



Small Fry T-Ball Sample Curriculum.

Week One

Start off by introducing yourself as "Coach _____"

Get into a circle and allow the kids to each say their name:

Teach players to shake hands and introduce themselves to each other as they arrive while passing out name tags.

Warm Up:

- Stretch - Talk about the importance of stretching.
 - Toe grabs (middle, left/right)
 - Arm pullbacks (left/right)
 - Arm circles (small/big & front/back)
 - Jumping jacks.

T-Ball Safety:

- never hold bat unless asked by the coach
- never throw balls unless told by the coach
- never throw a bat or ball directly at another player
- always make sure the batting area is clear of other players before batting.

T-Ball Positions:

- Discuss the positions in t-ball; batter, pitcher, 1st-3rd base, outfield, shortstop.

Base running _ Ask a parent to stand at each base

Run the bases with the kids 2-3 times, show them which way to go and to touch all bases.

Water break: Remind parents to bring water bottles!

Ball Throwing / Catch with Parent

- ONLY throw to an adult (mom/dad)
- grip with alligator hands.
- throw from a sideways position.
- Parent underhand toss to player.

Fielding Ground Balls

Positioning: knees bent, hand/mitt out in front (on the ground), catch ball in front.

End the session with choosing a team name and reviewing what they have learned, base running, throwing, the importance of stretching.



Week 2

As players arrive remind them to shake hands and introduce themselves.

Warm Up:

- Stretch - Talk about the importance of stretching.
 - Toe grabs (middle, left/right)
 - Arm pullbacks (left/right)
 - Arm circles (small/big & front/back)
 - Jumping jacks

Review what was covered in week one,

- Cover base running; which base do they run to first, second, third and last.
- How should they throw a ball? Standing sideways (no step)
- Catching the ball with alligator hands.

Hitting:

- Remind players they cannot hold a bat unless instructed by a parent or coach.
- Practice trunk rotation (hands on top of each other)
- Practice swings into air (no ball)

Hitting from a Tee - Ask a parent to stand at each base

- Model how they should hold the bat.
- Coach/Instructor stand behind home plate (looking at swing) adjust if needed.
- Divide kids into half on the field and the other half batting.
- Have players at each infield position (except catcher) no balls thrown to the bases.
- All kids run to first/second/third base, one base at a time after each at bat
- Each player should hit twice then rotate.
-

Water break

Ball Throw/Catch with parent

Fielding Ground Balls with parent

Mini Inter-squad game (same team) if time allows.

- Divide group into half on the field and the other half batting.
- Have your parents get involved on the field where necessary.

End the session with reviewing what they have learned: base running, throwing, swinging a bat and hitting off the tee.



Week 3

As players arrive remind them to shake hands and introduce themselves.

Warm Up:

- Stretch - Talk about the importance of stretching.
 - Toe grabs (middle, left/right)
 - Arm pullbacks (left/right)
 - Arm circles (small/big & front/back)
 - Jumping jacks

Review what was covered in weeks one and two:

Ball hitting (ask players how they hold the bat)

Base running Ask a parent to stand at each base

- what base should they run to 1st after they bat the ball?
- What base do they run to first/second/third and last.

How to catch pop flies:

- Hands stretched out above head and in front, not above head.
- Never take your eye off the ball (tell them what can happen if your eyes are not on the ball)
- eyes are not on the ball)
- Instructor will demonstrate a pop flies.

Pop Fly Catch with Parent

- Parent will throw the ball up into the air (not too high)
- Remind players of how they were instructed to catch pop flies, player then throws the ball from sideways position

Water break

Throwing/Catching with Parent

- Catch ball (using alligator technique)
- Throw from the side

Fielding Ground Balls with Parents

Hitting from a Tee (each kiddo should hit three times)

- Incorporate base running
- Kiddos will advance one base at a time (ask parents to help out with this) once player reaches home they are finished

Mini Inter-squad game (same team) if time allows.

Divide group into half on the field and the other half batting.

Have your parents get involved on the field where necessary.

End the session with reviewing what they have learned: base running, throwing, swinging a bat and hitting off the tee. Ask them what they like about baseball.

Weeks 4-5 are games.