



LITTLE LEAGUE®

# Tee Ball

## PROGRAM

YOUR GUIDE TO FUN, FITNESS,  
AND FUNDAMENTALS!

POWERED BY



[LittleLeagueUniversity.org](http://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](https://www.littleleague.org/leaguefinder)

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](https://www.littleleague.org/teeball) and at [LittleLeague.org/teeball](https://www.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](http://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.

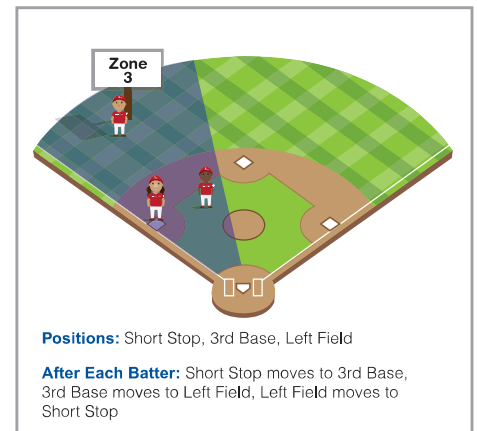
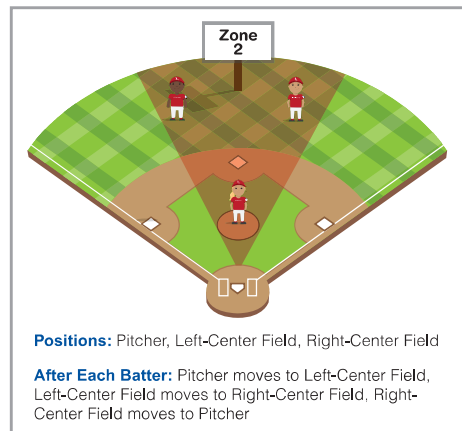
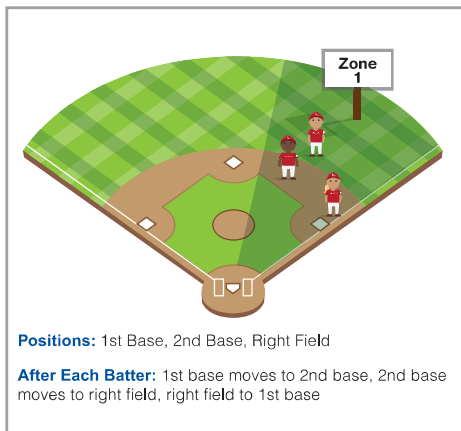
## DEFENSIVE TIPS

ONLINE VIDEO



### 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.



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	<b>WEEK TWO</b>
SWING AND RUN	29	<b>WEEK THREE</b>
TEE HITTING	39	<b>WEEK FOUR</b>
OFFENSE AND DEFENSE	44–45	<b>WEEK FIVE</b>
TEE HITTING	49	<b>WEEK SIX</b>
STATIONS	60	<b>WEEK EIGHT</b>

**FIELDING**

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

**RUNNING/AGILITY**

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

**THROWING**

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

**GAME PLAY PRACTICES**

ACTIVITY	PAGE	WEEK
INNING PRACTICE	52–53	<b>WEEK SEVEN</b>



# 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.



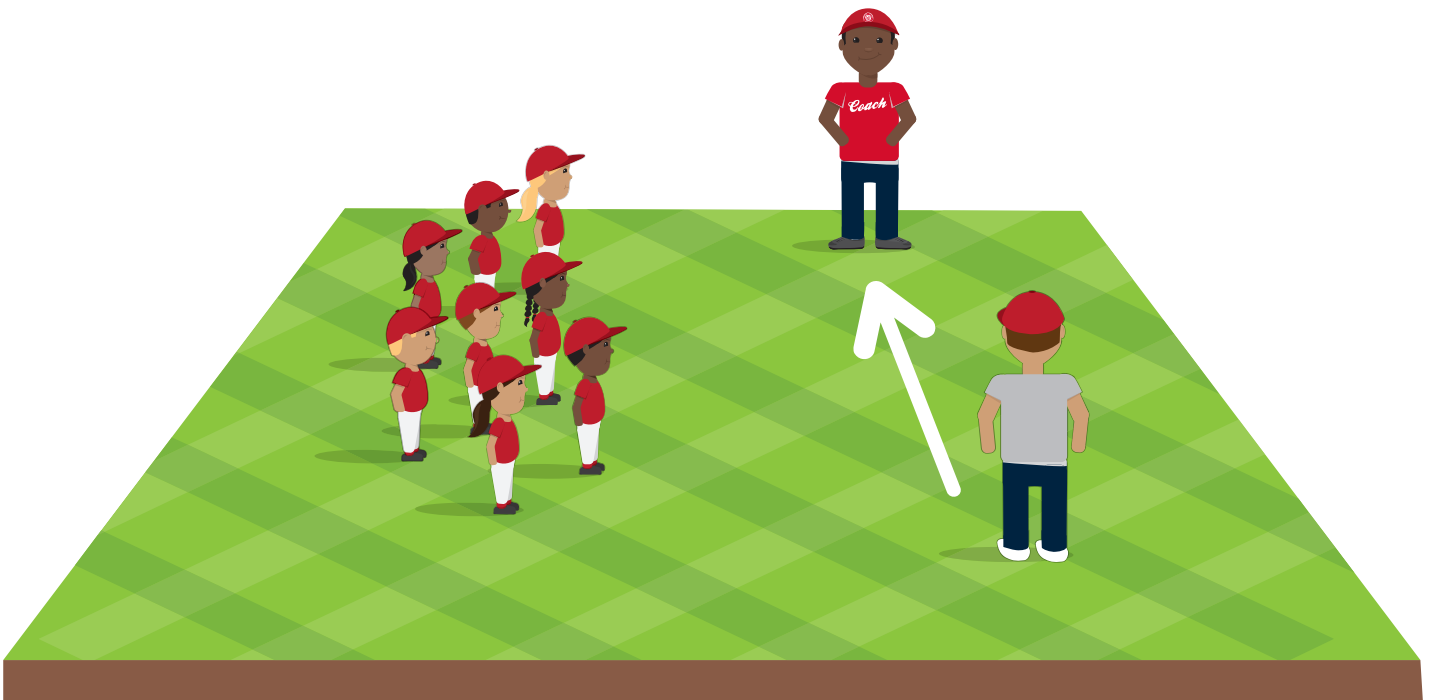
# SEQUENCE 4

## THROWING DEMONSTRATION

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### WHAT YOU'LL NEED:

Plastic Balls



### DEMONSTRATION:

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

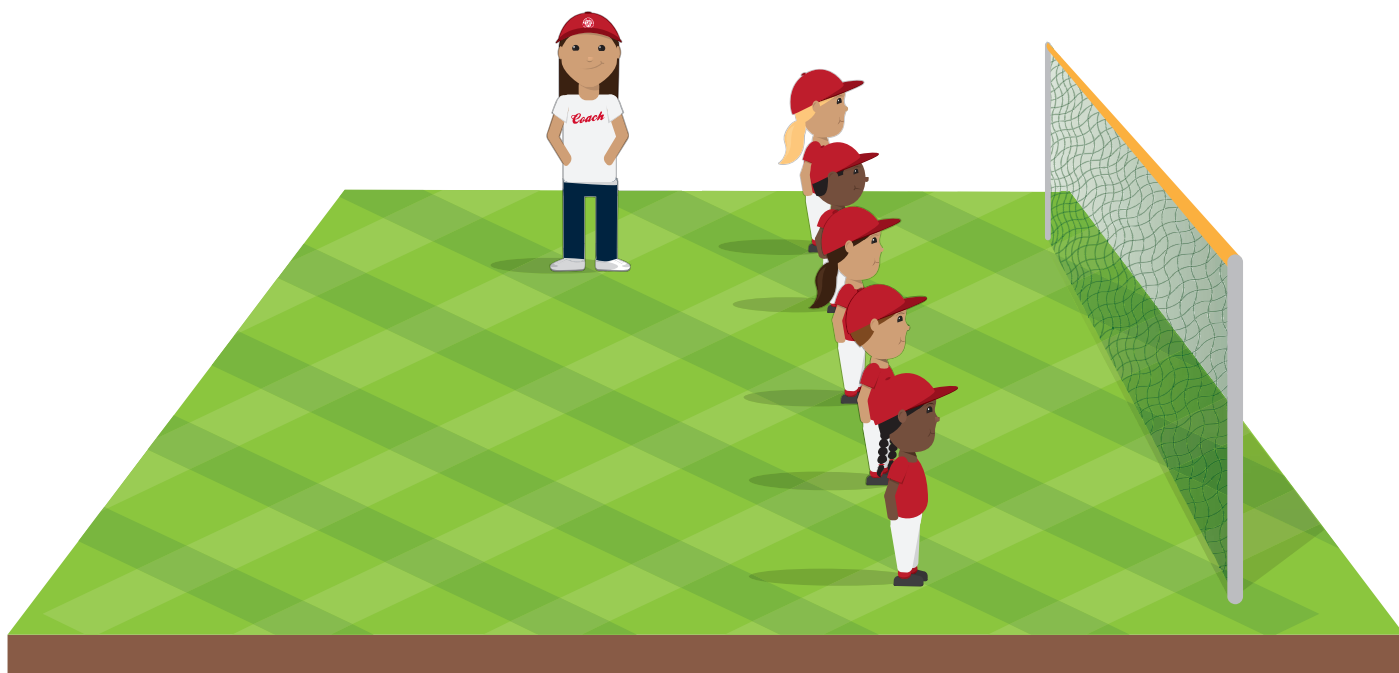


# SEQUENCE 4

## THROWING PRACTICE

### WHAT YOU'LL NEED:

Baseballs/Softballs | Fence



### DRILL SEQUENCE:

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

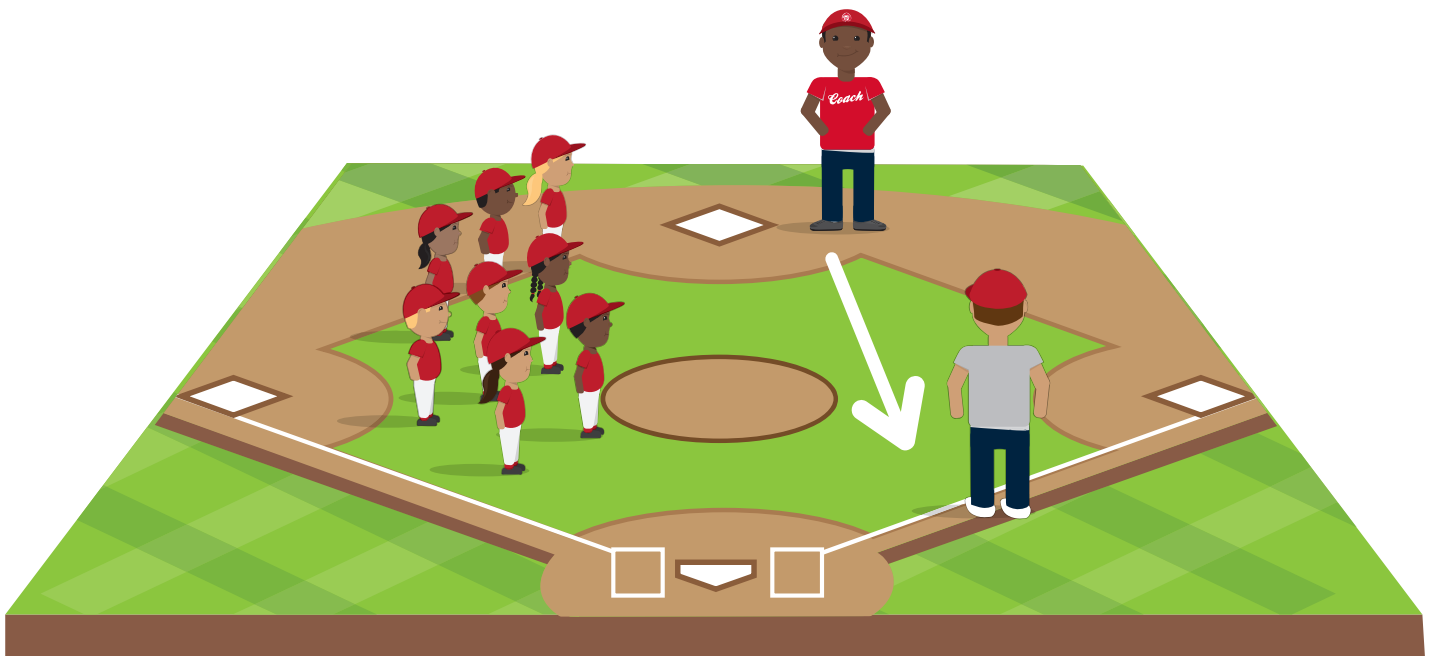


# SEQUENCE 4

## 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

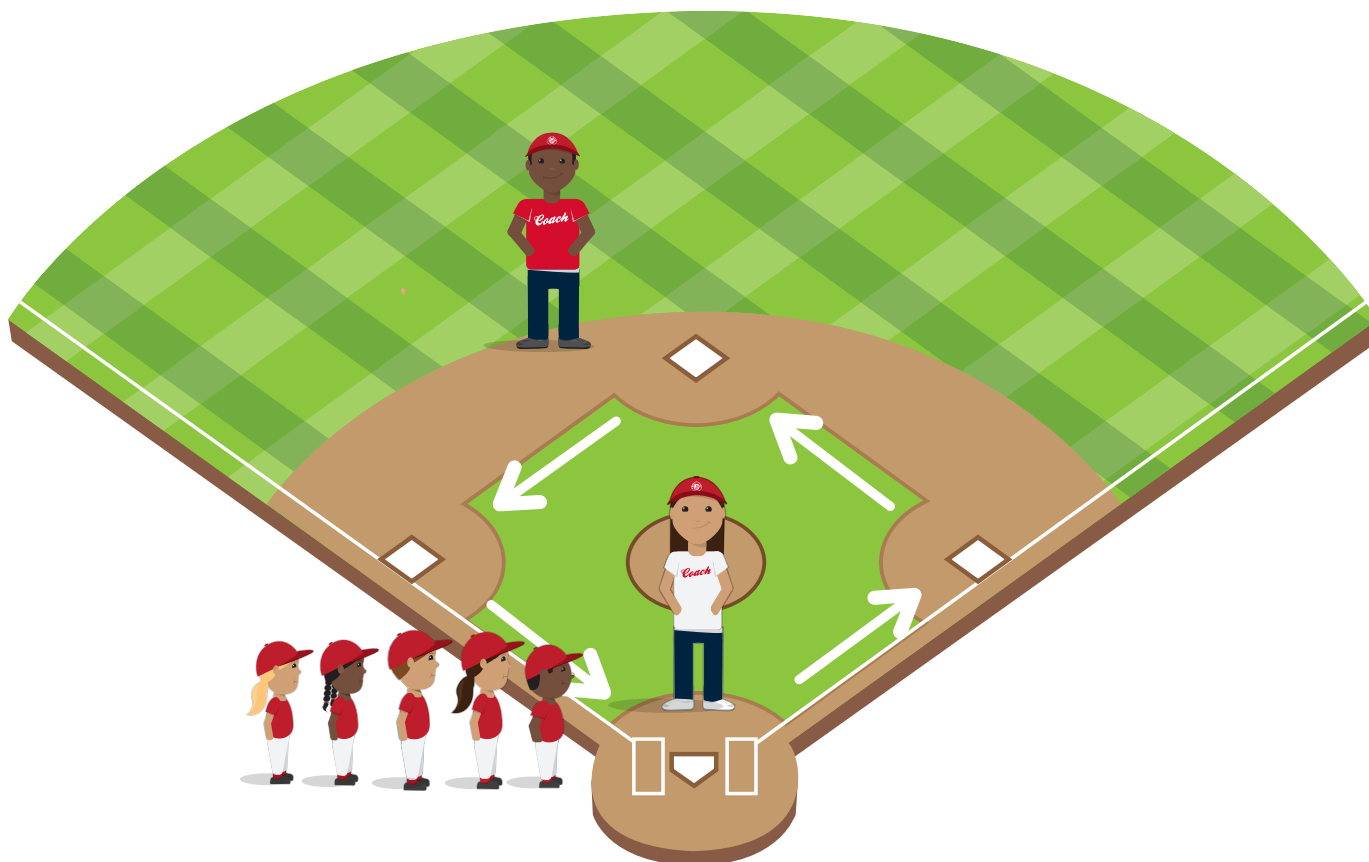
## RUN THE BASES

ONLINE VIDEO



### 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**

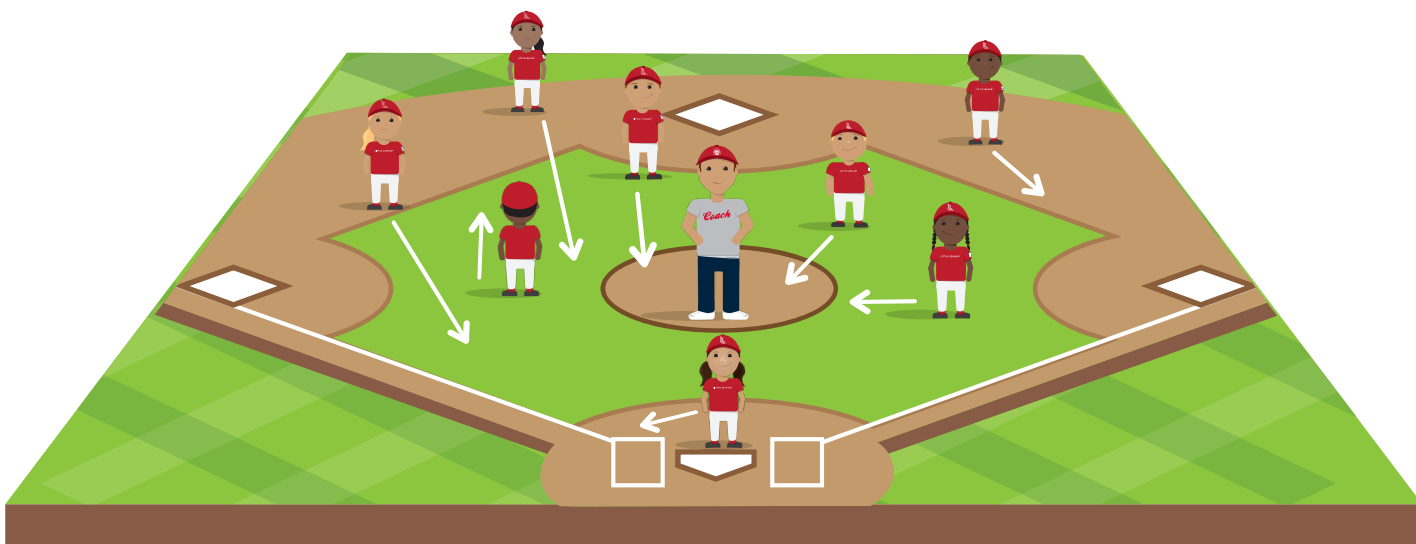
On this team it's okay to make a mistake. If we fear mistakes, we won't try our hardest. Remember to just keep hustling and working hard, no matter what!

# 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

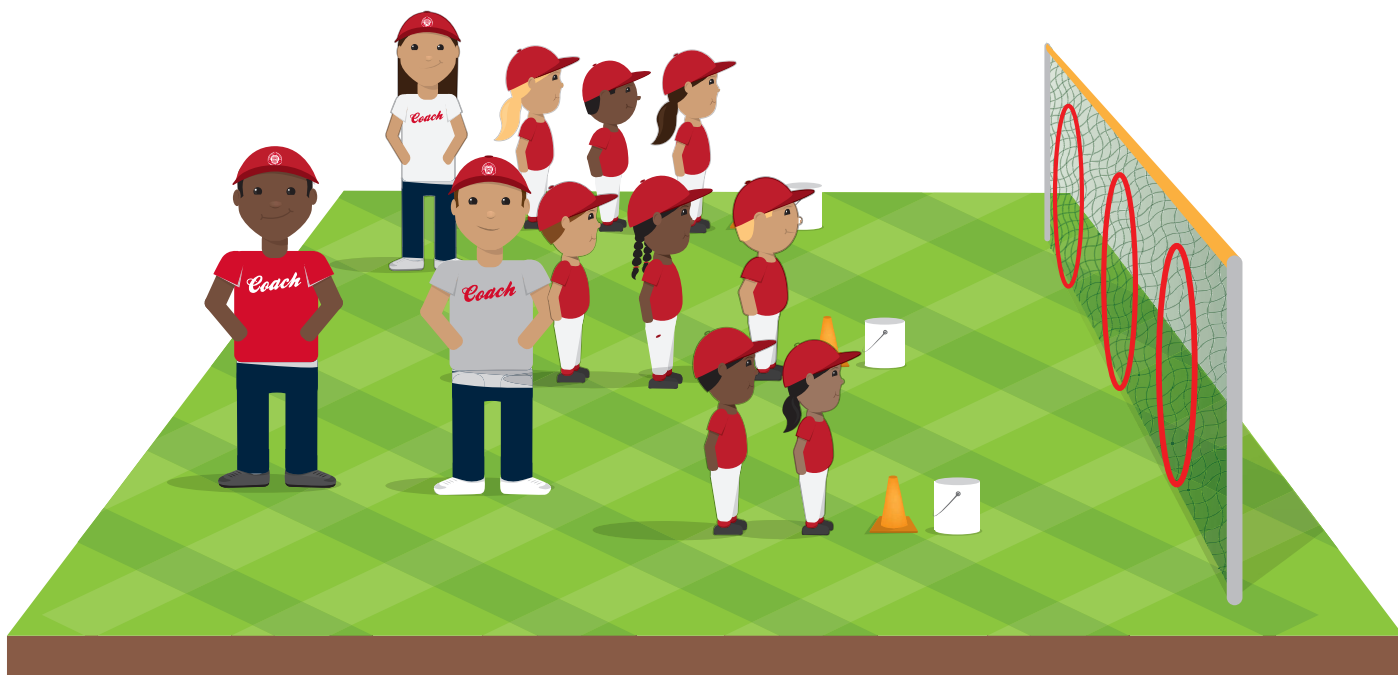
## TEAM THROWING

ONLINE VIDEO



### 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

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### 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 a 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!