

Tee Ball: Practice #4

Drill	Time	Comments
Introduction	5 mins	
		Welcome players, review positions from last week
Clean up the Backyard	10 mins	
		Players divided up into 2 teams with boundry between them. Players throw balls to other team's side
		The team with the least on their side wins when time is called.
Position Fitness	10 mins	
		Discuss outfield and infield positions
		Walk to each position and perform exercise there
		Talk about positions
Fielding	15 mins	
		Fielding techniques
		Fielding in position and try throwing to coach
Break	3 mins	
Game	10 mins	
		Each team has a chance to hit through their lineup
Cool Down	5 mins	
		Talk about practice while stretching, put equipment away and cleanup site.