



TBall Practice Plan 1

Time	Activity		
3 minutes	Team Talk <ul style="list-style-type: none"> Goals, safety (bat safety, helmet safety) rules 		
3-5 minutes	Warm Up <ul style="list-style-type: none"> Skipping, galloping, running Arm warm-up- arm circles, field goals, hug yourself, body twists 		
5 minutes	Base Running- <ul style="list-style-type: none"> all players line up at home plate (no bat) fake swing, run around all the bases, calling out each base as they touch it. each player runs around bases 2 times 		
15 minutes	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%; padding: 5px;"> Defensive Stations Station 1. Infield <ul style="list-style-type: none"> rolling ground balls- alligator triangle (3x) Alligator triangle, Skateboard hop(3x) Skateboard hop and throw (3x) Station 2. Outfield (working on catching) <ul style="list-style-type: none"> windshield wiper drill (coach underhand throwing to players) (5x) each player -tennis balls- glove or no glove Game- hit the windshield wipers (points) Station 3. Throwing (to coach) <ul style="list-style-type: none"> Backspin throws on knees (3x) On knees elbows up (3x) Stand up elbows up and throw (3x) Stand up elbows up step and throw (3x) </td> <td style="width: 30%; padding: 5px; vertical-align: top;"> Rotate every 5 minutes 4 players Infield 4 players right field 4 players left field </td> </tr> </table>	Defensive Stations Station 1. Infield <ul style="list-style-type: none"> rolling ground balls- alligator triangle (3x) Alligator triangle, Skateboard hop(3x) Skateboard hop and throw (3x) Station 2. Outfield (working on catching) <ul style="list-style-type: none"> windshield wiper drill (coach underhand throwing to players) (5x) each player -tennis balls- glove or no glove Game- hit the windshield wipers (points) Station 3. Throwing (to coach) <ul style="list-style-type: none"> Backspin throws on knees (3x) On knees elbows up (3x) Stand up elbows up and throw (3x) Stand up elbows up step and throw (3x) 	Rotate every 5 minutes 4 players Infield 4 players right field 4 players left field
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3-5 minutes	Team Talk <ul style="list-style-type: none"> What did we work on? Player Positives. 		

