

<b>TBall</b>	<b>Team:</b>	<b>-</b>	<b>Location:</b>	<b>Date:</b>
<b>6:00-6:05</b>	Attendance, Health Check, Hand sanitize. Goal: use proper techniques and skill build			
<b>6:05-6:15</b>	Light Team jog and Between cones: slow movements, low intensity 1.Lunge twist 2.Reverse lunge foot touch 3. Side to side slide stretch -groin 4. Monster steps Between Cones Fast movements, high intensity 5.High knees 6.Butt kickers 7.Side shuffles 8. Sprints Team stretch Elbow, wrist, Arm circles, shoulder stretch, leg stretches, ankles etc			
	Water break, hand sanitize			
<b>6:15-6:25</b>	Throwing with a partner. Key Skills: catching and throwing 1. Start out by having the kids kneel down on their knees and throw either a foam ball (preferable) or a whiffle ball between the two of them. No glove bare hands close to each other. Working on an underhand toss and a catch. (If needed you can start by throwing between adult and child but have lots of adult help for this) 2. Next have them stand up and continue to toss lightly to each other. 3. Have them change to an overhand toss with the foam balls, barehands 4. Have them add their gloves to the throwing and catching 5. Add distance between the partners as their skills build and change to a tball ball.			
	Water break, hand sanitize			
<b>6:25-6:40</b>	Infield activities. Key skills: how to pickup a grounder and throw to first base 1. Split into groups and roll grounders at them to pick up and throw back to you 2. Split into groups half at pitcher mound half at first base ( if you have lots of adult support split into two groups and then half at third base half at shortstop and then half at first base and half at pitcher mound) throw/hit grounder to the pitcher/SS position and then they throw to the base. Baseman makes the catch and tags the base. Then kids run and switch spots. (SS to 3rd) (P to 1st)			
	Water break, hand sanitize			
<b>6:40-6:50</b>	Hitting Key Skills: proper body mechanics for hitting 1. Set up a couple of Tees and have them hit off the tee into the fence, two kids per tee, a coaches can be doing soft toss to children at the same time. The rest of the group can be in the field practicing self toss and catch, or be with another coach practicing catching. Avoid lots of standing and waiting for turns			
	Water break, hand sanitize			
<b>6:50-7:00</b>	Dragon-race Key Skills: Base running and speed 1. Have the kids start at home plate and run the bases send each one when they are one base length apart. Encourage a slide at home plate once you have taught them how to slide. 2. A variation, half the kids on home plate and half at 2nd base. Then each team does a rally race passing a baseball between teammates. Each team sits down, out of the way, once they have had their turn to run around the bases. First team done wins.			

## Key Learning Points:

Always give a positive then correction then encouragement

### A.) Throwing

Use a four seam grip on the ball

1. Inside of foot pointing at target
2. Point glove palm out, at target
3. 90° elbow up, balanced with shoulder
4. Belly button pointing towards target, chest up
5. Back of shoulder pointing to target after release

### Progressions:

1. Throw underhand close
2. Throw from sitting
3. Throw from kneeling
4. Throw from standing
5. Throw with a step
6. Throw long with the crow hop

### B.) Catching

Keep the ball centred on your body to make the catch

- Low catch: when the ball is coming below the belt line, turn the glove down
- High catch: when the ball is coming above the belt line, turn your glove up

### Progressions:

1. Catch soft toss with two barehands
2. Basket catch with glove
3. Pop ups to self
4. Catching with glove up
5. Begin to slowly add distance to catching
6. Pop flies and grounders

### C.) Hitting

Always wear a helmet!

### 7 steps to hitting Joe Madden:

1. Set up good position in the batters box the same every time  
Square in the box and feet a little wider than shoulder length apart. (As wide as your bat)  
Have the knee be little narrower than straight over the ankle for movement in the hips
2. Top hand should be shoulder height and close to arm pit when loaded
3. Stride that you choose same every time but always be 45-60° open when you land
4. Swing shaft to shoulder with good body angle over the plate, tilt over the plate
5. Contact point in front of the plate with your power arm out and left arm inline with the bat
6. Extend and roll wrist after contact
7. Follow through with two hands unless it's pulling batter too far over then let go to one hand

Progressions:

1. Free swinging
2. Hit off a tee
3. Soft toss underhand pitch
4. Soft toss overhand pitch
5. Can judge pitches and avoids plunks
6. Hits off a machine pitch
7. Hits off a pitcher

#### D.) Base running

Slide feet first only ever. Tag ups can be divebacks.

Lead offs: left, right, shuffle, shuffle...

- 1st base lead off from inside of base
- 3rd base lead off foul side of baseline

#### E.) Pitching

Pitchers only need a fast pitch and a change up pitch. Wider fingers, slower pitch  
-4 seam fastball, -2 seam fastball, change-up

Pitching Movements should be repeatable, consistent, and the same every time.

1. Starting Position- shoulder length apart, shoulder inline with home plate
2. Pivot and Balance-lift knee to get balance over planted leg, keep head still over raised knee hands should be together in the middle of the body at the balance point.
3. Stride and power position- take a long stride keeping back leg straight with a slight bend in the stride knee and planting front foot in line with the centre of the plate, in a slightly closed position. Stride should be 90% of the height of the athlete.
4. Follow through and defensive ready- all energy is moving towards the plate. Bring back foot forward so it ends parallel and shoulder width apart putting the athlete in a defensive ready position.

#### F.) Catcher

1. Be quick to retrieve pass balls, turn and throw towards plate when runner on 3rd
2. When blocking, lead with your glove. Drop to your knees a little wider than shoulder length apart. Hide hand behind glove and roll shoulders like a bowl.
3. Throwing to second- transfer ball as taking a fab step towards second base and then stride, align glove-side shoulder with second and throwing side elbow is shoulder high with the hand behind the ball and throw low to the base.

#### Infield Drills:

- 1.) -Half on first and half on SS
  - grounders to SS and then throw to first and then home. Swap positions halfway thru.
- 2.) - one on each position all take grounders and throw to first. Cover each other.
- 3.) - one on each position all take grounders and play 2nd and 1st outs. Cover each other.
- 4.) - full infield plays all bases. Cover each other and communicate what runners are doing.

End every infield with an around the horn drill.

#### Outfield Drills:

- 1.) pop flies that challenge each player individually.
- 2.) running in and out on fly balls. Start to position for the catch when begins it's descent.
- 3.) calling the ball and covering other fielders
- 4.) cutoffs and how to align the throw with them and a base and how to communicate with each other.

#### Batting Drills:

- 1.) soft toss whiffles
- 2.) soft toss mini balls
- 3.) soft toss into fence baseballs
- 4.) coach pitches from a net for batting practice
- 5.) pitching machine or batting cages

#### Catchers Drills:

- 1.) running for past balls and then flipping to the pitcher at the plate
- 2.) blocking balls to keep them in front.