

LITTLE LEAGUE DISTRICT 68
PRACTICE #1 - T-BALL

- 1:30-1:40 **TEAM MEETING**
- INTRODUCTIONS
 - PASS OUT FORMS
 - GO THROUGH RULES
 - HAVE PARENTS PURCHASE LITTLE BUCKETS
- 1:40-1:50 **STRETCH AND RUN**
- LINE UP KIDS ON FOUL LINE – USE BUCKET IF YOU ALREADY HAVE THEM
 - SET UP CONES OR PARENTS AT THE OTHER END (JUST PAST THE 2ND BASE)
 - PROPELLER ARMS, HIGH KNEES, SIDE SKIPPS
 - SPRINTS BASE LENGTH
- 1:50-2:00 **THROWING**
- PROPER GRIP AND SHOW THE BALL
 - COVER TO THROW – GLOVE OUT TOWARD TARGET, THROWING ARM BENT, V SHAPE TOWARD EAR
 - THROW AND HIT THE BUCKET
- 2:00-2:10 **CATCHING**
- GROUP PLAYERS WITH COACHES/PARENTS
 - COACH TOSS TO PLAYER, EMPHASIZE GLOVE UP/ELBOW DOWN, TWO HAND CATCH
- 2:10-2:20 **GROUND BALLS**
- GROUP PLAYERS WITH COACHES/PARENTS
 - COACH ROLL BALL TO PLAYER, EMPHASIZE TWO HAND ALIGATOR CATCH
- 2:20-3:00 **HITTING AND FIELDING**
- CREATE THREE GROUPS – OUTFIELD, INFIELD, AND HITTING GROUP
 - HIT OFF OF TEE AT HOME, RUN BASES ON FORTH CONTACT.
 - PLAYERS SHOULD RUN THE BASES ONE AT A TIME
 - LAST RUNNER COMES BACK IN TO HIT. ROTATE STATIONS AFTER EACH PLAYERS HITS TWICE.
 - FIELDERS THROW TO FIRST OR TAG RUNNER
 - COACHES AND PARENTS ON FIELD

IF TIME ALLOWS, HAVE PLAYERS RUN FROM ALL THE BASES FROM HOME

LITTLE LEAGUE DISTRICT 68
PRACTICE #2 - T-BALL

- 5:15-5:25 STRETCH AND RUN
- PROPELLER ARMS, HIGH KNEES, SIDE SKIPPS
 - SPRINTS BASE LENGTH
- 5:25-5:35 THROWING
- SETUP BUCKETS WITH BASEBALLS IN THEM
 - PROPER GRIP AND SHOW THE BALL
 - COVER TO THROW – GLOVE OUT TOWARD TARGET, THROWING ARM BENT, V SHAPE TOWARD EAR
 - THROW AND HIT THE BUCKET
- 5:35-5:45 CATCHING
- GROUP PLAYERS WITH COACHES/PARENTS
 - COACH TOSS TO PLAYER, EMPHASIZE GLOVE UP/ELBOW DOWN, TWO HAND CATCH
- 5:45-5:55 GROUND BALLS
- GROUP PLAYERS WITH COACHES/PARENTS
 - COACH ROLL BALL TO PLAYER, EMPHASIZE TWO HAND ALIGATOR CATCH
- 5:55-6:05 INVISIBLE BAT DRILL
- LINE UP KIDS ON FOUL LINE
 - PRETEND BAT IN HAND, GET INTO BATTING STANCE
 - SLOW MOTION SWING, EMPHANSIZE “BELLY BUTTON TO THE FRONT”
 - FAST MOTION SWING (BUT NOT TOO FAST TO ENSURE PROPER FORM)
- 6:05-6:45 HITTING AND FIELDING
- 3 GROUPS – HITTING, INFIELD, OUTFIELD
 - AFTER EACH HIT, FIELDERS YELL OUT 1-2-3-4 (KIDS RUN ON 5TH HIT)
 - FIELDERS THROW TO FIRST OR TAG RUNNER
 - COACHES AND PARENTS ON FIELD

IF TIME ALLOWS, TWO TEAMS, BASE RUNNING GAME – RABBIT

LITTLE LEAGUE DISTRICT 68
PRACTICE #3 - T-BALL

- 10:30-10:40 WARM UP RUNS & STRETCH
- SNAKE RUN
 - HIGH FIVE RUN
 - JUMPING JACKS
 - PROPELLER, ARM PULLS, ELEPHANT STRETCH
 - STORK STANCE, MOUNTAIN CLIMB
 - RUN AROUND BASE AND CALL OUT BASE
 - BASE RUNNING – EACH BASE
- 10:40-10:50 THROWING – USE BUCKET STATIONS
- PROPER GRIP (3 FINGERS ACROSS THE SEAM) AND SHOW THE BALL
 - BUBBA HIGH BALL – STRETCH IT BACK, CUT IT LOOSE
 - BUBBA BOUNCE
 - HIT THE BUCKET
- 10:50-11:00 CATCHING
- CATCHING WHEEL – 1 FRONT KNEES, 2 GLOVE SIDE LOW, 3 GLOVE SIDE HIGH, 4 CHEST
 - COACH TOSS TO PLAYER – 1, 2, 3 POSITIONS (3 PLAYERS PER ADULT)
 - CATCHING CHALLENGE
- 11:00-11:15 GROUND BALLS
- SHOW INFIELD POSITIONS
 - BUCKET STATIONS – RELAXED, READY, GLOVE DOWN
 - SHUFFLE RIGHT AND LEFT
 - 3 STATION SHUTTLE GROUND BALLS
 - 3 STATION THROW TO FIRST - ROTATE
- 11:15-11:30 HITTING – BUCKET STATIONS
- STEP AND COIL
 - HITTING OFF TEE – WIFFLE BALL
- 11:30-12:00 LIVE HITTING AND FIELDING
- DIVIDE INTO GROUPS
 - KIDS RUN ON 5TH HIT
 - FIELDERS THROW TO FIRST OR TAG RUNNER
 - KIDS RUN ONE BASE AT A TIME

IF TIME ALLOWS, TWO TEAMS, BASE RUNNING GAME

**LITTLE LEAGUE DISTRICT 68
PRACTICE #4 - T-BALL**

- 5:15-5:25 **WARM UP RUNS & STRETCH**
- SNAKE RUN
 - HIGH FIVE RUN
 - JUMPING JACKS
 - PROPELLER, ARM PULLS, ELEPHANT STRETCH
 - STORK STANCE, MOUNTAIN CLIMB
 - RUN AROUND BASE AND CALL OUT BASE
- 5:25-5:35 **THROWING – USE BUCKET STATIONS**
- PROPER GRIP (3 FINGERS ACROSS THE SEAM) AND SHOW THE BALL
 - BUBBA HIGH BALL – STRETCH IT BACK, CUT IT LOOSE
 - BUBBA BOUNCE
 - HIT THE BUCKET
- 5:35-5:45 **CATCHING**
- CATCHING WHEEL – 1 FRONT KNEES, 2 GLOVE SIDE LOW, 3 GLOVE SIDE HIGH, 4 CHEST
 - COACH TOSS TO PLAYER – 1, 2, 3 POSITIONS (3 PLAYERS PER ADULT)
 - CATCHING CHALLENGE
- 5:45-6:00 **GROUND BALLS**
- SHOW INFIELD POSITIONS
 - BUCKET STATIONS – RELAXED, READY, GLOVE DOWN
 - SHUFFLE RIGHT AND LEFT
 - 3 STATION SHUTTLE GROUND BALLS
- 6:00-6:45 **SIMULATED GAME**
- TWO TEAMS
 - LAST BATTER RUNS ALL BASES

LITTLE LEAGUE DISTRICT 68
PRACTICE #5 - T-BALL

- 9:00-9:10 WARM UP RUNS & STRETCH
- SNAKE RUN
 - JUMPING JACKS
 - PROPELLER, ARM PULLS, ELEPHANT STRETCH
 - STORK STANCE, MOUNTAIN CLIMB
 - BASE RUNNING – HOME TO FIRST – HIGH FIVE TO RUN THROUGH BASE.
 - 1ST TO 2nd TO 3rd STOP AT BASE OR SLIDE
 - 3rd to HOME RUN THROUGH OR SLIDE
- 9:10-9:20 THROWING – USE BUCKET STATIONS
- BUBBA HIGH BALL – STRETCH IT BACK, CUT IT LOOSE
 - BUBBA BOUNCE
 - THROW TO COACH
 - HIT THE BUCKET
- 9:20-9:30 CATCHING
- CATCHING WHEEL – 1 FRONT KNEES, 2 GLOVE SIDE LOW, 3 GLOVE SIDE HIGH, 4 CHEST
 - COACH TOSS TO PLAYER – 1, 2, 3 POSITIONS (3 PLAYERS PER ADULT)
 - CATCHING CHALLENGE
- 9:30-9:40 GROUND BALLS
- SHOW INFIELD POSITIONS
 - BUCKET STATIONS – RELAXED, READY, GLOVE DOWN
 - SHUFFLE RIGHT AND LEFT
 - 3 STATION SHUTTLE GROUND BALLS
- 10:00-10:30 HITTING DRILL STATION - SETUP NETS IF YOU HAVE THEM
- STATION 1 – BUCKET SIT HITTING
 - SIT ON BUCKET AND HIT TEE
 - TEACHES PROPER HITTING BALANCE AND PREVENTS LUNGING TO THE BALL
 - STATION 2 – REGULAR T STATION
 - PROPER STANCE
 - STEP/COIL
 - BELLY TO THE FONT)
 - STATION 2 – WIFFLE BALL FRONT TOSS
 - START INTRODUCING HITTING TOSS HITTING