Tee Ball Practices (30 Minute Practice)

Week 1

Divide players into Four groups

Throwing: Form Throws. Start the players on one knee, then standing. Look for the L in the hand, grip across the seams, and L hand pointing backward. 10 Minutes

Base Running: 4-3-2-1 Players run 2 times to first base, yelling base name as they touch it, 2 times to second base, 2 times to third and 2 times all the way around the bases. 5 Minutes

Catching: Coach has a tennis ball, tosses to players from the ground up, player catches with bare glove hand fingers up. Throwing hand behind the back. See who can catch the most. 10 Minutes

Batting: Belly button swing. Players have bat behind their back at their waist held on by their arms, they then swing the bat by rotating their hips through and squishing the bug with their back foot. If time permits you can toss tennis balls and see how they hit. 5 Minutes

Week 2

Divide players into Four groups

Throwing: Form Throws Standing. Players stand sideways and throw using good arm and glove extension throwing a softball to the coach. Again look for the L and glove pointing. 10 Minutes

Fielding: Triangle drill. Line players up two lines. One ball two players, have them roll the ball to each other setting up their triangle as the ball changes direction. Triangle is the ready position. 10 Minutes

Catching: Coach throws tennis balls from the ground up to players with gloves watching for fingers up. 5 minutes

Batting: Have players Hit off the tee into the backstop. Front foot should be at the center of the Tee. 5 Minutes
Tee Ball (30 Minute Practice)

Week 3

Divide players into Four groups

Throwing: Form Throws. Start the players on one knee, then standing. Look for the L in the hand, grip across the seams, and L hand pointing backward. 5 Minutes

Fielding: In the belly. Two lines no gloves. Players in ready position roll ball to partner, partner alligators the ball and pulls into their belly. If time permits you can see how many they can get properly in 30 seconds. 10 Minutes

Catching: Coach has a tennis ball, tosses to players from the ground up, player catches with bare glove hand fingers up. Throwing hand behind the back. See who can catch the most. 10 Minutes

Batting: Soft toss into back stop. 5 Minutes

Week 4

Divide players into Four groups

Throwing: Use a square of cones or a bucket. Players try to hit the bucket or get the ball in the cones. (watch the form as they throw) Thumb to thigh, reach for the sky, point and throw. Looking for accuracy not speed. 5 Minutes

Base Running: Down to first. Players run to first base and are taught to accelerate through the base. 5 Minutes

Fielding: Coach rolls grounders to the players. The players rotate their throwing foot after receiving the ball, point and throw back to the coach. May require a skip turn initially. 10 Minutes

Batting: One handed Tee swings. Use the lightest bat you’ve got. Backhand and forehand slap with the bat hitting the ball off the Tee. (This promotes hip rotation) Squish the bug. 10 Minutes
Tee Ball / Junior Game Practices (30 Minute Practice)

Week 5

Batting and fielding: 15 minutes each station

One Tee at home plate. Group split into four one group at short stop, one group at 2nd base. Fielders field grounders, throw to coach at home. Coach resets the tee. Rotate to the next group after your play. If allowing a player to hit off a tee is not working, coach can roll grounders.

Clean the yard: Use tennis balls. In the outfield two groups set up. Each group has an equal amount of tennis balls. Object is to get all your balls to the other group’s area. Other group scoops incoming balls and throws back.

Week 6

Divide players into Four groups

Throwing: Form Throws. Start the players on one knee, then standing. Look for the L in the hand, grip across the seams, and L hand pointing backward. 10 minutes

Catching: Coach throws tennis balls from the ground up to players with gloves watching for fingers up. 5 Minutes

Batting: Soft toss into back stop. 10 Minutes

Base Running: Down to first and Third. Two lines, one line runs to first, one line runs to third. Players are taught to accelerate through the base. Make it a contest. 5 Minutes
Week 7

2 stations: 15 minutes each

Ball scramble: (use tennis balls) two groups, two lines. Players throw all their balls over their opponents line. After all balls are over they run to opponents side and get all their balls. First team to get back to their side with all their balls wins.

Fielding: two groups Sstop and 2\textsuperscript{nd} base coach rolls grounders, players receive properly and throw to 1\textsuperscript{st} from Sstop, and 3\textsuperscript{rd} from 2\textsuperscript{nd}.

Tee Ball / Junior Game Practices (20 Minute Practice)

Week 8

Divide players into Four groups Fielding: Submarine drill . two groups in lines facing each other, one softball. One side rolls to the other while at the same time running to the back of the other group. Receiving side is in ready position with alligator hand ready. 10 Minutes

Batting: One handed Tee swings. Use the lightest bat you’ve got. Backhand and forehand slap with the bat hitting the ball off the Tee. (This promotes hip rotation) Squish the bug. 10 minutes

Catching: Coach has a tennis ball, tosses to players from the ground up, player catches with bare glove hand fingers up. Throwing hand is behind the back. See who can catch the most. 5 Minutes

Base Running: 4-3-2-1 Players run 2 times to first base, yelling base name as they touch it, 2 times to second base, 2 times to third and 2 times all the way around the bases. 5 minutes