

New Richmond Baseball Club

T-Ball and Coach Pitch

#5

| Coaching Notes | Drill | Time | Skill |
|---|--|--------|--|
| | Dynamnic Warmup(running) | 3 min | Speed, Flexibility |
| <p>*Make sure that kids have fun and want to come back.</p> <p>*Learn all of the kids names and call each kid by his name as much as possible.</p> <p>*Demonstrate all of the drills and games.</p> <p>*Participate in the drills and games with the kids.</p> <p>*Kids like to move and compete, make your drills active and competitive.</p> <p>*Lots of high-fives, etc for this group.</p> <p>*Everything is POSITIVE!</p> | <p>*Meet with your coach</p> <p>*Introductions</p> | 3 min | Social Interaction |
| | <p>#1 Run the Bases</p> <p>Teach how to run through 1st base, Home to 2nd, 1st to 3rd, and 2nd to home.</p> | 7 min | Running |
| | <p>#2 Starfish</p> <p>Throwing at buckets</p> <p>One Knee and standing</p> <p>Follow through with the back leg.</p> | 5 min | Throwing |
| | <p>#3 Block It</p> <p>Use mini hand pads</p> <p>Game: 1st partners to 10, 15, 20</p> | 5 min | Stopping the ball with your glove |
| | <p>#4 Milk Jug Baseball</p> <p>Ground balls & Pop – Ups</p> <p>Game: 1st partners to 10, 15, 20</p> | 5 min | Catching and Fielding |
| | <p>#5 Bucket Drop</p> <p>Place buckets behind each bag.</p> <p>Hit or roll balls to fielders and tell them which base they need to throw or run to for the force out.</p> | 5 min | Fielding |
| | <p>#6 Hitting off of a Tee or from a Coach</p> | 10 min | Hitting |
| | <p>#7 Fishes and Whales</p> <p>Tagger must have the ball inside the glove to tag someone out.</p> | 5 min | Tagging a runner out |
| | <p>#8 T-Ball Game or Coach Pitch Game. Make sure each kid bats in an inning.</p> <p>*Soft Orange Ball or T-Ball*</p> | 15 min | Hitting, Fielding, Catching, Throwing, Running the Bases |

Effort

Attitude

Teamwork

Competition

Fundamentals

