

TEE BALL DRILLS AND PRACTICE TIPS

Columbus Parks and Recreation

SUGGESTIONS

Throwing and Catching

DRILL 1: With players gathered around, the coaches will demonstrate how to correctly grip and throw and catch a ball.

DRILL 2: After the coach demonstrates how to throw correctly, each player will line up across from a partner. Each pair will have a plastic wiffle ball to throw between them. Coaches will make sure each player is using correct form and gripping the ball correctly.



DRILL 3: Each player will line up facing the fence with a tee ball. They will practice throwing into the fence while retrieving their ball after each throw.

DRILL 4: After the coach feels his or her players are ready, players can begin to play catch with a partner while the coach watches and makes sure their forms and footwork is correct.

Fielding

DRILL 1: With players gathered around, coaches will demonstrate how to properly field a ground ball and catch a pop fly. Coaches should provide specific things to remember such as keeping their eyes on the ball and staying low to the ground.

DRILL 2: Each player will have a partner that will line up across from them. They will take turns rolling ground balls to each other to practice fielding.

DRILL 3: Coaches will have players line up while tossing a pop fly to the player in front of the line.

DRILL 4: Once the coaches feel comfortable with each player's ability to field, coaches can then begin to hit slow ground balls and pop flies to their players. The players should get the ball to the pitcher as quickly as they can.

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Hitting

DRILL 1: With players gathered around, coaches will demonstrate how to swing a ball correctly. Like with fielding, coaches should provide key things to remember such as keeping your eye on the ball and stepping towards the pitching mound when swinging.

DRILL 2: Players will practice swinging without a bat in hand. This is a time for the coaches to correct anything they see the players doing incorrectly.

DRILL 3: After coaches are satisfied with the previous drill, players will begin swinging with their bats in hand. This will make it difficult for the players to keep the same fundamentals because of the weight of the bat so the coaches may keep reminding them of these tips.



DRILL 4: While players are still practicing their swings, one coach calls two or three players over to practice hitting off a tee into the fence. Players will rotate back and forth.

Base Running

DRILL 1: With players gathered around, coaches will teach the rules of base running to the team. They will explain which way to run the bases and how the base is the “safe zone.” They will also explain how you can be tagged out when off of the base.

DRILL 2: Players will practice running from base to base while a coach chases them with a ball, trying to tag them. The coach will get close to the players when they are on the base but will not be able to tag them to help them understand they are safe when on a base.

DRILL 3: Players will practice running bases after hitting a ball off the tee. The coaches can retrieve the ball and the player will have to stop on the base he or she has made it to.

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PRACTICE TIPS

1. Always be supportive and encouraging. Make sure they understand that mistakes will happen a lot in this game and it is ok to mess up.
2. Showing excitement after a player succeeds is positive reinforcement that could increase a player's love for the game.
3. Emphasizing teamwork is important to instill in someone at a young age. This is a lesson they can use the rest of their lives.
4. Always have some sort of fun activity or game involved in practices to keep the players' attention.
5. Make sure the players understand that this is a game and the main objective should be to have FUN.

