

FULL PRACTICE PLAN

WEEK FIVE

PRACTICE GOAL

The players should be able to stay in their position to field the ball and throw it to the correct coach/player to attempt an “out”.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Buckets for Balls (2)
- Tees (3-4) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cones (10) - or anything that can act as a barrier
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Briefly review the correct way to field a ground ball, have a player demonstrate, and discuss the PCA tip of the week. (3 minutes)

2. RED LIGHT, GREEN LIGHT: Explain game to players and have them line up on the foul line or on a mock line in between two cones. A coach stands a distance across from the players. When the coach yells, “green light,” they run, and when the coach yells, “red light,” they must stop as quickly as they can. Repeat until the players arrive at the coach. The first player is the “winner” of that round. Turn players around and repeat game back to the starting point. (6 minutes)

3. CATCHING PRACTICE: Have players get their gloves and find a personal space. Give each player a tennis ball. Have each player “challenge” himself or herself and toss the tennis ball (not too high) into the air and squeeze it in their glove. Stress watching the ball the whole time and covering the ball with the bare hand after the ball hits the glove. When players have practiced for a few minutes, ask them to see how many catches they can make in a row. Have players gather and return tennis balls to bucket. (4 minutes)

4. OFFENSE AND DEFENSE: Spread the players out in the field. Put a bucket on first base, second base, and third base. 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 in a bucket 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 in the bucket for an out. Switch the player who is placing the ball in the bucket. (8 minutes)

PROGRESSION 2: Players MUST throw to the designated player. Designated player must place the ball in the specified bucket. (8 minutes)

PROGRESSION 3: Separate players into two groups. Send half out into the field behind a line of cones and the other half to home plate. The players in the field must stay behind this line during the game. There is also a bucket out in the field behind the cones. At home plate, have three or four tees (depending on number of players) set out apart from each other. Evenly send the players at home plate to the tees. On “go,” the players at each tee take turns hitting the ball into the field (3 or 4 balls are being hit at once). The players in the field must collect the balls and put them into the bucket. Players at home plate rotate continuously (quickly) and take turns. Play for a specified time (4-5 minutes) then switch sides. (12 minutes)

5. CONCLUSION: Gather players and have them shake another player's hand. Talk about what they learned today and the PCA tip of the week. Remind the parents of the next event. (2 minutes)





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

**WEEK 5 — TRYING HARD
(DIMITT)**

In order to get good at anything, you need to give your best efforts at every practice and in every game.

Many people think that talent is the most important thing in being good at a sport (or anything else in life). They think that either you are good at something or you aren't, but really any of us can get better if we work hard and have determination to improve.

That's why we say **“Determination Is More Important Than Talent.”** To help you remember, take the first letter of each word in that sentence and it spells **DIMITT**.

Remember DIMITT and have your athletes use it whenever things seem to be getting hard. We are going to have days when things come easily and days when it seems really hard. Let's remember DIMITT when things get hard.



WEEK FIVE

**QUICK PLAN
WEEK FIVE | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Review fielding a ground ball/PCA tip of the week

0:06 RED LIGHT, GREEN LIGHT

- Players are lined up, while a coach stands a distance away and calls “green light” for players to run, “red light” for them to stop. The first player to reach the coach wins
- See full practice plan for complete instructions

0:04 CATCHING PRACTICE

- Players are in a personal space with their glove and a tennis ball tossing and catching with themselves

0:28 OFFENSE AND DEFENSE

- Three Progressions
 1. Players in position run or throw the ball to the designated player
 2. Players in position throw the ball to the designated player
 3. Half players are hitting and half are fielding

0:02 CONCLUSION

- Shake another's hand/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)



TRYING HARD (DIMITT)

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SEQUENCE 2

RED LIGHT, GREEN LIGHT

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- All players line up on the foul line in the outfield and the coaches face the players a distance away. When a coach calls out “green light,” the players begin running toward the coach. When the coach calls out “red light,” the players must stop or freeze.
- The coach continues to call out green and red light until players reach a determined distance.



SEQUENCE 3

CATCHING PRACTICE

WHAT YOU'LL NEED:

Gloves | Tennis Balls



DRILL SEQUENCE:

- The players find a personal space anywhere in the playing area. The players should all have his/her glove and tennis ball.
- Players toss the ball in the air to themselves and catch it, or “squeeze it,” in their gloves.



SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 1 & 2

WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3)



DRILL SEQUENCE:

- The players begin the drill in positions. The coach rolls the ball to any position. The player at the specific position must field the ball and then either run it or throw it to a designated player (usually the person playing first base). That player then drops the ball into the bucket beside him/her and it counts as an “out.”
- **PROGRESSION 2:** The player who fields the ball must throw the ball (and not run it) to the designated player with the bucket for an out.



SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 3

WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3)



DRILL SEQUENCE:

- The players are divided into two teams. One team must go behind the line of cones in the field, and the other team is near home plate with a tee and plastic balls (or in line at a tee ready to take a turn).
- On “go”, the players at the tees all swing and hit their plastic balls into the field. The players in the field stay behind the cone line to field the balls and then run to place them in the bucket that is also behind the cone line in the field.
- The game is continuous and teams should switch sides after a specific time or until all of the balls are gone. All players (or most) are moving at all times.