

Practice Template  
T-ball and Coach Pitch  
PLL

60-75 minutes for ages 4 – 6  
Can expand to +/- 90 minutes for ages 7 – 9

**I. 10 minutes Warmup segment**

1. Baserunning
  - a. home to first (train them to locate the ball and then the coach)
    - i. run through the bag on infield ground ball
    - ii. round bag/ inside corner on ball to outfield
  - b. home to second (train them to see 3B coach on ball hit to outfield)
  - c. home to third
  - d. home to home
  - e. Make it fun ... follow the leader, etc. etc.
  - f. Explain that you can only run past first base
  - g. Explain that you must touch the base or be called out
2. Circle up and stretch/ game of Simon Says/ thought of the day/ tell them the practice plan, etc.

**II. 25-30 minutes Stations segment**

- Keep kids moving/ transition between stations every 10/12 minutes
- Teach them to jog or sprint from station to station
- Compliment players who hustle ... teach through using positive example
- Compliment players who are prepared and have names/ initials on all their gear

**Station 1 - Throwing progression**

T-ball – no gloves? can throw ball into backstop and fetch or use outfield fence and return to throwing position

Coach pitch – play catch w/ partner (t-ball may graduate to playing catch as season progresses)

- a. establish proper throwing technique –
  - i. first position
    1. knees bent/ athletic stance/ feet just outside of shoulder-width (like a free throw in basketball)
    2. proper four-seam grip (grip baseball across the seams)
    3. ball in glove in middle of chest
    4. front shoulder pointing to target
  - ii. second position
    1. throwing elbow above back shoulder
    2. ball stays gripped across seams and ball is pointing away from target
    3. front elbow pointing to target
    4. bring chest to glove when throwing/ do not pull glove
  - iii. third position
    1. release ball in front of the body
    2. finish the throw

## **Station 2 – Fielding/ defense**

- ground balls
  - teach proper stance
    - hands away from body (not on knees)
    - show palm of the glove to the ground ball
    - keep the tip of the glove down
- fly balls (can use tennis balls and bare hands ... catch ball at highest point ... use two hands and be soft at the catch)
  - can also hit tennis balls underhand with a racket at short distance

## **Station 3 – Offense**

- Teach and re-teach proper batting stance
  - Feet
    - balanced/ feet shoulder width or wider
    - toes straight or slightly angled in/ toes are not pointed out away from body
  - Hands
    - hands are relaxed on the bat/ no tension
    - hands are at the shoulders
    - keep hands in when swinging/ do not cast the hands away from the body
  - Eyes
    - keep the nose and eyes down at point of contact / do not let the bat pull the head out
  - Hips
    - first thing to move in the swing
    - drive bellybutton to the pitcher
    - hands will follow

### Drill work examples at offense station

- Hitting off tee or front toss/ side toss in the cage
- hit wiffles or tennis balls in the outfield grass
- hit tee or live on the field w/ coach toss
- Tee ball ... keep it fun ... use big wiffle bat, bigger wiffle balls, etc. etc. Help them find success early

### **III. 15-20 minutes - Scrimmage/ Game/ Live situations**

### **IV. 10 minutes - Run bases/ review**