

Tee Ball: Practice #1

Drill	Time	Comments
Introduction	5 mins	
		Welcome players, review names, why we are there
Freeze Tag	10 mins	
		Coaches chase players in the infield
		Coaches chase players in the outfield
Grip	5 mins	
		Players gather around coach at mound
		Players shown proper grip on how to hold ball
Throwing	10 mins	
		Players find spot and throw balls at fence
		Coaches watch for technique
		their body
Break	3 mins	
Run the Bases	10 mins	
		Players lineup at homeplate and run all bases
		Players run to bases that coach calls out
Cool Down	2 mins	
		Talk about practice while stretching, put equipment
		away and cleanup site.