3. INNING PRACTICE: Divide the players in half and work on a game inning. Work on transitions, skills, and knowledge that players have shown to lack in games. Examples include running to the correct bases, staying in position, fielding by bending knees, moving toward the ball, and over hand throws. ***(20 minutes)***

4. CONCLUSION: Gather players and review what was learned in inning practice. Have the players do a team huddle chant (name of team, or "teamwork", or "tee ball") and discuss the PCA tip of the week. Remind the parents of the next event. ***(2 minutes)***

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POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 7 —EMOTIONAL TANK
(MAGIC RATIO & BUDDY SYSTEM)

We talked a few weeks ago about making teammates better by filling their Emotional Tanks. Remember that praise fills tanks along with things like smiles and high-fives. Non-verbal tank-fillers are powerful.

People do best when they get five tank-fillers for every criticism. We call 5-to-1 the "Magic Ratio" because with full tanks, people sometimes can do magical things.

Try using the **"Buddy System"** to help your team fill tanks. Pair your athletes up with someone as their buddy for a drill. They can have a different buddy each time so everyone has paired up with everyone else during the season.

They should do the drill as well as they can and watch their buddy do the drill. After the drill is complete, each player should give their buddy hi-fives and tell them they did a good job!

WEEK SEVEN

QUICK PLAN
WEEK SEVEN | 45 MINUTES

0:03 **INTRODUCTION**
- Welcome players
- Discuss the goals of the day and what they will learn/PCA tip of the week

0:08 **THE GREAT BASEBALL**
- Players are split up between each base path and must run to the opposite side when called without getting tagged
- See full practice plan for complete instructions

0:08 **HIT THE BUCKET**
- Players stand in a large circle around the bucket and try to hit it to make an out, the team works together to make three outs
- See full practice plan for complete instructions

0:02 **BREAK**

0:20 **INNING PRACTICE**
- Work on transition, skills and knowledge that players have shown to lack during the games

0:02 **CONCLUSION**
- Review things learned in inning practice
- Team huddle chant/PCA tip of the week
- Remind of next event (practice, game)

EMOTIONAL TANK (MAGIC RATIO & BUDDY SYSTEM)

We talked a few weeks ago about making teammates better by giving them high-fives and smiling at them. Remember that telling them how well they're doing fills tanks along with other things like smiles and high-fives.

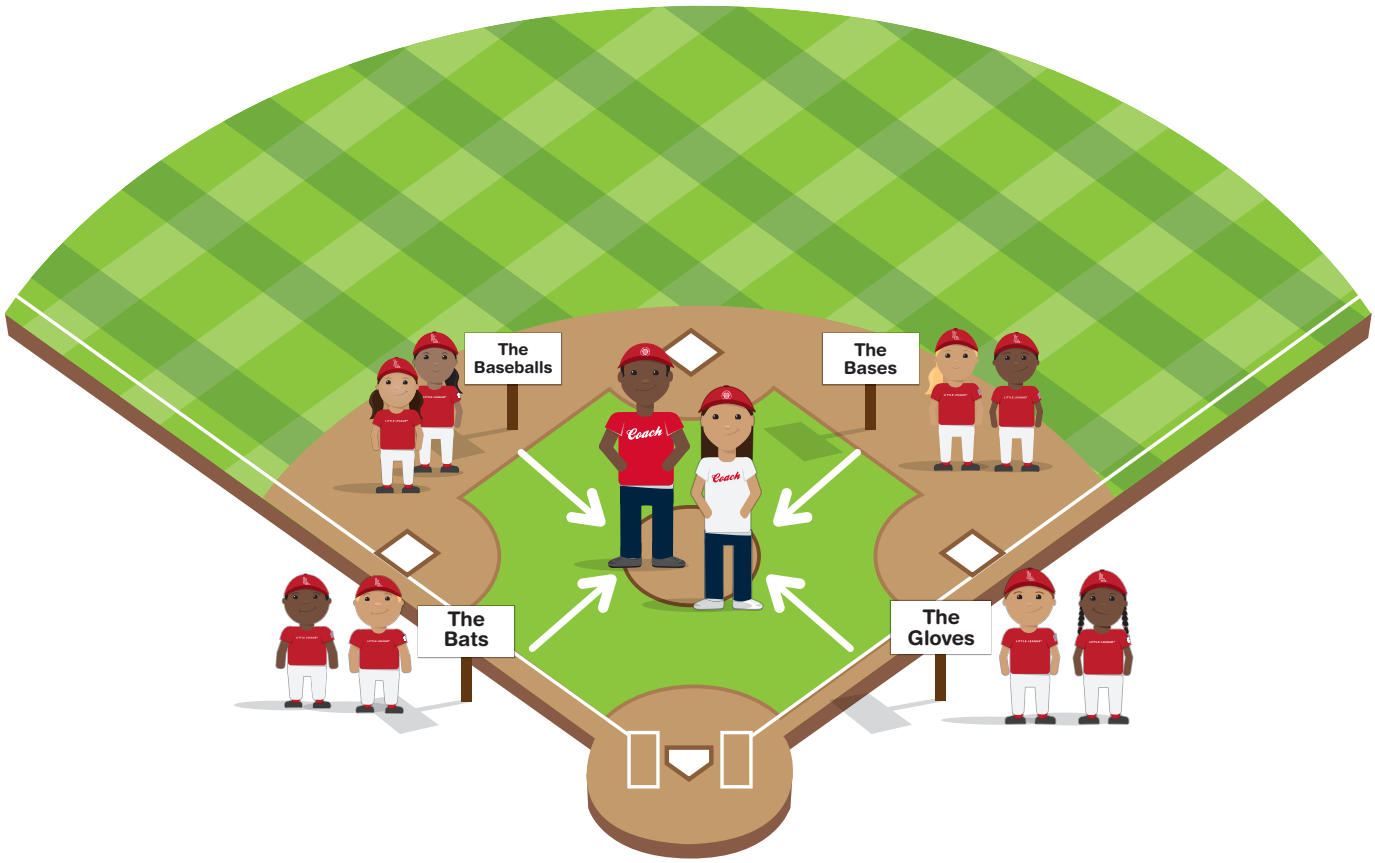
We're going to try using the **"Buddy System"** to help each other. I'm going to match each of you up with a buddy. You should do the drill as well as you can, and also watch your buddy and tell them what they did well after the drill.

SEQUENCE 2

THE GREAT BASEBALL

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- Break the players into four groups. Each group should be sent to a base running line. Give each group a nickname such as, "The Baseballs," or "The Bats."
- A coach stands in the middle of the field and calls out a team's nickname. When that team is called, the team must run to the other side (opposite of them) without being tagged by the coach.
- If players get tagged on their way to the other side, they must sit down in the playing area and become a stationary tagger while other groups are called to cross.

SEQUENCE 3

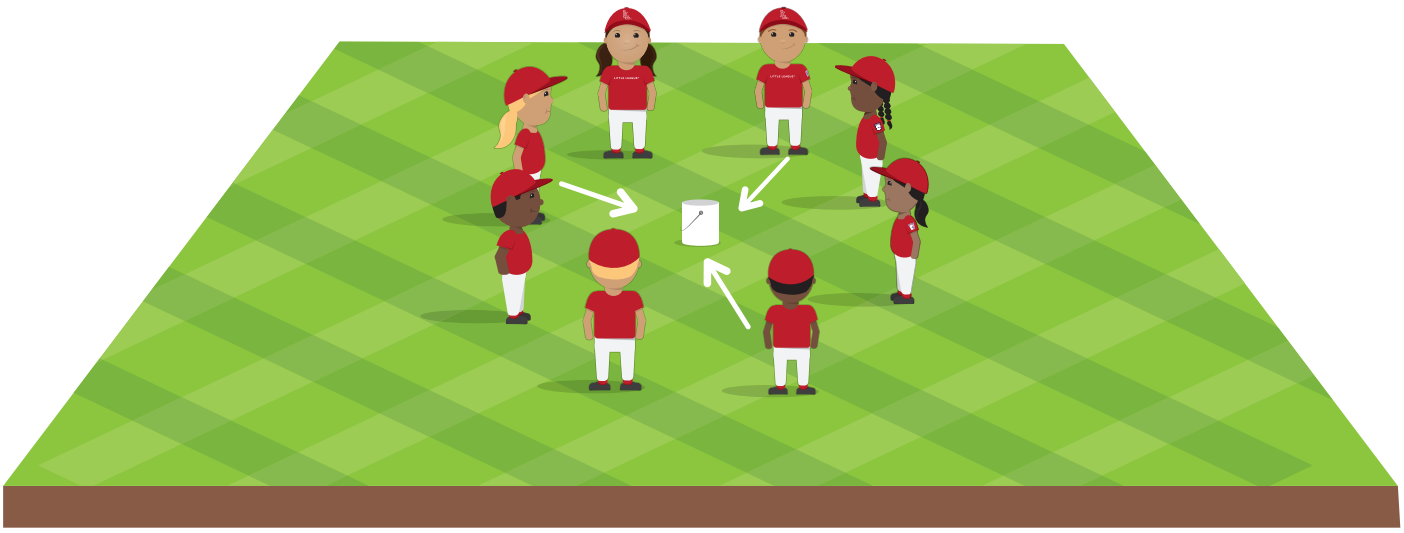
HIT THE BUCKET

ONLINE VIDEO

LLU LITTLE LEAGUE® UNIVERSITY

WHAT YOU'LL NEED:

Bucket (1) | Plastic Balls



DRILL SEQUENCE:

- All players make a large circle around a bucket. Each player takes a turn and tosses a plastic ball that they have a the bucket, trying to get the ball inside the bucket.
- If a player hits the bucket with their ball, it counts as an out for the team. If a player gets their ball inside the bucket, it counts as three outs for the team and the round in over. The team is trying to get three outs.
- The drill may progress to see how many balls the team can toss inside the bucket during a specified time period.

FULL PRACTICE PLAN
WEEK EIGHT

PRACTICE GOAL

The players should be able to throw and catch with a partner successfully (a few consecutive times).

MATERIALS:

- Tee Balls (15)
- Buckets for Balls (1)
- Tees (1) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Cone (1)
- Bat (1)
- Volleyball (1)
- Beach Ball (1)
- Net or Fence (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about how much they have progressed and how much more there is to learn and fun to be had. Discuss the PCA tip of the week. ***(3 minutes)***

2. FOLLOW THE LEADER: Have players stand on the first baseline. Have the coach go to one end and all players turn to face the coach. The coach then does different movements around the field and the players must follow the leader. Examples: skipping, running, walking, zigzagging. Could also be played with players scattered around the infield and the players have to "copycat" the coach. Coach tip-toes in place, marches in place, runs in place, touches knees, ears, shoulders (etc.), hops in place (one foot), jumps in place (two feet). Repeat with a player being the leader as many times as desired. ***(6 minutes)***

3. STATIONS: Break players into two groups. Send one group to a throwing station (game), and send one to a hitting station (game). Each station proctored by a coach. Players switch stations after ***(20 minutes.)***

STATION 1 THROWING: Start off paring the players up with partners to play catch. Remind them of important cues of throwing. After playing catch, spread the players out behind the outfield foul line. Set a cone about 5 feet away. Have players try to throw past it (they all will) at the same time. They should retrieve their balls and go back to the line. Move the cone 5 feet further. Have the players try to throw past the cone and then go retrieve their balls. Continue moving the cone back. Work on throwing for distance. When the players retrieve their balls, the coach should say "ready go" so that the players are sprinting to get their ball and returning to the foul line. ***(10 minutes)***

STATION 2 HITTING: Have players find a personal space with a bat, and practice swings. Coach should stand in front of players so they can practice a stance and a full swing. Next have players line up behind the tee. Players will swing at a volleyball that is placed on the tee. They are to follow through with a tough swing. Go through the line as many times as possible. ***(10 minutes)***

BREAK *(2 minutes)*

Bring players back to their last practice station.

4. BEACH BALL CIRCLE: In each group make a circle. Coach starts off hitting (bumping) the volleyball to another player, who should try to hit it up in the air and keep it in the circle. Other players try to hit it to keep it up. Encourage calling for the ball and watching the ball hit the players' hands. ***(8 minutes)***

5. CONCLUSION: Gather players and review what was learned at practice and the PCA tip of the week. Remind the parents of the next event. ***(4 minutes)***

POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 8 —MASTERY
(COMPETING WITH YOURSELF)

Learning to compete is an important part of being an athlete, and the biggest competition is with ourselves.

Too often we compare ourselves to other people. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that your athletes can say, "I am better now than I was a few weeks ago."

When your athletes compare themselves now to how they used to be, they'll be encouraged. If they have worked hard, then they have probably improved and they are winning the competition with themselves

WEEK EIGHT

QUICK PLAN
WEEK EIGHT | 45 MINUTES

0:03 INTRODUCTION
- Welcome players
- Discuss the goals of the day, what they will learn and the PCA tip of the week

0:07 FOLLOW THE LEADER
- Players line up and follow the coach doing various movements, or Simon says (copycat) style, players can become the leader
- See full practice plan for complete instructions

0:20 STATIONS
- **Station 1:** Throwing with a partner and throwing for distance
- **Station 2:** Dry swings, and hitting a volleyball off a tee for follow through
- See full practice plan for complete instructions

0:05 BREAK

0:10 BEACH VOLLEYBALL CIRCLE
- Players make a circle within their group with a coach and try to keep the volleyball in the air
- See full practice plan for complete instructions

0:05 CONCLUSION
- Review things learned at practice/PCA tip of the week
- Remind players of next event (practice/game)

MASTERY - COMPETING WITH YOURSELF

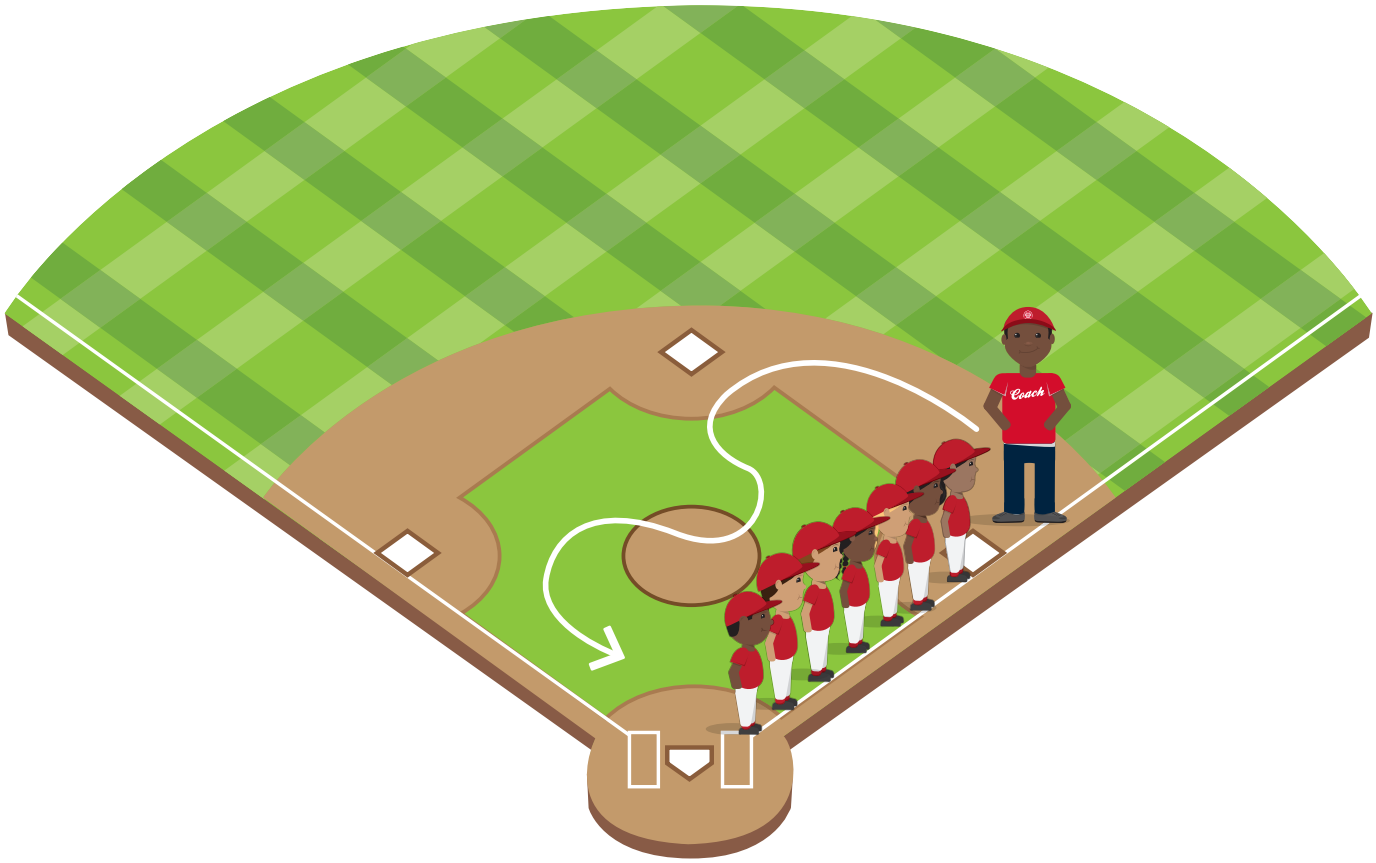
Too often we compare ourselves to other people on the team. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that you can say, "I am better now than I was a few weeks ago."

When you compare yourself now to how you used to be, you'll be encouraged. If you have worked hard and tried your best, then you have probably improved!

SEQUENCE 2

FOLLOW THE LEADER

WHAT YOU'LL NEED:
No equipment needed



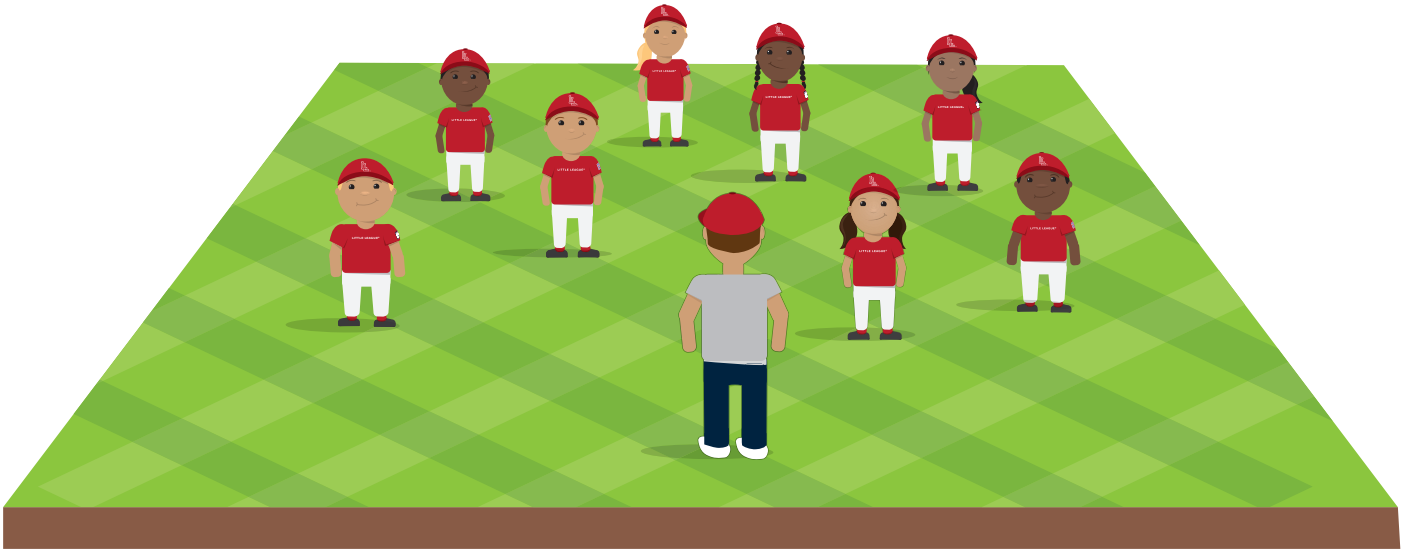
DRILL SEQUENCE:

- All players line up on the first base line behind a coach.
- The coach moves different ways, such as skipping, running, hopping, jumping, and zigzagging, all around the field while the players follow behind mimicking the coach's movements.

SEQUENCE 2

COPYCAT (MODIFICATION TO SEQUENCE 2)

WHAT YOU'LL NEED:
No equipment needed



DRILL SEQUENCE:

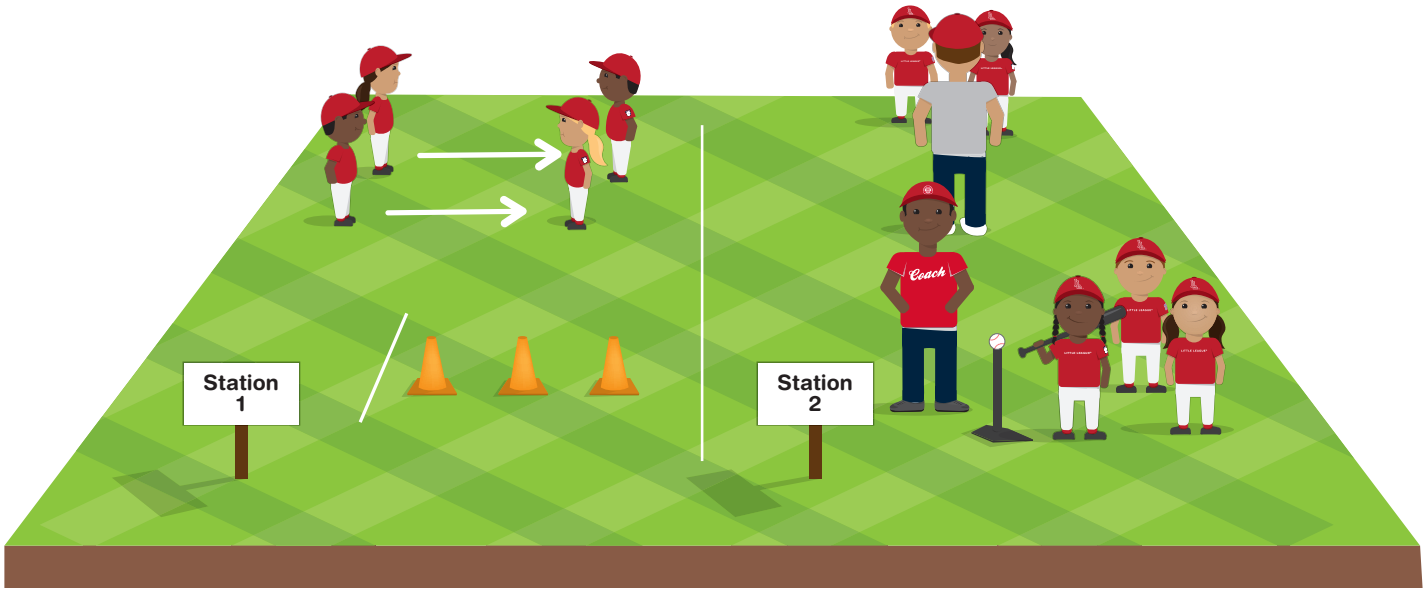
- The players find a personal space in the playing area with the coach facing the players.
- The coach stays in a stationary spot, while doing several different movements and the players must copy the movements.

SEQUENCE 3

STATIONS

WHAT YOU'LL NEED:

Bats | Cones (3) | Tee Balls | Helmets



DRILL SEQUENCE:

- The players are broken into two groups.
- Station 1: Practice Throwing – Players practice throwing with a partner. Then the players all stand behind the foul line and are prompted to all throw at the same time as far as they can.
- Station 2: Practice Swings – Players practice swinging with a bat. Then players take turns swinging at a volleyball off of the tee.
- The groups switch after a specific time.

SEQUENCE 4

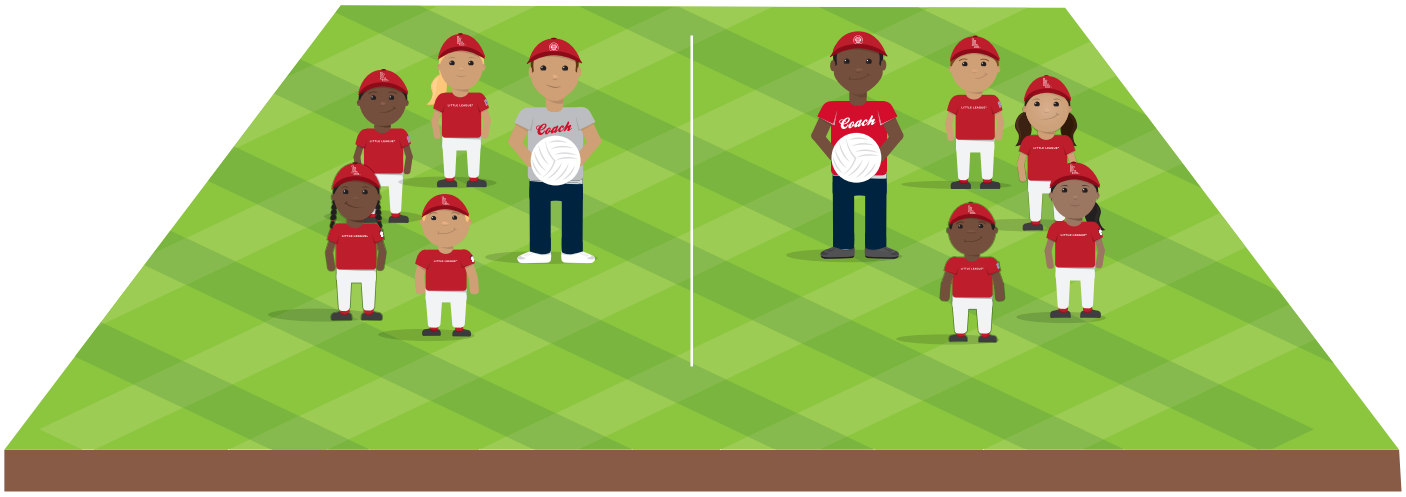
BEACH VOLLEYBALL CIRCLE

ONLINE VIDEO

LLU LITTLE LEAGUE® UNIVERSITY

WHAT YOU'LL NEED:

Volleyball(s)



DRILL SEQUENCE:

- The players remain in groups from the last activity (or break them into groups).
- Each group creates a circle with a coach.
- The coach begins bumping a beach volleyball into the air. The players try to keep the volleyball in the air by calling the ball and hitting it in the air within the circle.

FULL PRACTICE PLAN
WEEK NINE

PRACTICE GOAL

The players should be able to grip a ball correctly, successfully attempt an overhand throw, and run the bases with guidance.

MATERIALS:

- Tee Balls (15)
- Buckets for Balls (1)
- Tees (1) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Cone (1)
- Bat (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Discuss the upcoming season, group picnic event and how exciting it will be to see how much all of the players have learned. Discuss the PCA tip of the week. ***(3 minutes)***

2. RACES: Create two lines of players side-by-side. Make sure players stay in their "lane" (demonstrate). On, "go" the first two players race to the coach and then walk back to the end. Repeat quickly calling out go for the next two players. Don't focus on winning, just racing. Repeat. Set up obstacles such as a few cones that the players must zigzag around for the next "race". For the next race, set up a cone they must run to and do 5 of an exercise they know (from position fitness -- squats, jumping jacks…) dictated by coach. For the next race, set up 3 cones (spread out) that the players must jump over. For the next race, place a tee ball at the end point that each player must run to and throw (racing direction) as far as they can (will clean up after all races). For the next race, have players skip. For the next race, have players slide sideways. ***(12 minutes)***

3. SHOW AND TELL: Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, talk about holding a baseball/softball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their "favorite hand" and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it. ***(10 minutes)***

BREAK ***(2 minutes)***

4. STATIONS ***(16 minutes)***

STATION 1 BASE RUNNING: Have the players run around the bases one at a time calling out the bases as they go. Have the players run one base at a time only advancing because of the runner behind them. Practice running through first base ONLY, and then returning to stand on first base. ***(8 minutes)***

STATION 2 POP-UPS AND GROUND-BALLS: Separate players into mock positions in the outfield. Throw the players various types of balls to field (ground or fly). Have them throw back to the coach. ***(8 minutes)***

5. CONCLUSION: Gather players and review what was learned this season and discuss the PCA tip of the week. Remind the parents of the next event. ***(4 minutes)***

POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 9 —POST-GAME RITUAL
(HONORING THE GAME)

This week, and for the rest of the season, have your team be the best sports they can be and Honor the Game by treating their opponents with respect.

> Whether you win or lose, have each person seek out each player on the other team, look them in the eye, shake hands and thank them for competing.

You can make this a ritual after every game. After a loss, congratulate the other team. This may not come easy for the players and they may really have to work on this area.

WEEK NINE

QUICK PLAN
WEEK NINE | 45 MINUTES

0:03 **INTRODUCTION**
- Welcome players
- Discuss the event with all players and it will exciting to see what we all learned/PCA tip of the week

0:12 **RACES**
- Racing for fun
- Players line up in two groups and run various races
- See full practice plan for complete instructions

0:10 **SHOW AND TELL**
- Have various equipment available
- Players sit in a circle and one at a time choose what they enjoy most and would like to show the team

0:02 **BREAK**

0:16 **STATIONS**
- **Station 1:** Various base running, through first, the whole way around calling out bases, one at a time being moved by runner behind
- **Station 2:** Fielding fly balls, ground balls and throwing back to the coach
- See full practice plan for complete instructions

0:04 **CONCLUSION**
- Review things learned this season/PCA tip of the week
- Remind players of next event (practice, game)

POST-GAME RITUAL (HONORING THE GAME)

This week, and for the rest of the season, I want us to be the best sports we can be by treating our opponents with respect.

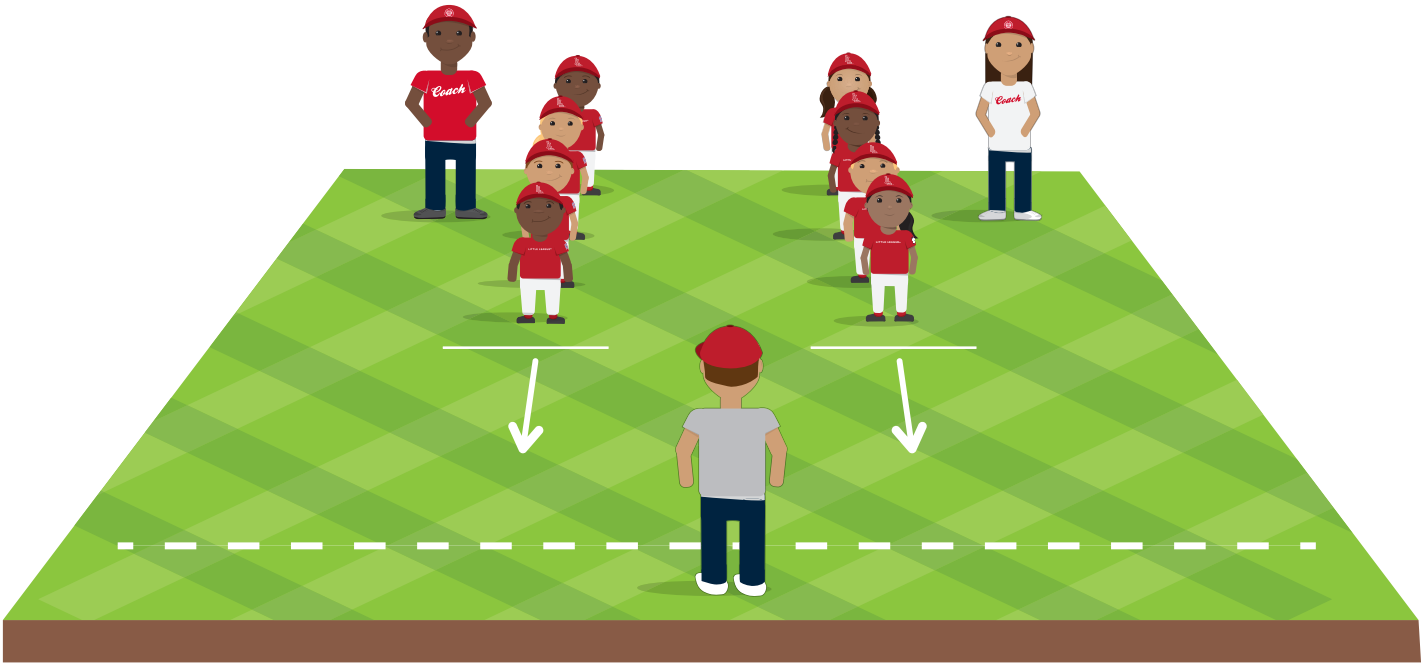
Whether we win or lose, I want each of you to seek out each player on the other team, look them in the eye, shake hands and thank them for playing with you. We want to make this a ritual after every game.

Let's form two lines and pretend it is after the game and the people in the other line are the opponents. Let's practice saying something positive to them as we look them in the eye and shake their hands.

SEQUENCE 2

RACES

WHAT YOU'LL NEED:
No equipment needed



DRILL SEQUENCE:

- Separate the players into two groups. Each group is in a line behind the foul line and the coach stands across from the groups.
- On "go" the first player from each group races past the imaginary line past the coach. The next person in each line races on "go" and so on.

SEQUENCE 3

SHOW AND TELL

WHAT YOU'LL NEED:

Equipment for each player's chosen skill

DRILL SEQUENCE:

- The players are in a small cluster or circle sitting on the grass.
- Each player has a chance to come in front of the group and show a skill that they think they are awesome at completing or really good at doing, like throwing, fielding, running, and more.

SEQUENCE 4

STATION 1

ONLINE VIDEO

LLU LITTLE LEAGUE® UNIVERSITY

WHAT YOU'LL NEED:

Bases

DRILL SEQUENCE:

- The players each begin on different bases to ensure that during the drill they stop when the runner in front of them stops and runs when appropriate.
- The players practice running around the base, calling out the bases as they go around on the coach's cues.

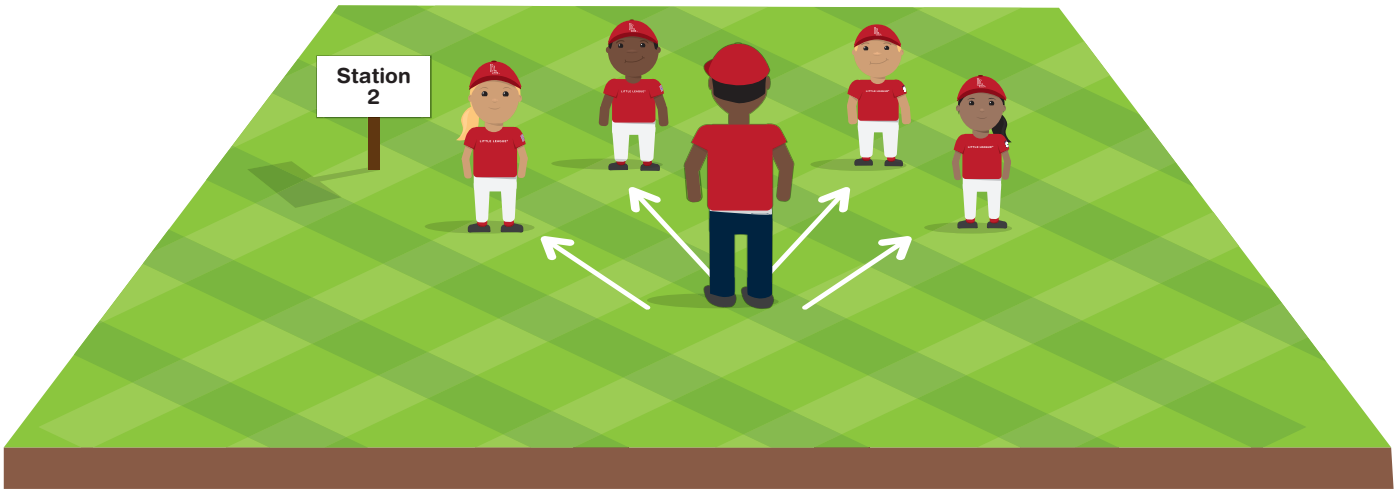
SEQUENCE 4

STATION 2

ONLINE VIDEO

WHAT YOU'LL NEED:

Tee Balls | Gloves



DRILL SEQUENCE:

- The players are staggered into mock positions, but not as far apart as actual outfielders.
- The coach tosses pop-ups or ground balls to each player. The players practice calling the ball when it comes to them.

FULL PRACTICE PLAN
WEEK TEN

PRACTICE GOAL

For this practice, take a look at previous plans to pick which activities the players liked the most. Remember to keep the Fun, Fitness, and Fundamentals in mind as you build your practice!

MATERIALS:

- Plastic Balls
- Buckets for Balls
- Bases (4)
- Cones (20) *optional*

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: ***(3 Minutes)***

2. WARM-UP ACTIVITY: ***(__Minutes)***

3. PRACTICE GOAL ACTIVITY 1: ***(__Minutes)***

BREAK ***(2 minutes)***

4. PRACTICE GOAL ACTIVITY 2: ***(__Minutes)***

5. CONCLUSION:

NOTES:

POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES

WEEK 10 —END WITH A FLOURISH

Sometimes players stop trying hard near the end of the season. If they are tired, it is harder to give their best.

> Try to have your team End with a Flourish. That means playing with as much enthusiasm and effort at the end of the season as they did at the beginning.

Some people stop learning at the end of a season, but your players can learn as much as they did at the start if they keep up their Teachable Spirit.

Ending with a Flourish is a way for your athletes to say “Thank you” to their teammates and the coaches and people who helped them this year.

WEEK TEN

QUICK PLAN

WEEK TEN | 45 MINUTES

For this practice, take a look at previous plans to pick which activities the players liked the most. Remember to keep the Fun, Fitness and Fundamentals in mind as you build your practice!

0:03 INTRODUCTION

- Welcome players
- Focus on the reason for being there and PCA tip of the week

0:__ WARM-UP ACTIVITY

0:__ PRACTICE GOAL ACTIVITY 1

0:02 BREAK

0:__ PRACTICE GOAL ACTIVITY 2

0:05 CONCLUSION

- Review what they learned and PCA tip of the week

END WITH A FLOURISH

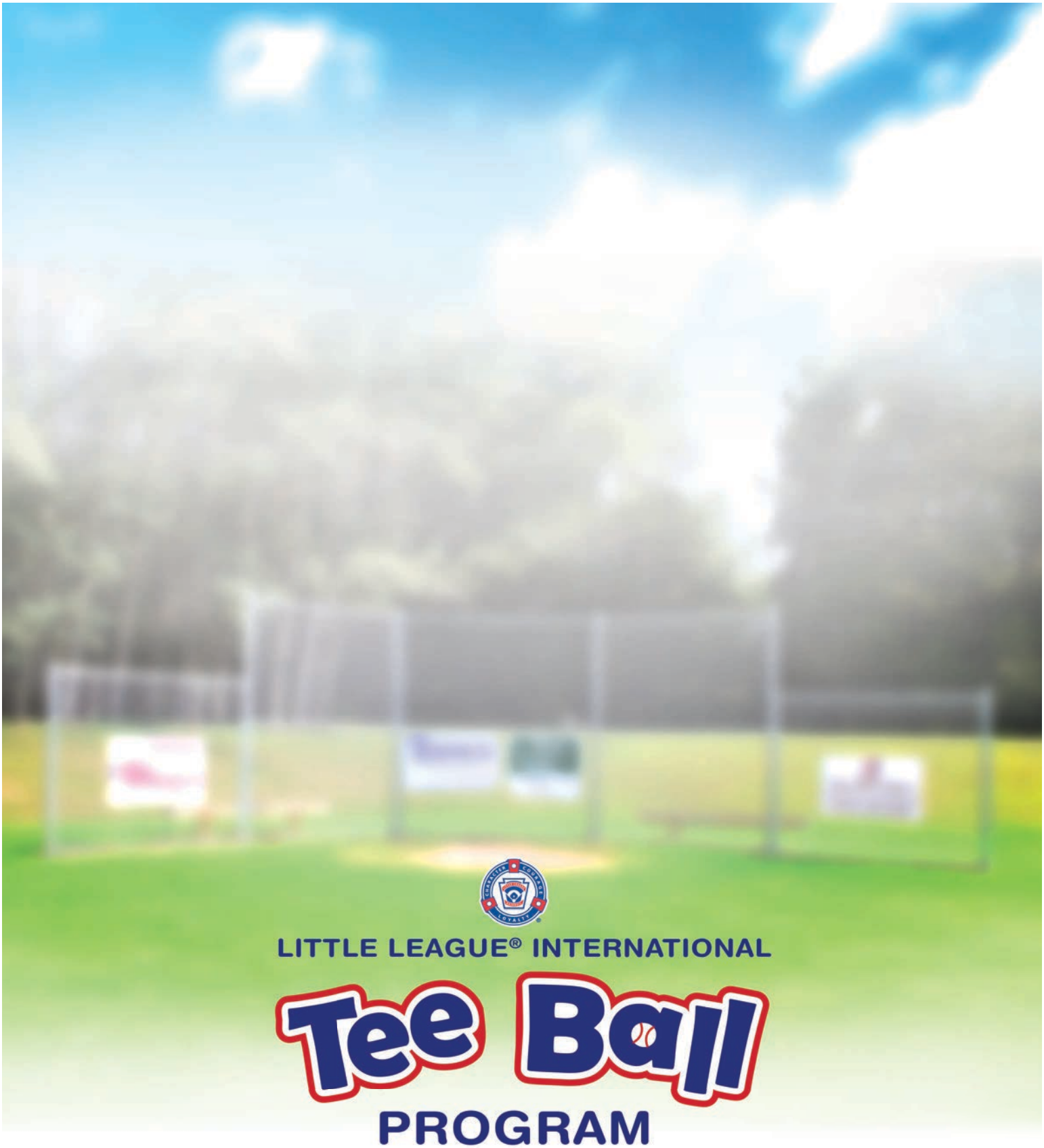
Sometimes players stop trying hard near the end of the season.

I want us to end with a flourish. That means playing with as much enthusiasm and effort at the end of the season as you did at the beginning.

Remember to thank your coaches and teammates who have helped you this season. Ending with a flourish is also a way to say “Thank You”

NOTES

NOTES



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