

## 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&feature=youtu.be>
- "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&feature=youtu.be>
- "Load, Stride, Swing"
  - <https://www.youtube.com/watch?v=fG7020cZM1Q&feature=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-qaaVLmNo&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=-Smcm2tCgIc>
- "One Knee Drill"
  - <https://www.youtube.com/watch?v=Xp7ble6OSFI>
- "How to Throw a Baseball - Baseball Throwing Mechanics"
  - <https://youtu.be/UHRU973uu2c>



## **T-BALL DRILLS**



Consistency



Repetition



High Energy



Small Groups

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## **Top Drills To Incorporate Into Your Practice:**

### **Practice Tips:**

- Small groups, high energy, keep it moving, learn the position names, repetition...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 2<sup>nd</sup>, SS, 3<sup>rd</sup> (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**