

Tee Ball: Practice #3

Drill	Time	Comments
Introduction	5 mins	
		Welcome players, review names, review swinging techniques from last week
Left Field, Right Field	5-7 mins	
Centre Field		Players run to each position where the cone/object is
Position Fitness	10 mins	
		Discuss outfield and infield positions
		Walk to each position and perform exercise there
		Talk about positions
Swing and Run	15 mins	
		Players start at home plate
		after they swing they advance to first base and so on
		must sing a song or do a little dance
		Coaches continue to monitor techniques
Break	5 mins	
Throwing	10 mins	
		Throwing practice with a partner
		Review catching techniques - 2 hands, watching the ball, cradle it softly
Cool Down	5 mins	
		Talk about practice while stretching, put equipment away and cleanup site.