

FULL PRACTICE PLAN

WEEK NINE

PRACTICE GOAL

The players should be able to grip a ball correctly, successfully attempt an overhand throw, and run the bases with guidance.

MATERIALS:

- Tee Balls (15)
- Buckets for Balls (1)
- Tees (1) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cone (1)
- Bat (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Discuss the upcoming season, group picnic event, and how exciting it will be to see how much all of the players have learned. Discuss the PCA tip of the week. **(3 minutes)**

2. RACES: Create two lines of players side-by-side. Make sure players stay in their "lane" (demonstrate). On, "go" the first two players race to the coach and then walk back to the end. Repeat quickly calling out go for the next two players. Don't focus on winning, just racing. Repeat. Set up obstacles such as a few cones that the players must zigzag around for the next "race". For the next race, set up a cone they must run to and do 5 of an exercise they know (from position fitness -- squats, jumping jacks...) dictated by coach. For the next race, set up 3 cones (spread out) that the players must jump over. For the next race, place a tee ball at the end point that each player must run to and throw (racing direction) as far as they can (will clean up after all races). For the next race, have players skip. For the next race, have players slide sideways. **(12 minutes)**

3. SHOW AND TELL: Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, talk about holding a baseball/softball 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. **(10 minutes)**

BREAK (2 minutes)

4. STATIONS (16 minutes)

STATION 1 BASE RUNNING: Have the players run around the bases one at a time calling out the bases as they go. Have the players run one base at a time only advancing because of the runner behind them. Practice running through first base ONLY, and then returning to stand on first base. **(8 minutes)**

STATION 2 POP-UPS AND GROUND-BALLS: Separate players into mock positions in the outfield. Throw the players various types of balls to field (ground or fly). Have them throw back to the coach. **(8 minutes)**

5. CONCLUSION: Gather players and review what was learned this season and discuss the PCA tip of the week. Remind the parents of the next event. **(4 minutes)**

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**POSITIVE COACHING ALLIANCE TALKING POINTS
FOR TEE BALL COACHES**

**WEEK 9 —POST-GAME RITUAL
(HONORING THE GAME)**

This week, and for the rest of the season, have your team be the best sports they can be and Honor the Game by treating their opponents with respect.

Whether you win or lose, have each person seek out each player on the other team, look them in the eye, shake hands and thank them for competing.

You can make this a ritual after every game. After a loss, congratulate the other team. This may not come easy for the players and they may really have to work on this area.



WEEK NINE

**QUICK PLAN
WEEK NINE | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Discuss the event with all players and it will exciting to see what we all learned/PCA tip of the week

0:12 RACES

- Racing for fun
- Players line up in two groups and run various races
- See full practice plan for complete instructions

0:10 SHOW AND TELL

- Have various equipment available
- Players sit in a circle and one at a time choose what they enjoy most and would like to show the team

0:02 BREAK

0:16 STATIONS



- **Station 1:** Various base running, through first, the whole way around calling out bases, one at a time being moved by runner behind
- **Station 2:** Fielding fly balls, ground balls and throwing back to the coach
- See full practice plan for complete instructions

0:04 CONCLUSION

- Review things learned this season/PCA tip of the week
- Remind players of next event (practice, game)



POST-GAME RITUAL (HONORING THE GAME)

This week, and for the rest of the season, I want us to be the best sports we can be by treating our opponents with respect.

Whether we win or lose, I want each of you to seek out each player on the other team, look them in the eye, shake hands and thank them for playing with you. We want to make this a ritual after every game.

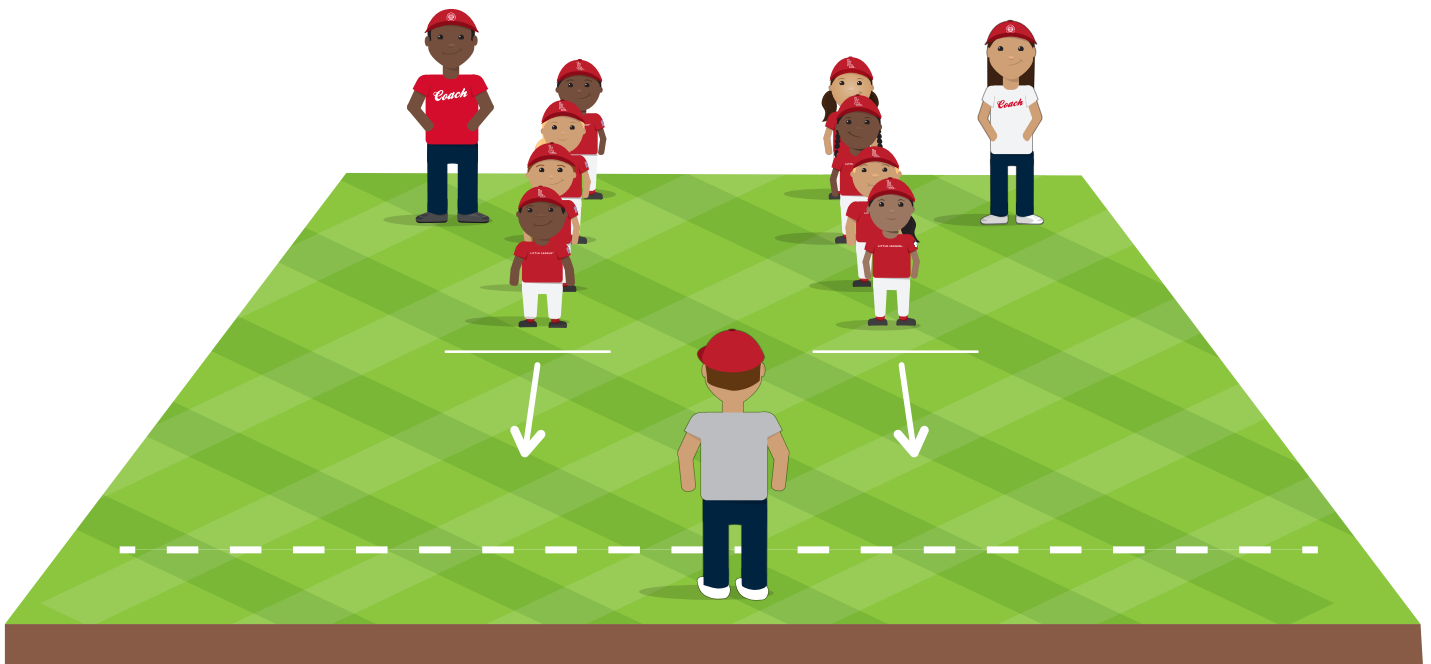
Let's form two lines and pretend it is after the game and the people in the other line are the opponents. Let's practice saying something positive to them as we look them in the eye and shake their hands.

SEQUENCE 2

RACES

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- Separate the players into two groups. Each group is in a line behind the foul line and the coach stands across from the groups.
- On “go” the first player from each group races past the imaginary line past the coach. The next person in each line races on “go” and so on.



SEQUENCE 3

SHOW AND TELL

WHAT YOU'LL NEED:

Equipment for each player's chosen skill



DRILL SEQUENCE:

- The players are in a small cluster or circle sitting on the grass.
- Each player has a chance to come in front of the group and show a skill that they think they are awesome at completing or really good at doing, like throwing, fielding, running, and more.



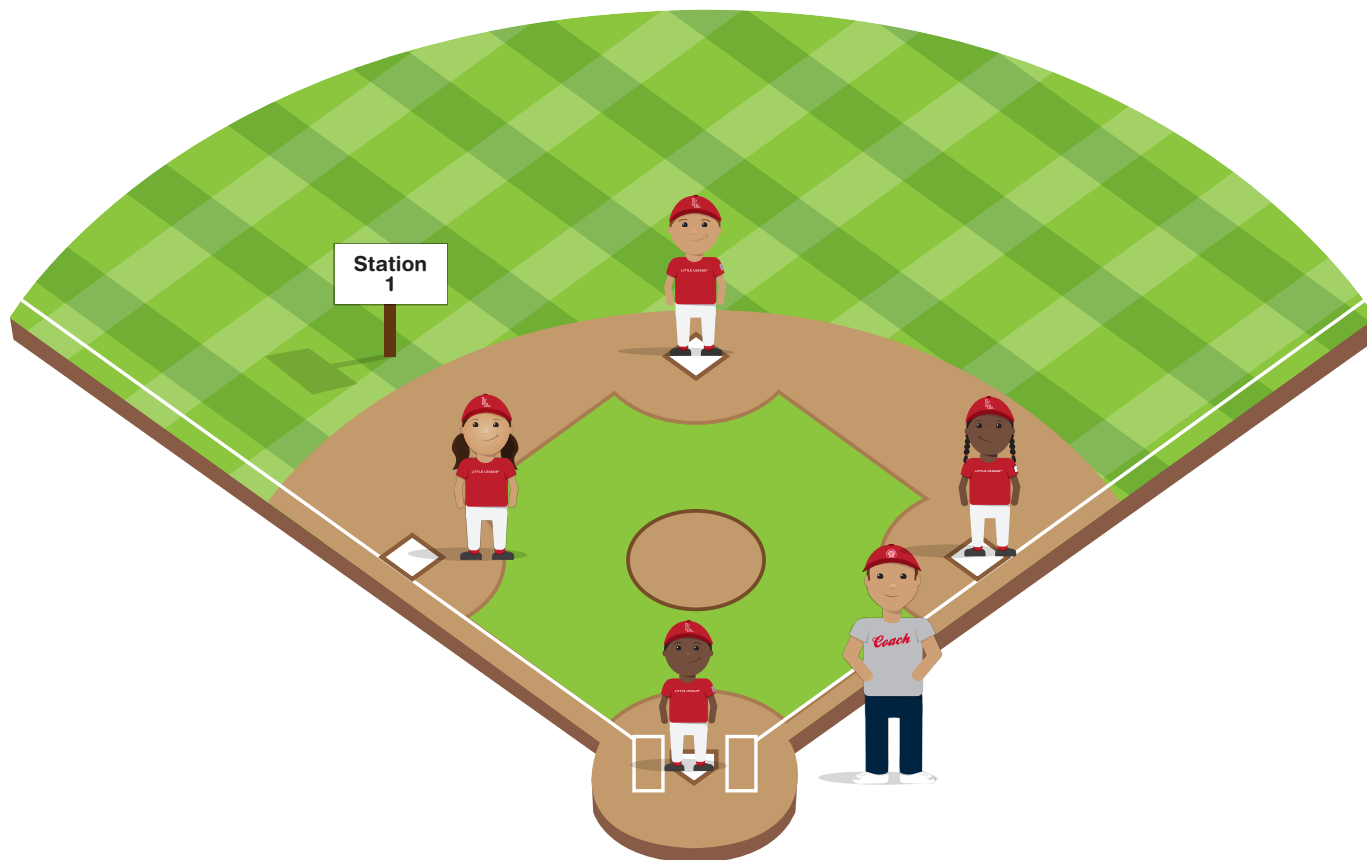
SEQUENCE 4

STATION 1



WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- The players each begin on different bases to ensure that during the drill they stop when the runner in front of them stops and runs when appropriate.
- The players practice running around the base, calling out the bases as they go around on the coach's cues.



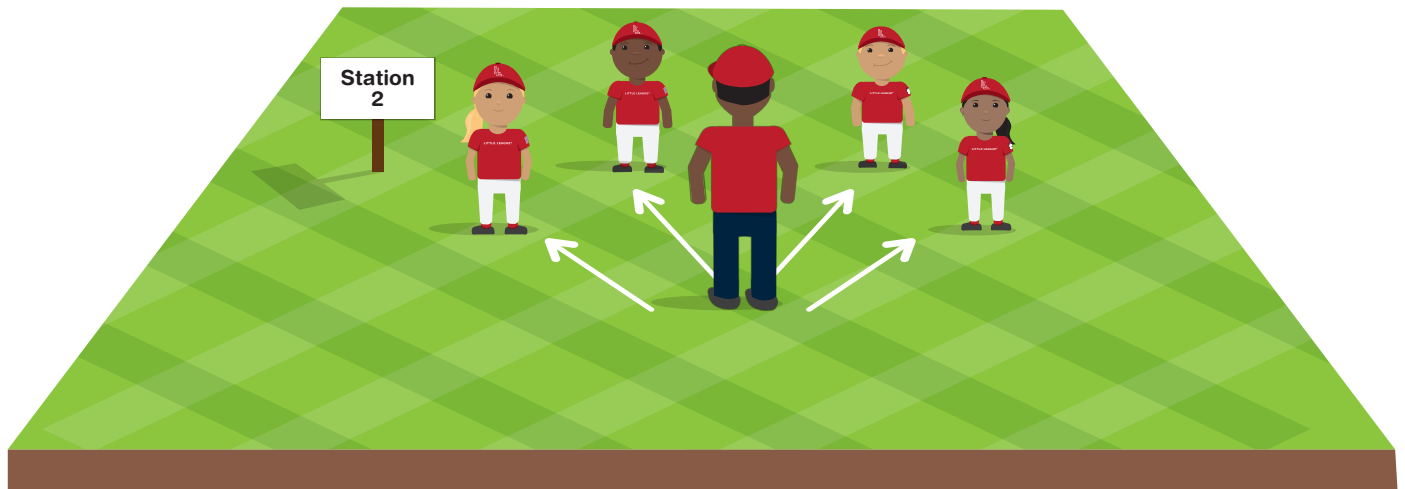
SEQUENCE 4

STATION 2



WHAT YOU'LL NEED:

Tee Balls | Gloves



DRILL SEQUENCE:

- The players are staggered into mock positions, but not as far apart as actual outfielders.
- The coach tosses pop-ups or ground balls to each player. The players practice calling the ball when it comes to them.

