



Tee Ball Full Practice Plan Week 7

Practice Goal: What the kids should know by the end of today!

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

Materials and Equipment:

- tee balls (15), bucket for balls (1)
- wiffleballs (15), bucket for balls (1)
- players' gloves
- bases (4)
- bat (1)
- tee or large traffic cone (3 or 4)

Practice Sequence:

1. Gather and welcome players. Talk about the goal of today's practice, what twill learn, and the PCA tip of the week. (3 minutes)

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!*

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)
3. **Hit the Bucket:** Have players create a giant circle. Inside the circle, place a bucket. Each player should have a wiffleball. Go around the circle and have each player take a tum 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)

4. **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)
5. 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)

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