

# Practice Plan for T-Ball Coaches

## **Tips**

1. Have a plan for every practice and expect that the unexpected will happen.  
Below will be a few resources to help you find drills and fun games for practice.
2. Set out the equipment that you will need before practice.
3. Make sure that every kid is doing something at all times. Don't be afraid to ask the parents to help out.
4. End practice with a fun game.
5. When talking to players, kneel down so that you are eye level with them.
6. Don't display negative criticism, hostility, abuse or anger.

## **Stretches**

Use the first 5-10 minutes of every practice to warm up.

- Arms/Neck
  - Roll arms around in a 'windmill type' action. First rotate the right arm forward 10 times, then switch to the left arm. This can be done using both arms at the same time. Then, change to rotating arms backwards using the same sequence.
  - Move head up and down holding each position for 8-10 seconds. Move head from side to side holding each position for 8-10 seconds.
- Quadriceps
  - Stand straight. Bend one leg and hold your ankle or the top of your foot. Pull your bent leg until your heel is close to your bottom. Use a wall or a teammate to balance. Hold for 10 seconds. Switch legs.
- Hamstrings
  - In a sitting position with your left leg straight, place the sole of your right foot against the inside of your left thigh. Bend your trunk toward your extended leg, keeping your knee straight and foot in a relaxed position. Hold for 10 seconds. Switch legs.

- Groin (Butterfly stretch)
  - In a sitting position with your back straight, bend your knees and place the bottoms of your feet together. Pull your feet towards your groin. Place your elbows on your knees and gently push the knees toward the floor. Hold for 10 seconds, rest and repeat.
- Calves
  - In a sitting position with legs straight, place the right heel on top of left toes. Pull right toes towards body with hands. Hold for 10 seconds. Switch legs.

### **Practice Plans/ Drills**

Little League T-Ball Curriculum

[Little League® Tee Ball Curriculum - Little League](#)

Fun Drills

[5 Fun Tee Ball Drills Every Coach Should Use | JustBats](#)

T-Ball Made Easy; A Survival Guide for Adults

[Tee Ball — Baseball Positive](#)