

# New Richmond Baseball Club

## T-Ball and Coach Pitch

### #2

Coaching Notes	Drill	Time	Skill
	Dynamnic Warmup(running)	3 min	Speed, Flexibility
*Make sure that kids have fun and want to come back.  *Learn all of the kids names and call each kid by his name as much as possible.  *Demonstrate all of the drills and games.  *Participate in the drills and games with the kids.  *Kids like to move and compete, make your drills active and competitive.  *Lots of high-fives, etc for this group.  *Everything is POSITIVE!	<b>*Meet with your coach</b> *Introduce what will be done during practice, etc.	5 min	Social Interaction
	<b>#1 Run the Bases</b> Introduce the bases, have them yell out the base # when they run around the bases *Coyote and Road Runner	7 min	Running
	<b>#2 Starfish</b> Throwing at buckets One Knee	7 min	Throwing
	<b>#3 Block It</b> Use mini hand pads or bare hands and then gloves	7 min	Stopping the ball with your glove
	<b>#4 Milk Jug Baseball</b> Ground balls & Pop - Ups	7 min	Catching and Fielding
	<b>#5 Force – Out Kick Ball</b> All fly balls are outs, kick on the ground or bunt.	7 min	Know where to throw the ball
	<b>#6 Hitting off of a Tee</b>	7 min	Hitting
	<b>#7 Frozen Tag</b> Tagger must have the ball inside the glove to tag someone out.	7 min	Hand-eye, catching a rolling ball
	<b>#8 Position Sprints</b>	7 min	Know the Positions on the field

Effort

Attitude

Teamwork

Competition

Fundamentals

