

Tee Ball: Practice #5

Drill	Time	Comments
Introduction	5 mins	
		Welcome players, review fielding ground balls
Red Light Green Light	10 mins	
		Coach stands in the outfield for first game
		Coach stands at home plate for second game
Catching Practice	15 mins	Half of group
		Players playing catch with partners in field
Break	3 mins	
Batting practice	15 mins	Half of group
		Group practices swinging techniques including
		swinging off the tee
Cool Down	5 mins	
		Talk about practice while stretching, put equipment
		away and cleanup site.