

Tee Ball: Practice #2

| Drill | Time | Comments |
|---------------------------------|-----------------|---|
| Introduction | 5 mins | |
| | | Welcome players, review names, review throwing techniques from last week |
| Statues | 5-7 mins | |
| | | Players are tagged and must freeze |
| | | Coaches chase players in the outfield |
| Review Grip and Throwing | 5 mins | |
| | | Players gather around coach at mound |
| | | Players shown proper grip on how to hold ball |
| | | Demonstrate grip and throwing with opposite foot |
| Team Throwing | 15 mins | |
| | | Players throw balls through hula hoops attached to fence. Each throw that goes through the hoop coach must sing a song or do a little dance |
| | | Coaches continue to monitor techniques |
| Break | 5 mins | |
| Swinging | 10 mins | |
| | | Demonstrate a proper swing to players |
| | | Players practice swings without bat |
| | | Take one player at a time and bring to tee and practice swinging with ball |
| Cool Down | 5 mins | |
| | | Talk about practice while stretching, put equipment away and cleanup site. |