



SPS LITTLE SLUGGERS T-BALL COMPREHENSIVE PRACTICE OUTLINE

Table of Contents

SIYBS & SPS Contacts	3
Mission & rules	4
FAQs	5-6
Curriculum	7-21
Practice Outline 1	6-7
Practice Outline 2	8-9
Practice Outline 3	10-12
Practice Outline 4	13-14
Practice Outline 5	15-16
Practice Outline 6	17-18
Practice Outline 7	19-20
Coaching Tips/Techniques	22-23
Mini Games & Drills	24-25
Extra Resources	26

Important Contacts

SIYBS Program Contact - Sammi Kennedy	sammi@siyb.org
SIYBS	info@siyb.org

Mission & Rules

Spokane Indians Youth Baseball (SIYBS) is a non-profit organization that provides a positive youth baseball and softball experience in the Inland Northwest for boys and girls, including players with special needs, by developing sportsmanship, leadership, teamwork, honesty, and character. SIYB is governed by leaders in the community who work to establish longstanding working relationships, while raising funds for scholarships, fields, and players with physical challenges.

Playing Rules	
Game Time	45 minutes
Baseballs	Safety
Bat through the entire line up?	Yes
Max number of defensive players on field?	14 (5 outfielders)
Min. number of defensive players on field?	8
Stealing?	No
Base length	50
Overthrows out of play?	No

FAQs

- **What if your player(s) aren't listening?**
 - Create a "call to attention" signal such as countdown, "clap twice if you can hear me," quiet coyote, etc.
 - Remind them that safety and learning come before fun. Remember to have FUN!
 - Running laps, push-ups, or other corporal punishment are NOT allowed.
- **What to do if a parent hasn't picked up their player(s)?**
 - Wait 5 minutes after the end time to call the parent/guardian. If no answer, wait another 5 minutes and call again. If they have another phone number, call both. Call their emergency number on the next call if you still haven't gotten through. If you still don't have an answer from the parent/guardian, call the SIYBS coordinator and email receptionist@SIYBS.com and label your email: **URGENT PLAYER(S) LEFT BEHIND**.
 - **Whatever you do, do not leave a child by themselves.**
- **What if I don't know what to teach?**
 - Check out the curriculum provided. You are welcome to teach whatever you would like as long as it pertains to the sport. SIYBS has provided curriculum and drill ideas to help make your planning easier.
 - The curriculum has seven options of session lessons to pick from. Pick your favorite six, mix and match, create your own. As long as the kids are learning in a fun and safe environment, then you are doing an amazing job!
- **What if a player gets injured?**
 - Each coach should have access to their own first aid kit.
 - In the case of severe injury, please call 911 first. If you do not know the severity of the injury, always be on the side of caution and call the ambulance. Then call to notify the parent/guardian.
 - Any injury that was a result of SPS equipment or grounds should be reported to the SIYBS coordinator.
- **How can I report safety concerns, damage to the play area/ equipment, etc.?**
 - Adjust your plans around any safety concerns to avoid injury.
 - Email info@siyb.org with any questions or concerns and we will answer or forward the information to the appropriate party.

- **SIYBS Zero-ToleranceViolence Policy**

- If any individual (player, coach, official, staff or spectator) as set forth in this Anti-Violence Policy engages in any sort of physical or verbal altercation/fighting which includes, but is not limited to, punching, kicking and/or any other act which is intended to or causes harm to another person, the following consequences will be implemented and enforced:
 - The individual will be immediately removed from the SIYBS event;
 - The individual will not be allowed to return to the event or any future SIYBS event or activities until cleared by SIYBS;
 - If the individual is a player or coaching staff, the player or coaching staff will be immediately suspended for the entire remaining season (will carry over to the following year) and will not be allowed to return to future SIYBS events/activities until cleared by SIYBS;
 - No refunds will be issued.
- **Who Do I contact with questions about coaching?**
 - SIYBS has a SPS Little Sluggers Program Coordinator who has emailed and/or called you before the start of the season for training. They are the main point of contact for this program. If unable to get a reply, please contact info@siyb.org with your questions.

Practice 1

Ice Breaker / Introductions (5 minutes)

- Go around in a circle and have each player say their name and favorite sport or game

Warm Up (5 - 10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Field Position Names (5 minutes)

- Have players line up and walk around the bases. Coach calls out home plate, 1st base, 2nd base, 3rd base, and players repeat back.

Coach (Simon) Says (10 minutes)

- Have all players start at home plate or the pitching rubber. Explain to the players that when “Coach Says” to go to a base, players can run to stand around the base. If coach doesn’t say “Coach Says” then no one can move. If a player moves when coach does not say, they do 5 jumping jacks and keep playing.
- Goal: familiarize players with the different bases.

Grip and Throwing Explanation/Demonstration (5 minutes)

- Have players make a circle. While kneeling inside of the circle, talk about holding a baseball the correct way to make good throws.
- Coach should make sure players understand which hand to use to throw. It will be known as their “favorite hand” and is usually the one used to write or color.
- The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it.



Batter (Simon) Says (10 - 15 minutes)

- Begin by demonstrating the different parts of batting. Instruct them on the correct way to hold a bat, having their feet a bit wider than their shoulders, holding their hands near their shoulder, how to step and rotate their foot, and swinging and dropping the bat.
- Go over these by demonstrating the action along with the following cues.
- Begin playing the game and correcting as you go
- Hands: players grip an imaginary bat
- Feet: players jump with feet apart facing an imaginary tee
- Stance: players stand in batting position with arms raised toward rear shoulder
- Squash the bug: players step, swing and rotate on the ball of their back foot
- Swing and drop: players do a full swing, including dropping their imaginary bat



Team Meeting (5 minutes)

- Recap of practice
- Final announcements
 - Reminder to get all gear
- Team cheer

----- Video Help -----

Throwing Video: https://www.youtube.com/watch?v=bjJs_yu6fvw

Batting Stance Video: <https://www.youtube.com/watch?v=8blyOnqoZ9k>

Practice 2

Warm Up (5 -10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Hitting Demonstration/Practice (10 minutes)

- Gather players in a circle. Before teaching, discuss safety rules. They must always keep two hands on the bat, never throw it and stay in their spots so that there are no accidents.
- Demonstrate a swing using cues. (Which is your favorite hand/your throwing hand? That hand goes on top, the other below, bend knees, stand “sideways”, eyes on the ball.)
- Stress that the bat should be held in the fingers and pads of fingers – not in their palms.
- Once they have a proper grip, have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher’s plate. Have them take a swing, trying to have the bat stay level to the ground. Encourage them to swing hard while staying balanced.
- Remind the players that they must watch the ball that they are hitting the whole time. They should follow through by finishing with their hands up near their lead shoulder and the laces on their back shoe should be facing the pitcher’s plate.

Position Fitness (5 -10 minutes)

- Players follow along with the coach during the activity.
- Go around the field beginning at the catcher position, announce what position it is, have the players repeat and then do squats (exercise that tries to coordinate with position).
 - Pitchers mound - arm circles
 - 1B - high and low reaches

- 2B - windmills
- SS and do fast feet (running in place)
- 3B and do push ups.
- Repeat

Block the Ball (10 minutes)

- Set up one or two lines of players so the kids can get maximum repetition. Have a coach or parent volunteer at each line with several balls.
- First instruct the players on how to move to get in front of the ball. Start the players off in the ready position (hands out front knees, slightly bent, and with their head up watching the play).
- The coaches or volunteers should roll the ball directly at the players at first, but then to either side.
- The player needs to shuffle to get their body in front of the ball to knock it down.
- For each ball that the player knocks down they get three points. If the player scoops the ball with their glove, they get five points. The players will get excited about getting points for knocking the ball down.



Game: "Glove Tag" (10 minutes)

- Choose 3 taggers and have them wear their glove while holding a ball in their mitts (practices squeezing the ball and tags).
- The rest of the players are trying to avoid getting tagged by the 3 players with gloves. If tagged, they are frozen.
- Players have to be tagged by the glove hand AND the ball must be in the glove for tag to count.
- Runners cannot touch a ball if it is dropped out of the glove otherwise they have to do 10 jumping jacks

Team Meeting (5 minutes)

- Recap of practice
- Final announcements
 - Reminder to get all gear
- Team cheer

----- Video Help -----

Hitting Video: <https://www.youtube.com/watch?v=Xp2teOZv4ik>

Fielding Video: <https://www.youtube.com/watch?v=zc3icvcFjNM>

Practice 3

Warm Ups (5 - 10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Game: "The Great Baseball" (10 minutes)

- Split the players into four groups and send each group to a side of the field (between home and first, between first and second, between second and third, between third and home).
- Name each side, examples: "The Baseballs," "The Bats," "The Gloves," "The Bases."
- Coaches stand in the middle of the square. When the coach calls a specific group; they have to try and make it to the other side of the square without getting tagged by the coaches.
- If they get tagged they must sit down at that spot. They can now tag players as well from the seated position. Repeat

Count the Catches (10 minutes)

- You can either do this as a group drill, or you can make it a drill that has players paired up with each other.
- Start by showing players the ideal spot in the glove to catch the ball (palm not fingertips), and that they want to squeeze their glove around the ball when they catch it.
- If you do this as a group, you can get two stations going in order to compete against each other, and have a coach or parent volunteer at each station. With a group, the coach will underhand toss the ball to the player in the line and they must make the catch. Everyone yells out, "one!" Then, another toss and "two!" And so on. Each side goes on until a player in the line drops the ball. Then they start at one again.
- You can run this drill in pairs, with the players trying to catch the ball between each other.



Pop Up Practice (10 minutes)

- Begin with a small toss to each player (with the group spread out in a semicircle).
- The coach should call the player's name (whoever is being tossed to) and that player then calls the ball by saying "mine" loudly.
- After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses. After a few rounds, progress to one player catching as many as they can in a row.
- Make it into a game: When they are through (if they catch 1 or 10), the other players in that group do as many jumping jacks as that player caught and then say, "Good Job".
- Catching tips
 - Use cues. Catching is perhaps the most difficult skill for these young players to learn.
 - Begin with the basket catch and move to the proper technique of catching the ball with fingers up and thumbs together.
 - Stress two hands by having players cover the ball with their bare hand each time it goes into the glove

Swing and Run (10 minutes)

- Gather players to review swinging a bat. Before reviewing, discuss safety rules. They must always keep two hands on the bat, never throw it and stay in their spots so there are no accidents.
- Have all players stand up and practice a few dry swings using cues. Review the proper grip on the bat. Talk about how tight they should hold the bat. They should act like they are holding a small bird in their hands. They need to hold it tight enough that it won't fly away, but they can't hold it so tight that they hurt it.
- Have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher's plate. Have them take a swing trying to keep the bat level to

the ground. Encourage them to swing hard while staying balanced. Remind the players that they must watch the ball they are hitting the whole time. They should follow through by finishing with their hands up near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate.

- After reviewing the basics of swinging, have players line up at home plate. Have each player take a practice swing and run to first base. Players advance one base at a time as the next player runs to first base.
- Option: Have players hit a ball off of the tee and run to first base instead of taking a practice swing.

Team Meeting (5 minutes)

- Recap of practice
- Final announcements
 - Reminder to get all gear
- Team cheer

----- Video Help -----

Throwing Video: https://www.youtube.com/watch?v=9P-YcCZ_VBk

Catching Pop Up Video: <https://www.youtube.com/watch?v=tvjqlF0o5Fk>

Practice 4

Warm Ups (5 - 10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Game: “Around the Bases” (10 minutes)

- Number off the team 1-4, have 1s go to 1B, 2s to 2B, 3s to 3B, and 4s at home plate.
- Create lines at each base. Give a baseball to the runner at the front of the line at home plate.
- When coach says “Go” the runner runs as fast as possible to hand the ball to the runner at the front of the 1B line, then the 1B runner takes the ball and runs to 2B and passes off the ball to the player at the front of the 2B line, etc until each player has gotten had the ball once.
- Coach should time to see how fast the team can get around the bases.
- See if they can beat their previous time!

Slow Mo Throw (5 minutes)

- Set up a target that is about 10 to 15 feet away. It shouldn't be too far for the kids, otherwise they feel like they have to throw the ball hard. Line up the kids in a single file line.
- In order to get the player to throw the ball normally, you need to help them understand that the ball will go as far as they want with a slow motion throw. This drill works as a method to reinforce the basic throwing skills, but also to learn control.
- Teach the players to learn control by asking them to throw in slow motion with just enough force to get the ball to the target.
- Once they can get the ball to the target with the slow motion throw, ask them to do the same thing with their normal throw.

Offense and Defense (10 minutes)

- Spread the players out in the field. Go over the bases in order and make sure there is some type of marker (bucket, cone, or just the base) placed at each.
- Designate one player the rest of the team must get the ball to (by throwing to them or running to them). That player is then responsible to put the ball at the correct base (indicated by coach) to make an out.
- The coach stands at home plate and rolls balls into the field to each position, one at a time. Players then must stay in position and get the ball to the designated person to place for an out. Switch the player who is placing the ball in the bucket.

Game: "Hitting for Distance" (15 minutes)

- Have a batting competition!
- Allow for a few warm up swings.
- Give each player 3 balls to hit off the tee
- Once all 3 are hit, have them go roll back their closer 2 and stand where their third ball landed
- Encourage teammates to cheer on batters!

Team Meeting (5 minutes)

- Recap of practice
- Final announcements
 - Reminder to get all gear
- Team cheer

Practice 5

Warm Ups (5 - 10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Relay Races (5 minutes)

- Split players into 2 teams.
- Place half of each team behind home plate and the other half at first base.
- Coach says go, and once players have run, have them sit to the side. First team with all players sitting, wins.

Game Time Simulation (15 minutes)

- Place players scattered around in the in field
- Coach is at home plate and rolls 3-4 balls out to the infield at a time. Players field and then roll balls back to the coach.
- Option: have 3 or 4 players to run the bases after each ball is rolled (i.e coach rolls ball, player 1 runs, coach rolls second ball, player 2 runs etc).
 - This drill can also teach tags and stepping on bases for outs.

Game: "Home Run Hitters" (10 minutes)

- Set up markers about every 5 ft to create zones starting at home plate. Explain to players that the first zone is a single, the second one is a double, third is a triple and fourth is a home run.
- Have players line up and hit off the tee
- For each hit, other players in line do jumping jacks based on the distance of the hit (5 for single, 10 for double, 15 for triple and 20 for home run), and give the hitter a point based off of the hit

Distance	Hit	Batter Points	Jumping Jacks
Home plate - 5ft	Single	1	5
5ft - 10ft	Double	2	10
10ft - 15ft	Triple	3	15
15ft - 20ft	Homerun	4	20

Count the Catches (10 minutes)

- You can either do this as a group drill, or you can make it a drill that has players paired up with each other.
- Start by showing players the ideal spot in the glove to catch the ball (palm not fingertips), and that they want to squeeze their glove around the ball when they catch it.
- If you do this as a group, you can get two stations going in order to compete against each other, and have a coach or parent volunteer at each station. With a group, the coach will underhand toss the ball to the player in the line and they must make the catch. Everyone yells out, “one!” Then, another toss and “two!” And so on. Each side goes on until a player in the line drops the ball. Then they start at one again.
- You can run this drill in pairs, with the players trying to catch the ball between each other.

Team Meeting (5 minutes)

- Recap of practice
- Final announcements
 - Reminder to get all gear
- Team cheer

Practice 6

Warm Ups (5 - 10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Diamond Throwing (15 minutes)

- Palace 1 player at each of the infield positions (pitcher and catcher too).
- Have remaining players be base runners
- Starting with the pitcher, have the fielders throw the ball from pitcher to catcher, then catcher, 1st, 2nd, SS, 3rd, and back home.
- Once the pitcher throws the ball to the catcher, the coach should be telling runners to go, sending the next one after the first crosses first base.
- The fielders' goal is to get the ball to every player before all of the base runners make it home. If runners make it home before the ball, runners get a point, if fielders transfer the ball before runners get home, fielders get a point.
- Have players rotate positions around the field and then eventually switch runners and fielders.

Batting Practice (10 minutes)

- Start with players spaced out and taking shadow swings.
- Coach should be making sure that players are holding bats correctly and are standing in an athletic position
- Call up one player at a time to take 5-7 balls off the tee.
- Option: on their last at bat, let them run the bases

Game: Red Light, Green Light (10 minutes)

- Designate one child as the "Pitcher" (who gives commands) and the rest as "Baserunners." or coach can be the pitcher
- All base runners start at home

- "Green Light!": Baserunners run to the next base, "Yellow Light!": Baserunners slow down to a walk, "Red Light!": Baserunners stop and freeze.
- Each time a base runner crosses home plate, they receive 1 run. If a runner moves during a red light, they have to move back 1 whole base.
- Runners do not have to be on a base for a red light, they can be stopped in the middle of the base path.

Team Meeting (5 minutes)

- Recap of practice
- Final announcements
 - Reminder to get all gear
- Team cheer

Practice 7

Warm Ups (5 - 10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Pop Ups and Ground Balls (10 minutes)

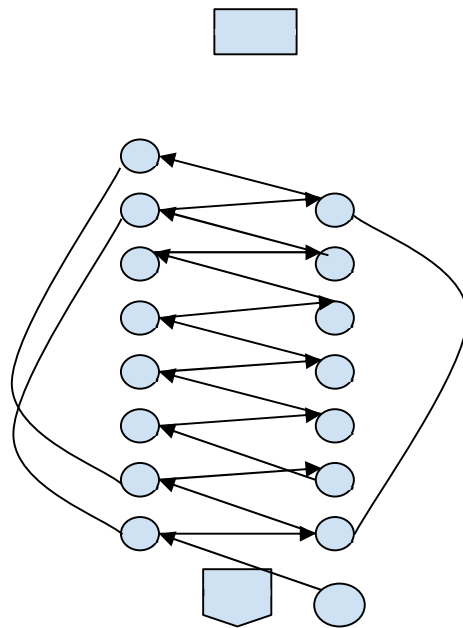
- Line players up and have them do fast feet while in line. Position them about 3 feet back from the front player for safety.
- The coach will call out either “pop up” or “ground ball” and have the player yell “mine” and field the ball.

Game: “Freeze Ball” (10 - 15 minutes)

- Split players into three teams and label them team A,B,C
- 2 teams are in the field at a time while 1 is up to bat.
- The batting team gets to hit the ball and run the bases while the fielding teams try to field the ball and tag the runner out.
- The runner is safe from tags if standing on the base, and freezable if off.
- Once a player is tagged and frozen, the next batter gets to bat and run the bases. This unfrozen runner can unfreeze the previously frozen teammate.
- If runners make it to home, their team gets a point. If 3 runners end up frozen on the base paths, the inning is over and that team goes out to field and the next team comes in to bat.

Zigzag Catch (10 minutes)

- Have players stand in 2 lines, facing each other, throwing distance apart, starting at home plate.
- Coach will start at the end of one line, and throw the ball to the end player across from them.
- That player then throws the ball to the player across from them, and runs to the end of their line, towards first base.
- The goal is to throw the ball back and forth from line to line, until the line reaches first base.



Team Meeting (5 minutes)

- Recap of practice
- Final announcements
 - Reminder to get all gear
- Team cheer

Practice 8

Warm Ups (5 - 10 minutes)

- Starting at the foul line to second base (and back each time):
 - Frankenstein kicks (holding arms straight out and kicking toes to fingers)
 - High knees
 - Buttkicks
 - Bunny hops
 - Arm circles (start small get bigger, then back to small)
 - Other (skips, backpedal, crab walk, etc).

Throw & Go (10 minutes)

- Line all players up at shortstop. Place a coach at 1B with a glove.
- Coach rolls a ground ball to the first player in line.
- That player fields the ball, throws it to 1B, then runs to the back of the line.
- Keep it moving quickly: “Field it, throw it, run to the back!”
- This way everyone gets lots of turns, and the pace stays fun.

Base Running Relays (10 minutes)

- Split the team into two groups.
- Each group lines up at home plate.
- On coach’s “Go,” the first player runs all the way around the bases and tags the next teammate.
- First team to get everyone around wins!
- Variation: Have one round where players hop, skip, or run backwards for laughs.

Game: Around the Bases Challenge (10 minutes)

- Number the kids 1–4. Send 1s to 1B, 2s to 2B, 3s to 3B, and 4s to home.
- Give the first runner at home a ball.
- On “Go,” they run it to 1B and hand it off. The 1B runner runs to 2B and passes it off, and so on until it comes back home.
- Time the group and challenge them to “beat their best time” with another round.

Game: Home Run Dash (10 minutes)

- Set up cones in the outfield about 20–30 feet away.
- Each player gets 3 swings off the tee.

- If the ball rolls past the cone line, it counts as a “home run.”
- After each swing, the player gets to run all the bases while the rest of the team cheers.
- Keep score as a group — total how many “home runs” the team hits together, then try to beat that number in a second round.

Team Meeting & Celebration (5 minutes)\

- Big team cheer (louder than ever!)
- Optional: hand out small “fun awards” (fastest runner, biggest smile, best hustler, loudest cheerleader, etc.)

Coaching Tips & Techniques

Proper Ball Grip

Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, talk about holding a baseball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their "favorite hand" and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it.

Throwing

Have each player take a ball and practice the grip while still in the circle. Check grips. Next demonstrate throwing overhand. Throw to another coach, while emphasizing holding the ball correctly in the favorite hand, and throwing overhand. Allow players to pick any spot they would like facing a fence. Have players turn around and take six giant steps away from the fence and then turn around. Practice throwing overhand to the fence.

Use throwing cues. The players should start with the proper grip that was discussed. They must look at their target. It is a good idea to have them say "ready" once they have their eyes on their target as a reminder each time to look at the target first.

The next move is to step directly to their target. The ball and hand should move in a circular motion. A good reminder is to tell players that when they take the ball out of their glove their thumb should go past their thigh and then the ball should continue to go up facing the sky – "thumb to thigh, show it to the sky." They should release the ball to the target and let their arm continue to move to finish the circular motion. Stressing this follow through will prevent them from stopping their arm as soon as they release the ball. S

Then review stepping with the correct foot. Demonstrate the grip, holding the ball in the favorite hand, and stepping with the other foot toward the target. Demonstrate to players by throwing the ball into the fence.

Fly Balls

The coach should begin with a small toss to each player (with the group spread out in a semicircle). The coach should call the player's name (whoever is being tossed to) and that player then calls "mine" as they go for the ball. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses. After a few rounds, progress to one player catching as many as they can in a row.

Use cues. Catching is perhaps the most difficult skill for these young players to learn.

Stress two hands by having players cover the ball with their bare hand each time it goes into the glove.

Fielding

Have players line up. Talk about taking turns to “field” balls or collect balls. Demonstrate using two hands to “scoop up” a ball. Coaches stand across from a line and roll the first player a ball. After they scoop up the ball, they throw it back to the coach. Then give the next player a turn. Repeat until players seem to grasp fielding (not collapsing, but bending their knees and picking up the ball quickly). Use cues.

- a. Athletic position, feet shoulder width apart and knees bent
- b. Glove out and in front
- c. Use two hands like an alligator
- d. Field in the center of the body

Tee Hitting

Have players stand behind a tee and take turns swinging. A coach should be at the tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front. Players should start with a half swing to see where they will make contact with the bat before swinging hard. Have all players attempt to make contact with the barrel of the bat.

- a. Bat at fingertips with a loose grip
- b. Feet spread shoulder width apart and in an athletic position
- c. Head looking at the pitcher with both eyes
- d. Level swing through the ball
- e. Follow through with both upper and lower body

Mini Games & Drills

Red Light, Green Light

- Designate one child as the "Pitcher" (who gives commands) and the rest as "Baserunners." or coach can be the pitcher
- All base runners start at home
- "Green Light!": Baserunners run to the next base, "Yellow Light!": Baserunners slow down to a walk, "Red Light!": Baserunners stop and freeze.
- Each time a base runner crosses home plate, they receive 1 run. If a runner moves during a red light, they have to move back 1 whole base.
- Runners do not have to be on a base for a red light, they can be stopped in the middle of the base path.

Freeze Ball

- Split players into three teams and label them team A,B,C
- 2 teams are in the field at a time while 1 is up to bat.
- The batting team gets to hit the ball and run the bases while the fielding teams try to field the ball and tag the runner out.
- The runner is safe from tags if standing on the base, and freezable if off.
- Once a player is tagged and frozen, the next batter gets to bat and run the bases. This unfrozen runner can unfreeze the previously frozen teammate.
- If runners make it to home, their team gets a point. If 3 runners end up frozen on the base paths, the inning is over and that team goes out to field and the next team comes in to bat.

Home Run Hitters

- Set up markers about every 5 ft to create zones starting at home plate. Explain to players that the first zone is a single, the second one is a double, third is a triple and fourth is a home run.
- Have players line up and hit off the tee
- For each hit, other players in line do jumping jacks based on the distance of the hit (5 for single, 10 for double, 15 for triple and 20 for home run), and give the hitter a point based off of the hit

Around the Bases

- Number off the team 1-4, have 1s go to 1B, 2s to 2B, 3s to 3B, and 4s at home plate.
- Create lines at each base. Give a baseball to the runner at the front of the line at home plate.
- When coach says “Go” the runner runs as fast as possible to hand the ball to the runner at the front of the 1B line, then the 1B runner takes the ball and runs to 2B and passes off the ball to the player at the front of the 2B line, etc until each player has gotten had the ball once.
- Coach should time to see how fast the team can get around the bases.
- See if they can beat their previous time!

Grounder Gobbler

- Coach or helper rolls ground balls out to a single-file line of kids.
- Each player must field the ground ball cleanly and run it to a bucket placed at first base.
- Once they drop the ball in, they hustle back to the end of the line.
- Count how many balls the group can “gobble up” in 1–2 minutes. Try to beat the total each round!

Base Tag Dash

- Have one runner start at home and another player (the “tagger”) start at second base.
- When coach says “Go,” the runner tries to sprint around the bases and make it back home before the tagger can chase them down by running the opposite direction.
- Players switch roles after each round.
- This helps with base running speed and learning to hustle around the bases.

Other Games

- Relay Races / Obstacle courses
- Blob Tag: When tagged, players join hands with the person or people who tagged them, to form a chain and work together to tag others.
- Sharks and Minos

Other Resources

<https://mojo.sport/coachs-corner/?search=>
<https://www.baseballpositive.com/tee-ball>