

FULL PRACTICE PLAN

WEEK SEVEN

PRACTICE GOAL

The players should be able to hit the bucket at least one time. Throwing accuracy should be improved.

MATERIALS:

- Plastic Balls (15)
- Tee Balls (15)
- Buckets for Balls (2)
- Tees (1) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about the goal of today's practice, what they will learn, and the PCA tip of the week. **(3 minutes)**

2. THE GREAT BASEBALL: Split the players into four groups and send each group to a side of the field (between home and first, between first and second, between second and third, between third and home). Name each side, examples: "The Baseballs," "The Bats," "The Gloves," "The Bases." Coaches stand in the middle of the square. When the coach calls a specific group; they have to try and make it to the other side of the square without getting tagged by the coaches. If they get tagged they must sit down at that spot. They can now tag players as well from the seated position. Repeat. **(8 minutes)**

HIT THE BUCKET: Have players create a giant circle. Inside the circle, place a bucket. Each player should have a plastic ball. Go around the circle and have each player take a turn to throw their ball at the bucket. If someone hits the bucket, it is an out for the whole group. If a player tosses their ball inside the bucket, it counts as three outs. Once the whole team collectively makes 3 outs, everyone wins! If three outs are recorded before everyone has a chance to throw, just see how many outs the whole group can make in a specified time. Once everyone throws for two or three turns call a time-out and have everyone collect their balls and repeat. **(8 minutes)**

BREAK (2 minutes)

3. INNING PRACTICE: Divide the players in half and work on a game inning. Work on transitions, skills, and knowledge that players have shown to lack in games. Examples include running to the correct bases, staying in position, fielding by bending knees, moving toward the ball, and over hand throws. **(20 minutes)**

4. CONCLUSION: Gather players and review what was learned in inning practice. Have the players do a team huddle chant (name of team, or "teamwork", or "tee ball") and discuss the PCA tip of the week. Remind the parents of the next event. **(2 minutes)**

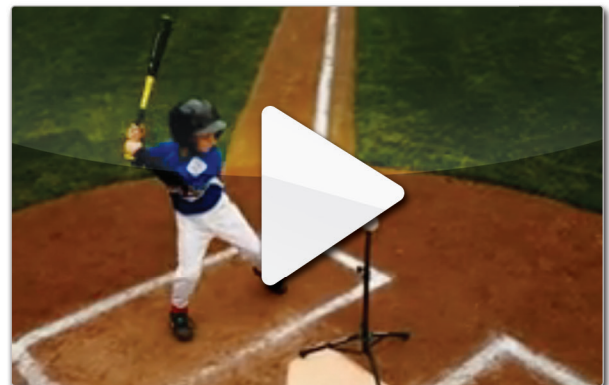


VIDEO RESOURCES

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TEE BALL Hitting off a Tee

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

**WEEK 7 —EMOTIONAL TANK
(MAGIC RATIO & BUDDY SYSTEM)**

We talked a few weeks ago about making teammates better by filling their Emotional Tanks. Remember that praise fills tanks along with things like smiles and high-fives. Non-verbal tank-fillers are powerful.

People do best when they get five tank-fillers for every criticism. We call 5-to-1 the “Magic Ratio” because with full tanks, people sometimes can do magical things.

Try using the “Buddy System” to help your team fill tanks. Pair your athletes up with someone as their buddy for a drill. They can have a different buddy each time so everyone has paired up with everyone else during the season.

They should do the drill as well as they can and watch their buddy do the drill. After the drill is complete, each player should give their buddy hi-fives and tell them they did a good job!



WEEK SEVEN

**QUICK PLAN
WEEK SEVEN | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Discuss the goals of the day and what they will learn/PCA tip of the week

0:08 THE GREAT BASEBALL

- Players are split up between each base path and must run to the opposite side when called without getting tagged
- See full practice plan for complete instructions

0:08 HIT THE BUCKET

- Players stand in a large circle around the bucket and try to hit it to make an out, the team works together to make three outs
- See full practice plan for complete instructions

0:02 BREAK

0:20 INNING PRACTICE

- Work on transition, skills and knowledge that players have shown to lack during the games

0:02 CONCLUSION

- Review things learned in inning practice
- Team huddle chant/PCA tip of the week
- Remind of next event (practice, game)



EMOTIONAL TANK (MAGIC RATIO & BUDDY SYSTEM)

We talked a few weeks ago about making teammates better by giving them high-fives and smiling at them. Remember that telling them how well they’re doing fills tanks along with other things like smiles and high-fives.

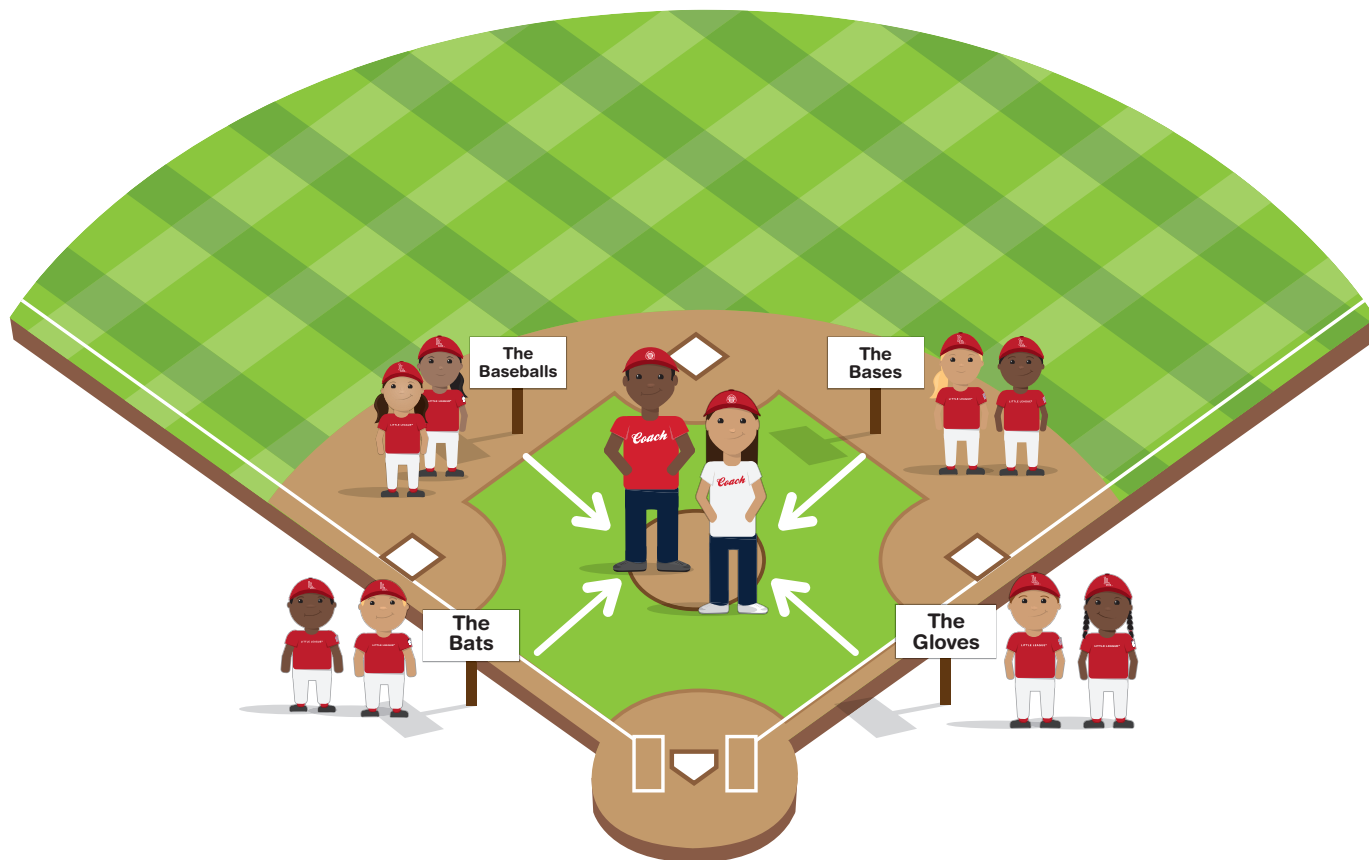
We’re going to try using the “Buddy System” to help each other. I’m going to match each of you up with a buddy. You should do the drill as well as you can, and also watch your buddy and tell them what they did well after the drill.

SEQUENCE 2

THE GREAT BASEBALL

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- Break the players into four groups. Each group should be sent to a base running line. Give each group a nickname such as, “The Baseballs,” or “The Bats.”
- A coach stands in the middle of the field and calls out a team’s nickname. When that team is called, the team must run to the other side (opposite of them) without being tagged by the coach.
- If players get tagged on their way to the other side, they must sit down in the playing area and become a stationary tagger while other groups are called to cross.

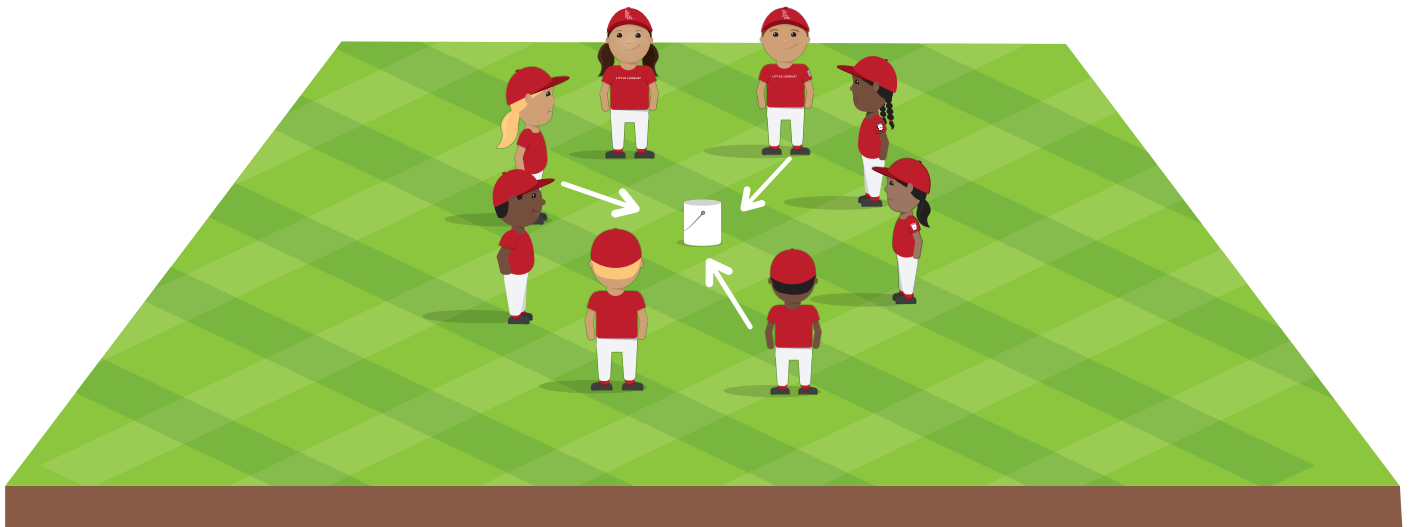


SEQUENCE 3

HIT THE BUCKET

WHAT YOU'LL NEED:

Bucket (1) | Plastic Balls



DRILL SEQUENCE:

- All players make a large circle around a bucket. Each player takes a turn and tosses a plastic ball that they have a the bucket, trying to get the ball inside the bucket.
- If a player hits the bucket with their ball, it counts as an out for the team. If a player gets their ball inside the bucket, it counts as three outs for the team and the round in over. The team is trying to get three outs.
- The drill may progress to see how many balls the team can toss inside the bucket during a specified time period.