

T-BALL

DRILLS



Consistency



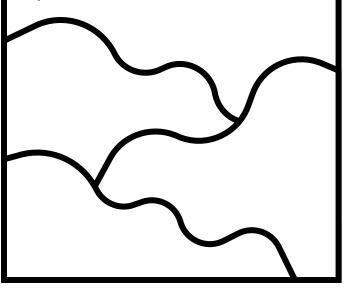
Repetition



High Energy



Small Groups



Top Drills To Incorporate Into Your Practice:

T-Ball: Baseball must be put into a 4-5 year old's perspective

YOUTUBE: A Great Source For Practice Ideas!

✓ Warm Up

- "Practice Planning 101"
 - https://www.youtube.com/watch?v=GLQAHPbqxyo&feat ure=youtu.be
- o "How To Set Up Baseball Drills For The Little Boppers"
 - https://www.youtube.com/watch?v=gN5-xX0zylg

✓ Hitting off the Tee

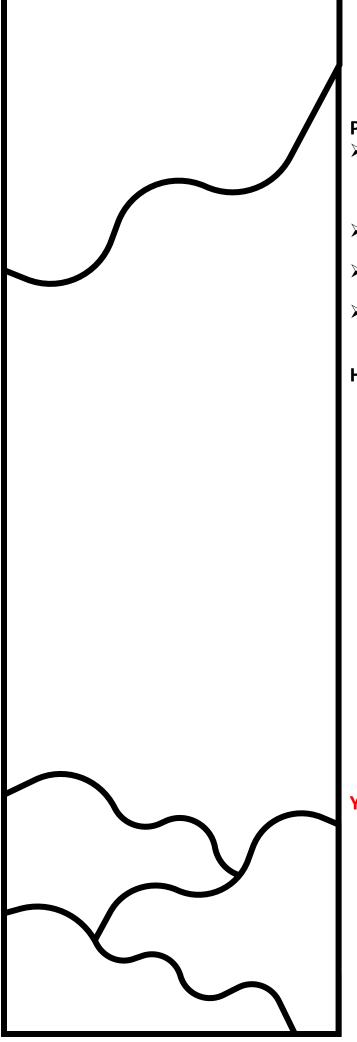
- "Key Components of a sound baseball Swing"
 - https://www.youtube.com/watch?v=Os9VzEfiFJg&featur e=youtu.be
- o "Load, Stride, Swing"
 - https://www.youtube.com/watch?v=fG7020cZM1Q&feat ure=youtu.be

✓ Teaching how to Catch

- "Coaching Beginner Baseball | How to Catch"
 - https://www.youtube.com/watch?v=Ohy4hOefDx4
- "Coaching Youth Baseball Catching Drills & Skills"
 - https://www.youtube.com/watch?v=Hu-gaaVLmNo&feature=youtu.be
- "How to Teach Baseball Catching to 5-7 Year Olds"
 - https://www.youtube.com/watch?v=2mRuWPJS64E

✓ Teaching how to Throw

- "How to throw a Baseball Step One (5 & 6 year olds)"
 - https://www.youtube.com/watch?v=-Smcm2tCglc
- "One Knee Drill"
 - https://www.youtube.com/watch?v=Xp7ble6OSFI
- "How to Throw a Baseball Baseball Throwing Mechanics"
 - https://youtu.be/UHRU973uu2c



Top Drills To Incorporate Into Your Practice:

Practice Tips:

- Small groups, high energy, keep it moving, learn the position names, repetition...repetition but... always bring something new to each practice.
- Throw to targets: hula hoops, buckets, targets, nets, coaches.
- Engage the parents for help both in games and practices.
- If you can time it, race it, or score it... you will keep their interest.

Hide Baseball within games they know already:

- "Simon Says" into the ready position (Simon says touch your head, toes, knees etc. last command is "Simon says "ready position"... hit a ground ball/in the game to keep their focus)
- "Tag" with base runners and glove/ball
- "Race" through first base to teach kids to not stop directly on first base but to run through it during base hits.
- "Red light Green Light" with throwing mechanics reviewing their throwing fundamentals once you say red light (form, grip, follow through, eyes on target)
- "Target Practice" set a baseball bat upright at first base and have the kids throw from a bucket of balls to knock over the bat: Time how fast they can do it from 2nd, SS, 3rd (make teams or as one big group)

YOUTUBE RESOURCES FOR ADDITIONAL IDEAS:

- 1. Ultimate Baseball Training: With Coach Justin
- 2. Ripken Baseball: With Bill & Cal Ripken Jr.
- 3. YouGoPro Baseball: With John Madden