

Base Race (variations)

These are great games/drills to start with and there are a lot of variations.

Option 1: Follow the Leader Start by leading the pack from home plate and naming each base as you step on them 1st-2nd-3rd Home. Have the players call out the base when they step on it. When you get to home plate, celebrate as if you had won the world series.

Option 2: Call It Out! Have the players round the bases in a single file running line starting at home yelling out the base # as they touch them in order. Next you could have them race to be the first to run through the bases and get home.

Option 3: Race the ball start the player at home plate tell them to go (give them a head start) then slowly roll the ball to a coach or player at first base to see if they can outrun the ball. That runner then runs to 2nd on the go signal and the next runner races the ball to first base. Runners continue to advance through the bases on your "GO!" signal until everyone has had a chance to race the ball to first base. Another coach and or parent could roll a ball from 2nd to 3rd for them to race the ball once the the players understand the game/drill.

Option 4: Catch the players Speedy baserunning is the key to avoiding an out. Using 4 bases start a runner at home plate then send runners every 3-5 seconds around the bases in order 1-2-3-Home. If the runner behind them tags them they take 3 big steps to the right and sit down. The coach goes last and tries to tag any remaining runners before they get to home plate. If any of the players run off the baseline, or if they go to the wrong base, they will be out of the game.

Result – This will likely be a team favorite, as a coach feel free to have fun with it as you chase them as a fighter jet, monster, Tiger, or whatever scary thing they can think of. This game/drill of course teaches them they need to run around the bases as fast as they can, and it translates well to a game situation

Some of these games/drills are shown here:

Little League YouTube Channel | Learning to run the Bases in Tee Ball

<https://youtu.be/RIs5voRVVP8>



Tag Out-Freeze Tag

This helps players to learn the importance of tagging with the ball, it is easy to learn and a lot of fun.

Option 1: Tag Out - Freeze Tag - Mark off an area about 20 yards by 20 yards. The T-ball infield is a good space you could adjust as needed. Two players will need to have their gloves and a ball inside the glove. How this drill works – This tag game requires the taggers to tag the other players with the ball inside their glove. The two players that are 'it' will chase other players tagging them with the ball in their glove (everyone else runs from them without a glove.) As the players that are it with the ball in their glove, or bare hand tag the other players with their glove or ball in hand the tagged players are frozen. They become unfrozen and are free to run when someone crawls under their legs (like classic freeze tag) Note: If the ball comes out of the glove, then the player tagged is NOT frozen. If they don't tag with the ball, or their glove with the ball in it, then the player is NOT frozen. Result – Players will quickly learn the importance of tagging others , while maintaining control of the ball.

Option 2: Bases Freeze Tag – Once they get the hang of Tag out- Freeze Tag try one of the variations of Base Race but have defensive players with gloves in the infield and players on a base. Yell go to signal to the base runners to run and roll the ball out to the players with gloves for them to field the ball and tag the base runners. The runners must stay within the base line between bases and are of



FREEZE TAG

Fielding-Defensive Games/Drills

Fishing Games!

Tell the players that the balls are FISH! To make it fun name the fish or tell them what kind, size, or color of fish they are. See if they can catch a big one, all of the colors, or their favorite fish.

Option 1: Net fishing - start at home plate with your bucket of balls, with the players spread out in the infield or in a line. Roll the ball out and teach them to get in front of the ball and let it roll between their feet where they have an invisible net between their toes to catch the fish. Multiple players may catch the same fish.

Option 2: Alligator fishing – Alligators of course like to eat fish. Roll grounders to the kids and have them make an alligator out of their arms. Bottom arm with glove is the jaw and the top arm without the glove is the head. When the ball rolls to them have the players pretend that their alligator (glove & hand) eat the fish/ball as both hands come together to catch it.

Option 3: Fish in the Bucket – place the ball bucket on a base and do either drill above teaching the player that caught the fish/ball to run it to the bucket to drop it in. Or when ready throw the fish/ball to the player next to the bucket who then drops the ball in the bucket.



Fun Fielding Drills —Skilz YouTube Channel

<https://youtu.be/ozDUXaVGF3c?list=RDCMUCq53Ot8-OiHhZU9Pegfjjw>



How to Teach Fielding in Tee Ball | Little League YouTube Channel

<https://youtu.be/zc3icvcFjNM>



Throwing Mechanics

“Thumb to thigh, show it to the sky”

BASICS: Tee Ball Arm Mechanics: Teach the players to take the ball from their glove and in an arm circle motion players take the ball past their thigh show it to the sky then complete the circle as they take their mitt hand held in front of them pointing at their target, as they trade their glove hand with their throwing hand as they finish the circle.

Throwing Target Practice: place all of your players on a line and have them throw a ball to try and hit the coach bag or ball bucket.

Tee Ball Arm Mechanics - SKILZ YouTube Channel
<https://www.youtube.com/watch?v=YvVX1Kr4wN4>



Lift back leg.

Finish.

T-ball Hitting

Option 1: Slow Mo -Invisible Bat Drill Teaching the players kids the proper swing is important to building a foundation for hitting the ball. What you need – Line the kids up on the first and third baselines and ask them to get into a batters stance. Feet shoulder width apart straddling the line with their shoulder towards 2nd base. (shoulder towards 2nd base if @ home plate) They should also have their arms up with their hands raised to their ears and their back elbow raised. How this drill works – after demonstrating a proper swing tell the players that when you call out ‘swing’, all of the kids will show you their swing with the invisible bat in super slow motion. Have them swing their bat past their belly button/belt buckle. Coaches can watch the players swing and will then show players adjustments (demonstrating while saying “this is what I want to see”) Make it a fun by adjusting the speed of their invisible bats with the invisible dial on their shoulder. Be sure the players don’t swing too hard, and that they maintain the same fundamentals throughout. Result – With coaches watching over their swing, better instruction can be given to help the players swing properly and connect with the ball once it is placed on the Tee

Option 2: Batting Practice line up the players to bat and with a batting helmet on place a ball on the tee for them at the height of their waist/belly button/belt buckle, when they connect with the ball have them run to first base. As the next batter hits a ball runners will advance a base. Once they get to home plate they go out on the field with their glove to field the ball

Teaching Tee Ball Hitting—Skilz YouTube Channel

<https://youtu.be/jUDsOkGwPHk?list=RDCMUcQ53Ot8-0iHhZU9Pegfjjw>



Additional Games/Drills

From www.Tee-Ball-Drills.com

[http://assets.ngin.com/attachments/document/0121/1658/T-Ball Drills and Practice Plans.pdf](http://assets.ngin.com/attachments/document/0121/1658/T-Ball%20Drills%20and%20Practice%20Plans.pdf)



Clean Your Room

Before players can play their favorite game tell them they must clean their room!

Throw or scatter all the balls out on the field in various directions. And yell out "Clean Your Room!"

Option 1: Classic Clean Your Room - Players run to retrieve the ball then they run them to a bucket at a given base

Option 2: Throw it on the top shelf – players run to retrieve the ball then they throw it to a coach or player standing at a base. This is a great follow up to the throwing Mechanics game/drill.

