



POSITIVE COACHING ALLIANCE TALKING POINTS FOR TEE BALL COACHES

WEEK 1 — THE BIG THREE

(HAVE FUN, TRY HARD, AND BE A GOOD SPORT)

There are three big things to work on this season—having fun, working hard, and being a good sport. If you can do all three, you'll have a great season.

The first part of the Big Three is to try to **have fun**. When you enjoy what you are doing, you usually do it better.

The second part of the Big Three is to **try hard**. Have everyone agree to give his or her best effort at every practice and every game.

Finally, you want to **be good sports**. You want to honor the game and treat your opponents and officials with respect even when things don't go the way we'd like them to.

Any one of these three things may seem pretty easy, but when you try to do all of them, it can be difficult. For example, it's easy to have fun when you don't work hard, but we can do both. We'll learn that hard work can be fun.



WEEK ONE

QUICK PLAN

WEEK ONE | 45 MINUTES

0:03 INTRODUCTION

- Welcome players
- Review names (players & coaches)
- Focus on the reason for being there/PCA tip of the week

0:13 PLASTIC BALL TAG

- Players run in the infield while coach tries to tag them frozen with a plastic ball, repeat in outfield
- See full practice plan for complete instructions

0:03 GRIP

- Players gather in circle
- Grip plastic ball with whole hand using fingertips
- Have players demonstrate correct grip before going to spots to throw

0:12 THROWING

- Players find a spot to throw at fence
- Coaches focus on grip
- Call players back to coach and teach stepping with opposite foot (demonstrate)
- Send players back to spots to throw against fence
- Coaches monitor for grip and stepping with opposite foot

0:02 BREAK

0:08 RUN THE BASES



- Players line up at home plate to begin
- Call out the bases as the runners go one at a time
- See full practice plan for complete instructions

0:04 CONCLUSION

- High fives
- Review what they learned/PCA tip of the week
- Remind players of next event (practice/game)



THE BIG THREE: HAVE FUN, TRY HARD, BE A GOOD SPORT

There are three big things to work on this season - having fun, working hard, and being a good sport. If we can do all three, we'll have a great season.

- When we enjoy what we are doing, we usually do it better
- Let's all agree to give our best effort at every practice and every game
- Finally, we want to be good sports. We want to treat our opponents and officials with respect.

SEQUENCE 2

PLASTIC BALL TAG

WHAT YOU'LL NEED:

Plastic Ball



DRILL SEQUENCE:

- The first round of this freeze-tag style game is playing in an open field.
- The second round is played only using fair territory of the field.
- In the third round, when the players are tagged they not only freeze, but they freeze in the position of a batter.



SEQUENCE 3

GRIP AND THROW

WHAT YOU'LL NEED:

Baseballs/Softballs | Gloves | Fence



DRILL SEQUENCE:

- While players are circled around the coach, the correct grip is shown and each player practices holding the ball.

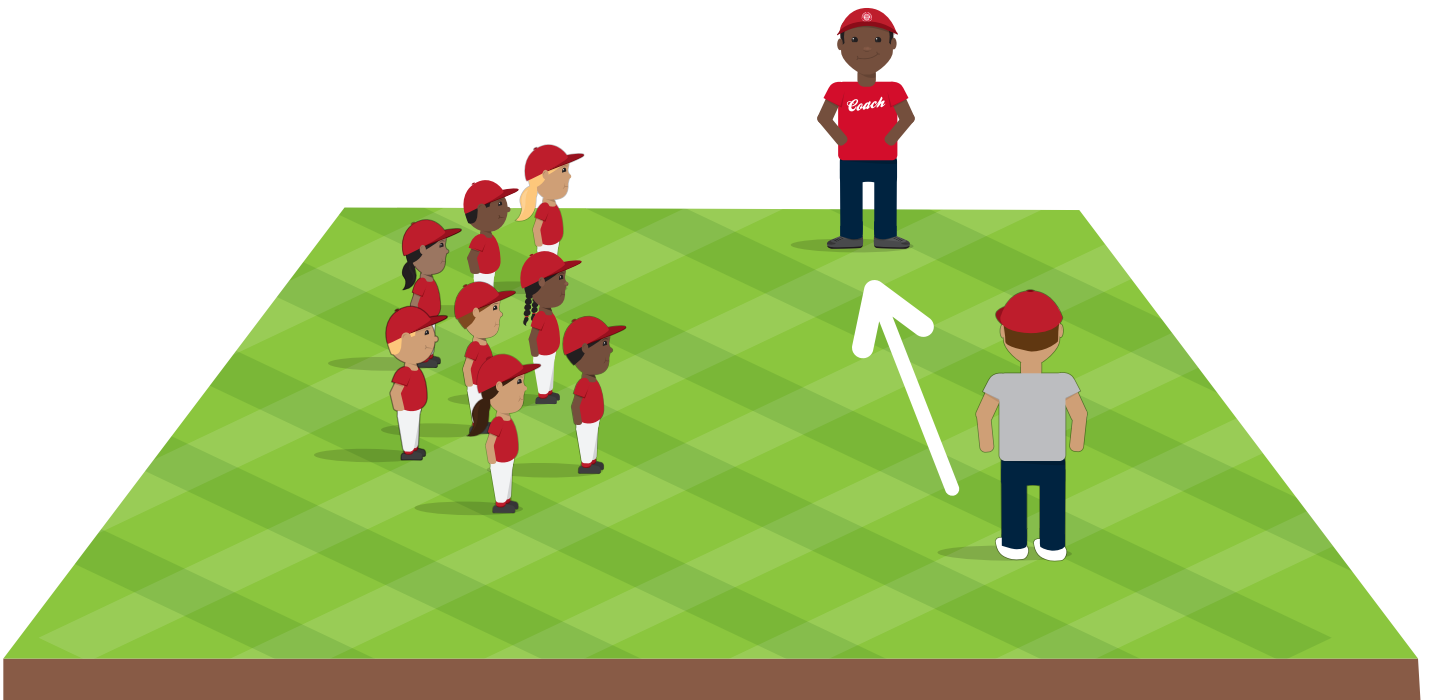


SEQUENCE 4

THROWING DEMONSTRATION

WHAT YOU'LL NEED:

Plastic Balls



DEMONSTRATION:

- The players look to the coaches while they demonstrate an entire throw.

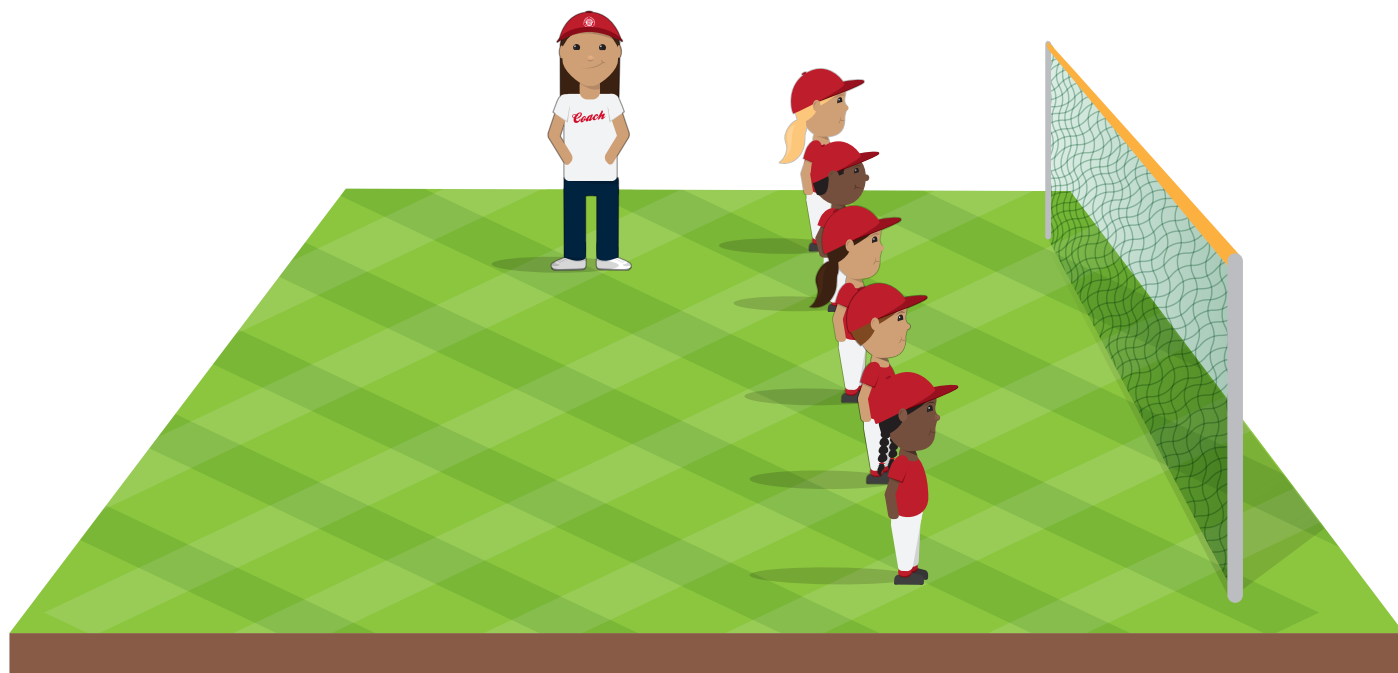


SEQUENCE 4

THROWING PRACTICE

WHAT YOU'LL NEED:

Baseballs/Softballs | Fence



DRILL SEQUENCE:

- The players practice throwing at the fence following the coach's cues.

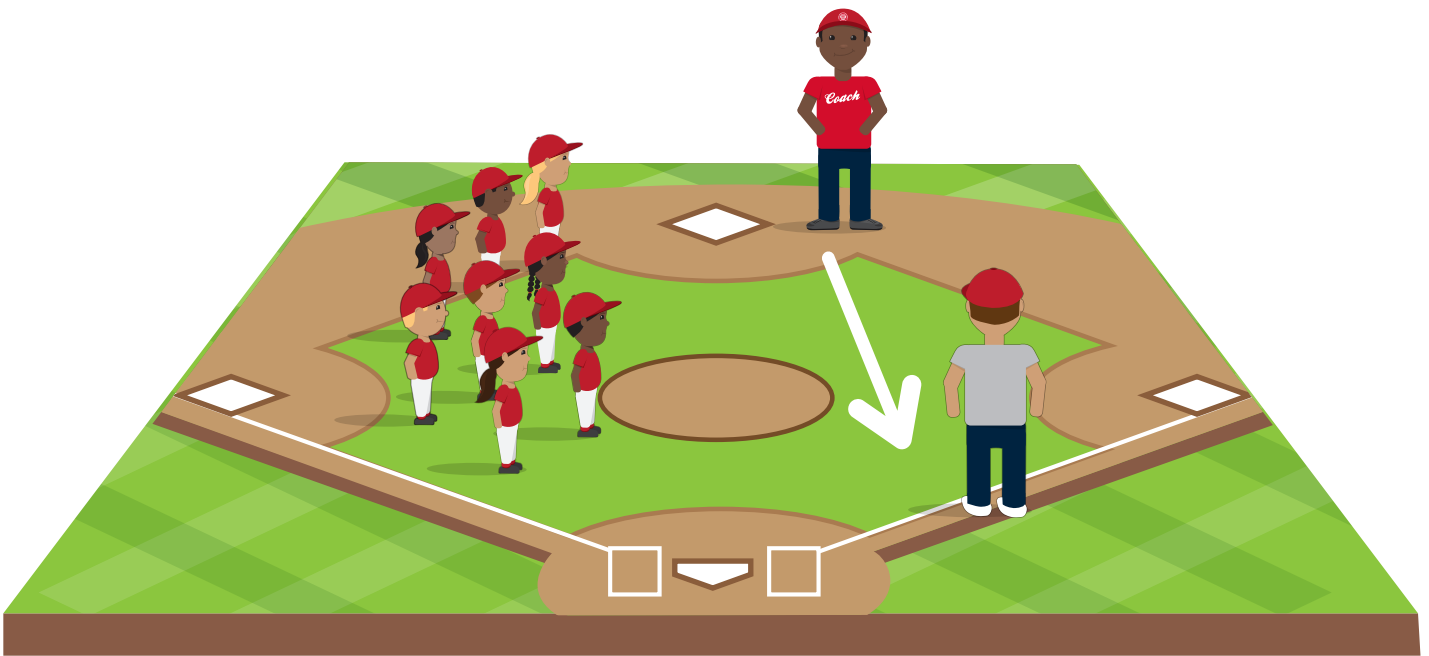


SEQUENCE 4

OPPOSITE FOOT WHILE THROWING DEMONSTRATION

WHAT YOU'LL NEED:

Tee Balls



DRILL SEQUENCE:

- The players are called back for the coach to demonstrate stepping with the opposite foot when throwing.



SEQUENCE 5

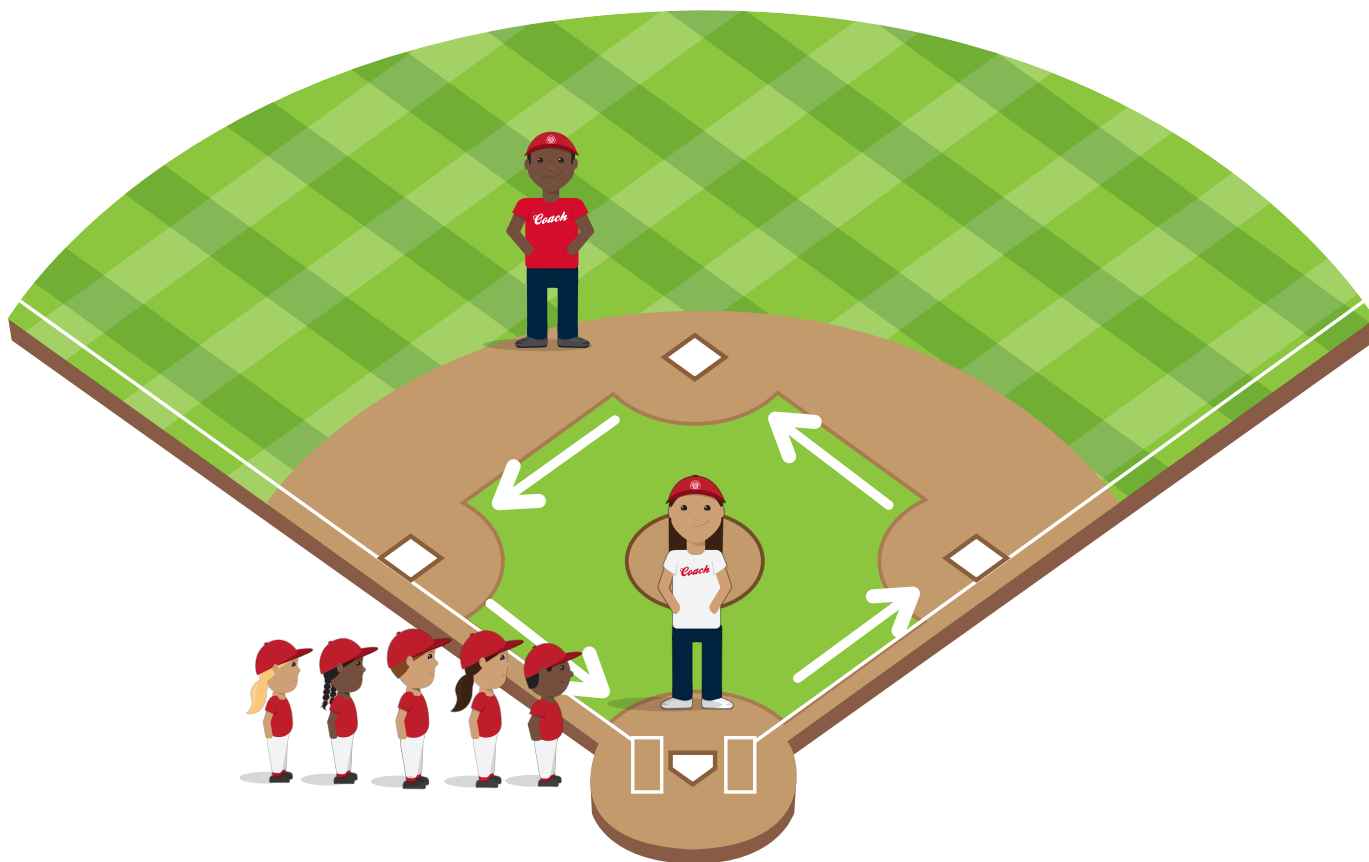
RUN THE BASES

ONLINE VIDEO



WHAT YOU'LL NEED:

Bases (4)



DRILL SEQUENCE:

- Following the coach, the players run/jog around the bases while calling out each base that they touch.
- For round two, the players will advance to each base one at a time and will stop on each base. They will move to the next base when they are cued.
- An option is to have a coach with a ball in his or her hand ready to tag players who come off of the base.

