



T Ball Practice Guide

CHAPTER 1 | FUNDAMENTALS AND ROUTINES

5–8 MIN	8–10 MIN	8–10 MIN	15–20 MIN	5 MIN
Warm-up	Roll & scoop	Field & throw	Hitting	Fun finish

1 WARM UP + LEARN THE BASES

- Do 10 jumping jacks, then forward and backward arm circles. Players may hold one baseball in each hand during slow arm circles —keep plenty of space between players and never throw during this warm-up.
- Run one lap around the bases with a coach leading. At the end of practice, let players run one at a time; after touching home, each player turns and high-fives the next teammate coming in.

2 THROWING + FIELDING: KEEP EVERYONE ACTIVE

- Partner Roll & Scoop: Pair players on two knees, about 6–8 feet apart. Roll the ball gently, scoop it into the glove, cover it with the throwing hand (“alligator”), and roll it back. Switch partners or distances as they improve.
- Quick Scoop & Throw Line: Space players along the first-base line. The coach rolls to one player at a time; the player fields it and throws it right back. Keep the pace quick so they react naturally instead of overthinking.
- Beat the Throw: Place a ball on the ground near shortstop and an adult at first base. On “Go,” one player runs through first while the fielder charges, barehands the stationary ball, and throws to first. Emphasize safe spacing, a controlled throw, and running hard through the bag.

3 HITTING: SIMPLE CUES, LOTS OF SWINGS

- Plan for every child to get 5–10 tee swings. Use stations if you have enough adults; otherwise, the hitter bats while teammates field from their assigned infield spots.
- Easy cue: “Light saber, load, step, swing.” Start with the bat upright in front, move the hands back 4–5 inches near the back shoulder, take a small step toward the ball, then swing.
- Feet-together variation: Start with feet together and knees slightly bent, hands loaded by the back shoulder; step toward the ball with the front foot and swing. Set the tee about 1 inch in front of home plate so contact happens out front.

4 TEACH POSITIONS—NOT A SCRUM

- Place cones at first, second, shortstop, third, and pitcher. Give each player a “home cone” and a small zone. Remind them: “If the ball is in your teammate’s zone, let that teammate get it—cover your spot and be ready.” Lines drawn in the dirt can make each zone even clearer.

5 FUN FINISH + HOMEWORK

- Stuffy Knockdown: Put a stuffed animal on an upside-down bucket or cone. Each player gets a throw. Everyone can earn a baseball card; the player who knocks down the stuffy chooses first.
- Close in a quick team huddle: tell them what they did well, celebrate effort and teamwork, and give one simple assignment: toss a tennis ball from right hand to left and back, catching with one hand. Try for 20 catches without a drop.

COACHING REMINDER: Short instructions. Quick rotations. Praise effort. Water breaks whenever needed.