

FULL PRACTICE PLAN

WEEK SIX

PRACTICE GOAL

The players will be able to call for the ball before they catch it or field it. They will be able to recognize a team effort by encouraging and being attentive to others' actions on the field.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Tee Balls (15)
- Buckets for Balls (3)
- Tees (3-4) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cones (16) - or anything that can act as a barrier
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about what the players liked most about the last game, what they had the most fun doing and the PCA tip of the week. **(3 minutes)**

2. ZIGZAGGING: Set out 4 lines of cones for lines of players to stand behind and zigzag through. Separate players into four groups behind each line of cones. On "go," the first player from each group runs and zigzags through the cones. When they get to the end, they circle around the last cone, zigzag back and tag the next player's hand. The next player goes. Repeat until each player takes a turn. **(5 minutes)**

3. TEE-HITTING: Break the players into 3 or 4 groups. Have them stand behind a tee and take turns swinging. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front. Players should start with a half swing to see where they will make contact with the bat before swinging hard. Have all players attempt to make contact with the barrel of the bat. Continue to reinforce the proper hitting mechanics. Review the proper grip on the bat. Talk about how tight they should hold the bat. Have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher's plate. Have them take a swing trying keep the bat level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they should watch the ball the whole time. They should follow through by finishing with their hands near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate. **(12 minutes)**

BREAK (2 minutes)

4. POP-UPS: Separate players into groups for fly balls. Each coach should take a group and begin with a small tosses to each player (with the group spread out in a semi-circle). The coach should call the player's name (whoever is being tossed to) and that player then calls the ball. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses. After a few rounds, progress to one player

catching as many as they can in a row. When they are through (if they catch 1 or 10), the other players in that group do as many jumping jacks as that player caught and then say, "Good Job". (e.g. – Johnny is up and catches 4 fly balls in a row before he drops one. The other players in the group then do four jumping jacks for the fly balls he caught and then chant, "Good Job, Johnny.") Use cues. Catching is perhaps the most difficult skill for these young players to learn. Begin with no glove and allow players to catch a plastic ball in a "basket catch" method with fingers facing the coach. Gradually move to catching the plastic ball above the head with the fingers up. Once the player has a comfort level with catching the plastic ball, graduate to a tennis ball and have players put on their gloves. Begin with the basket catch and move to the proper technique of catching the ball with fingers up and thumbs together. Stress two hands by having players cover the ball with their bare hand each time it goes into the glove. **(10 minutes)**

5. RUN THE BASES RELAY: Review running the bases. Create two teams. Each team lines up behind a specified base (e.g. second base and home plate) and use a cone to have them stand behind (about 3 feet behind) the base. On "go," the first player of each team begins to run the bases with a plastic ball in hand (like a baton), tagging each base and returns to the base where they started. When they get back, they hand the plastic ball to the next player and go sit down at the end of the line. The next player begins to run the bases when they get the ball and it repeats through the line. The first team done wins. Repeat. **(8 minutes)**

6. CONCLUSION: Gather players and have them tell another teammate one thing that they are going to try to do well in the next game and discuss the PCA tip of the week. Remind the parents of the next event. **(2 minutes)**





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

**WEEK 6 —TEACHABLE SPIRIT
(WAG)**

You want your athletes to learn and get better every week this season. That means they need to have a Teachable Spirit.

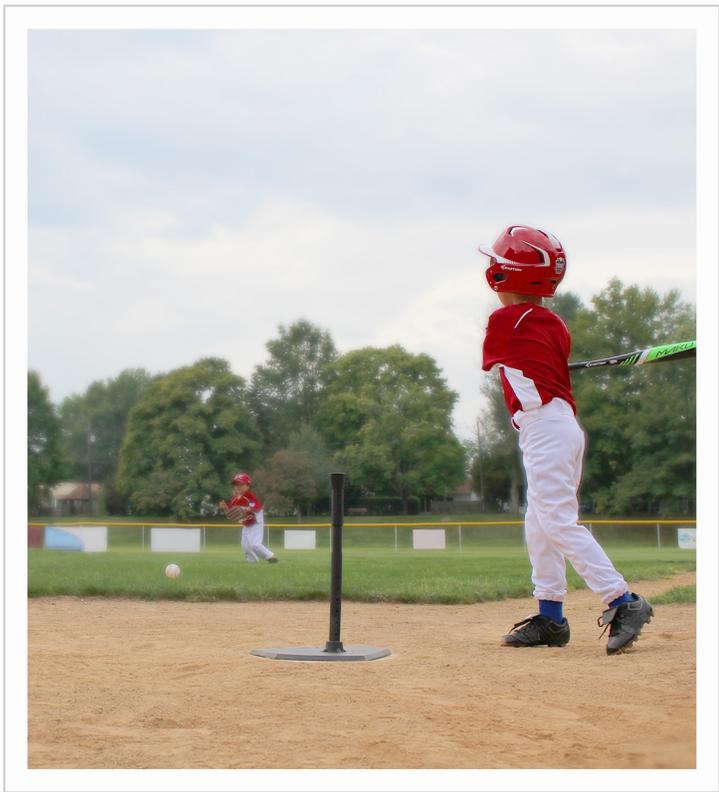
People often stop learning because while they are learning something new, and they are not yet good at it, they don't want to look foolish. But the really foolish person is the one who stops learning.

When it's time for your team to learn, you can WAG! The letters W-A-G help us remember how to learn

W is for Watch. Your athletes can learn a lot just by watching someone do something that they want to know how to do.

A is for Ask. Many people don't ask questions because they think.

G is for Get coaching. Your athletes can get a coach to help them learn what they want to learn.



WEEK SIX

**QUICK PLAN
WEEK SIX | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Talk about what the players had the most fun doing at the previous game/PCA tip of the week

0:05 ZIGZAGGING

- Players are broken into lines and zigzagging around their cones
- See full practice plan for complete instructions

0:12 TEE HITTING



- Break players into three or four groups
- Players take turns hitting off the tees

0:02 BREAK

0:10 POP-UPS

- Players are in groups, each group is in a semi circle, players are tossed pop-ups and called by name, the player calls the ball
- Progress with difficulty
- How many can each player catch in a row
- Jumping jacks for number of catches

0:08 RUN THE BASES RELAY

- Divide players into two teams
- One team begins at home and the other team at second base
- Players run one at a time with a plastic ball as a baton, and hand off
- First team finished wins
- See full practice plan for complete instructions

0:02 CONCLUSION

- High fives
- Review what they learned/PCA tip of the week
- Remind players of next event (practice/game)



TEACHABLE SPIRIT (WAG)

People often stop learning because while they are learning something new and they are not yet good at it, they don't want to look silly. But the really silly person is the one who stops learning. The letters W-A-G or "Wag" can help us remember how to learn.

W - is for Watch. You can learn a lot just by watching someone do something

A - is for Ask. Many people don't ask questions because they think it makes them look silly. But, it's smart to ask questions!

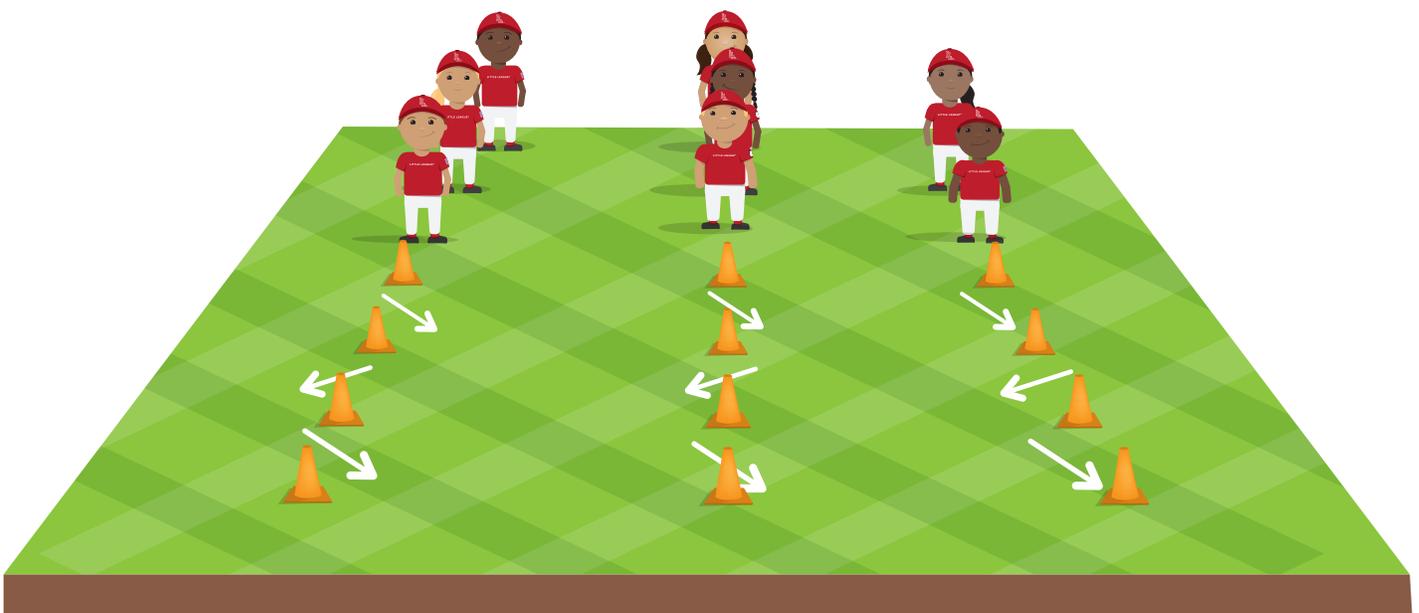
G - is for Get coaching. Get a coach to help you learn.

SEQUENCE 2

ZIGZAGGING

WHAT YOU'LL NEED:

Cones



DRILL SEQUENCE:

- The players are broken up into groups. Each group lines up behind a line of spaced out cones.
- On “go”, the first player in each line zigzags through the cones, circles around the last cones, and zigzags back between the cones. They then tag the next person in line to proceed through the cones.
- Finish when all players are complete or turn the drill into a race between teams.



SEQUENCE 3

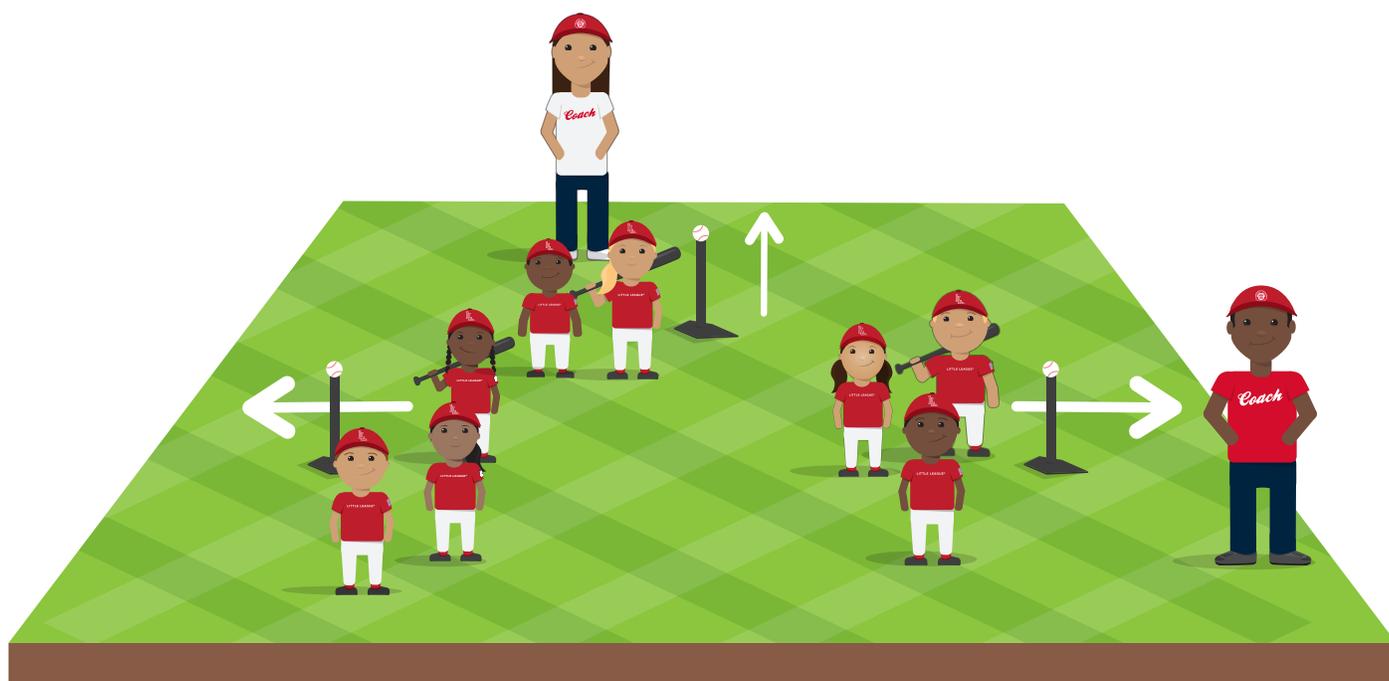
TEE HITTING

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Tees | Helmets



DRILL SEQUENCE:

- The players are split into groups and take turns hitting off a tee into a net, fence, or open field with a coach.

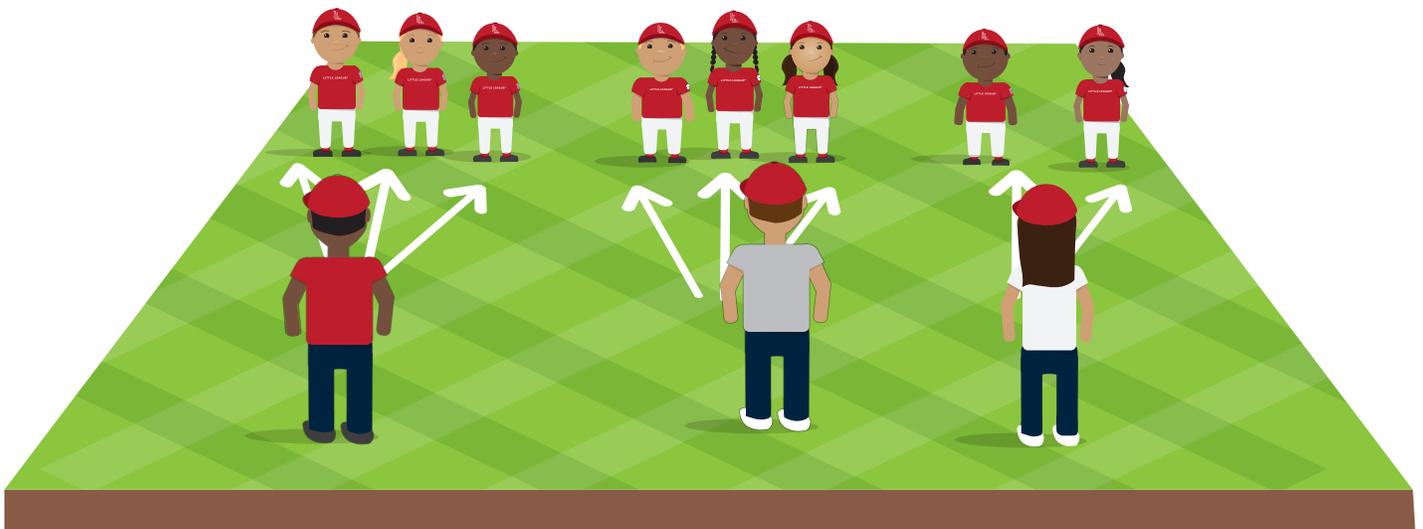


SEQUENCE 4

POP-UPS

WHAT YOU'LL NEED:

Gloves | Tee Balls



DRILL SEQUENCE:

- The players are split up into groups and paired with a coach.
- Each group circles around or spreads out around the coach. The coach takes turn with each player and tosses him/her a very shallow pop-up, progressing higher and higher with each turn.
- After a few practice rounds, each group has a contest within itself to see which player can catch the most pop ups in a row. However many each player catches within each group, the other group members do that many jumping jacks before the next player's turn.

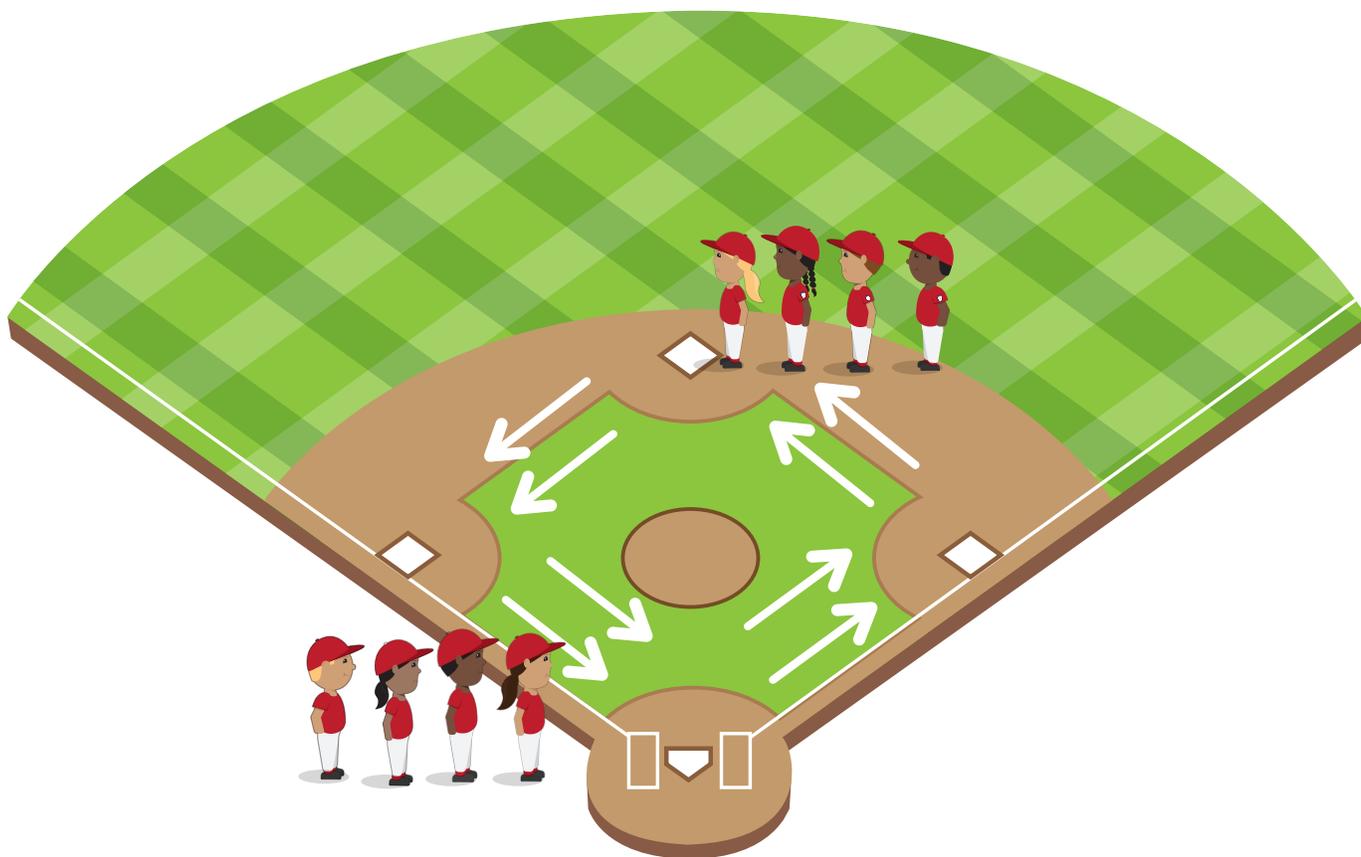


SEQUENCE 5

RUN THE BASES RELAY

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- The players are divided into two teams. One team lines up at second base and the other team lines up at home plate. Each line should be out of the way of the base paths.
- On “go”, the first player in line at second base runs around the bases and back to second base while, at the same time, the player at home runs around the bases back to home plate. Once the players arrive back to their team's line they tag the next player to continue the race.
- The first team to finish is the winning team.

