

## Tball Example Practice Plan

### Example Practice:

- 4 Stations; 1-2 coaches and 4-5 kids at each station
- 10 mins at each station, then rotate (40 mins of drills, practice 60 mins. max)
- Use the Skills and Drill sheet for explanations and video links
- Add Water breaks and running as needed
- Help every kid, nothing will be perfect.
- Correct the big stuff, Encourage everything they do

### Station1: Throwing- Fence/Hula hoop Throw

### Station 2: Hitting - Load/Explode

### Station 3: Grounders - Alligator /Skateboard

### Station 4: Catching -

### Running

Home to 1st - one at a time

Home to Home - next player goes when first play reaches 1st

