

Full Practice Plan Week 8 [Add to favorites](#)



Tee Ball Full Practice Plan Week 8

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

The players should be able to throw and catch with a partner successfully (a few consecutive times).

Materials and Equipment:

- tee balls (15), bucket for balls (1)
- players' gloves
- bases (4)
- bat (1)
- tee or large traffic cone (1)
- cone (1)
- volleyball (1)
- beach ball (2)
- net or fence to hit into (1)

Practice Sequence:

1. Gather and welcome players. Talk about how much they have progressed and how much more there is to learn and fun to be had. Discuss the PCA tip of the week. (3 minutes)

Positive Coaching Alliance Talking Points for Tee Ball Coaches

Week 8—Mastery—Competing with Yourself

- *Learning to compete is an important part of being an athlete, and the biggest competition is with ourselves.*
- *Too often we compare ourselves to other people. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that your athletes can say, "I am better now than I was a few weeks ago."*
- *When your athletes compare themselves now to how they used to be, they'll be encouraged. If they have worked hard, then they have probably improved and they are winning the competition with themselves.*

2. **Follow the Leader:** Have players stand on the first baseline. Have the coach go to one end and all players turn to face the coach. The coach then does different movements around the field and the players must follow the leader. Examples: skipping, running, walking, zigzagging. Could also be played with players scattered around the infield and the players have to "copycat" the coach. Coach tip-toes in place, marches in place, runs in place, touches knees, ears, shoulders (etc.), hops in place (one foot), jumps in place (two feet). Repeat with a player being the leader as many times as desired. (6 minutes)
3. Break players into two groups. Send one group to a hitting station (game), and send one to a throwing station (game). Each station proctored by a coach. Players switch stations after 10 minutes.
4. **Station 1: Throwing:** Start off pairing the players up with partners to play catch. Remind them of important cues of throwing. After playing catch, spread the players out behind the outfield foul line. Set a cone about 5 feet away. Have players try to throw past it (they all will) at the same time. They should retrieve their balls and go back to the line. Move the cone 5 feet further. Have the players try to throw past the cone and then go retrieve their balls. Continue moving the cone back. Work on throwing for distance. When the players retrieve their balls, the coach should say "ready go" so that the players are sprinting to get their ball and returning to the foul line. (10 minutes)
5. **Station 2: Hitting:** Have players find a personal space with a bat, and practice swings. Coach should stand in front of players so they can practice a stance and a full swing. Next have players line up behind the tee. Players will swing at a

volleyball that is placed on the tee. They are to follow through with a tough swing. Go through the line as many times as possible. (10 minutes)

BREAK (4 minutes)

6. Bring players back to their last practice station.

Beach Volleyball Circle: In each group make a circle. Coach starts off hitting (bumping) the volleyball to another player, who should try to hit it up in the air and keep it in the circle. Other players try to hit it to keep it up. Encourage calling for the ball and watching the ball hit the players' hands. (8 minutes)

7. Gather players and review what was learned at practice and the PCA tip of the week. Remind the parents of the next event. (4 minutes)

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