

## **PFAA T-Ball/Rookie Fun Practice Activities**

### Run Down/Pickle:

- 2 Coaches get the kids stuck in between bases and toss the ball back and forth until they safely reach a base or are tagged out

### Track Meet:

- One kid at 3<sup>rd</sup> base and one kids at 1<sup>st</sup>. Have them race to home. Watch for collisions at second base!

### Catch the Player:

- Coach starts at home - player starts at 2<sup>nd</sup> and tries to score. Coach tries to get players hat before they reach home.

### Baseball Bat Spin/Relay:

- Reading Phillies fun. Group players up behind cones and have them sprint to a bat. Player picks the bat up and puts the butt end of the bat against their forehead and the tip of the bat on the ground. Player spins quickly around 5 times and then race back to the cone to tag their teammate. Teammate continues the relay race until everyone finishes.

### Bucket Toss:

- Kids stand close to the mound and toss the ball to the empty ball bucket
- Coach stands on the mound and does the same

Hit the bucket = 5 points

In the bucket = 10 points