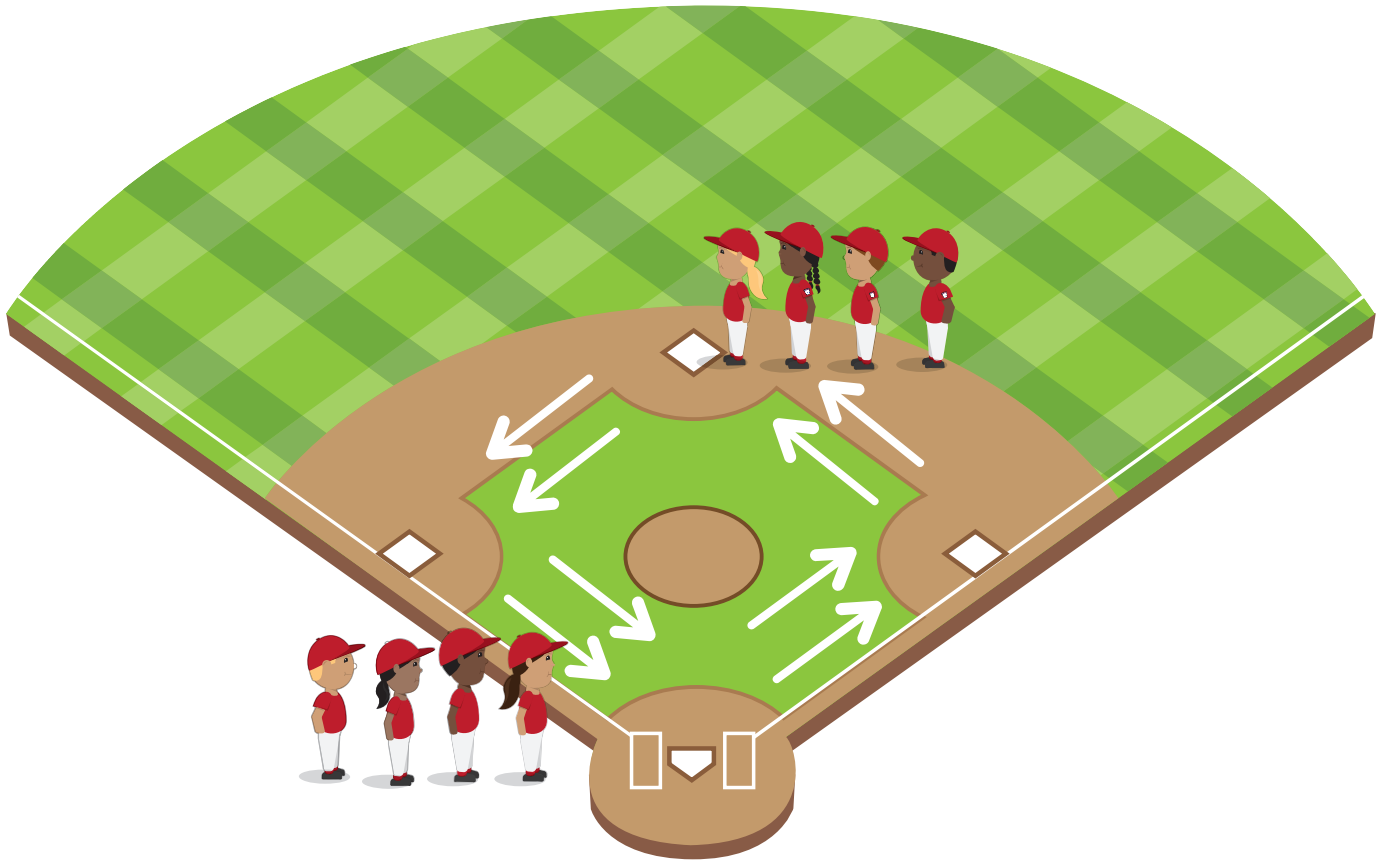


SEQUENCE 5

RUN THE BASES RELAY

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- The players are divided into two teams. One team lines up at second base and the other team lines up at home plate. Each line should be out of the way of the base paths.
- On “go”, the first player in line at second base runs around the bases and back to second base while, at the same time, the player at home runs around the bases back to home plate. Once the players arrive back to their team’s line they tag the next player to continue the race.
- The first team to finish is the winning team.



FULL PRACTICE PLAN

WEEK SEVEN

PRACTICE GOAL

The players should be able to hit the bucket at least one time. Throwing accuracy should be improved.

MATERIALS:

- Plastic Balls (15)
- Tee Balls (15)
- Buckets for Balls (2)
- Tees (1) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about the goal of today's practice, what they will learn, and the PCA tip of the week. **(3 minutes)**

2. THE GREAT BASEBALL: Split the players into four groups and send each group to a side of the field (between home and first, between first and second, between second and third, between third and home). Name each side, examples: "The Baseballs," "The Bats," "The Gloves," "The Bases." Coaches stand in the middle of the square. When the coach calls a specific group; they have to try and make it to the other side of the square without getting tagged by the coaches. If they get tagged they must sit down at that spot. They can now tag players as well from the seated position. Repeat. **(8 minutes)**

HIT THE BUCKET: Have players create a giant circle. Inside the circle, place a bucket. Each player should have a plastic ball. Go around the circle and have each player take a turn to throw their ball at the bucket. If someone hits the bucket, it is an out for the whole group. If a player tosses their ball inside the bucket, it counts as three outs. Once the whole team collectively makes 3 outs, everyone wins! If three outs are recorded before everyone has a chance to throw, just see how many outs the whole group can make in a specified time. Once everyone throws for two or three turns call a time-out and have everyone collect their balls and repeat. **(8 minutes)**

BREAK (2 minutes)

3. INNING PRACTICE: Divide the players in half and work on a game inning. Work on transitions, skills, and knowledge that players have shown to lack in games. Examples include running to the correct bases, staying in position, fielding by bending knees, moving toward the ball, and over hand throws. **(20 minutes)**

4. CONCLUSION: Gather players and review what was learned in inning practice. Have the players do a team huddle chant (name of team, or "teamwork", or "tee ball") and discuss the PCA tip of the week. Remind the parents of the next event. **(2 minutes)**

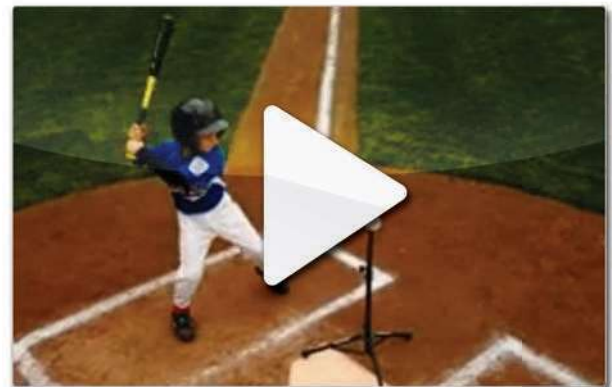


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POSITIVE COACHING ALLIANCE TALKING POINTS FOR TEE BALL COACHES

WEEK 7 —EMOTIONAL TANK (MAGIC RATIO & BUDDY SYSTEM)

We talked a few weeks ago about making teammates better by filling their Emotional Tanks. Remember that praise fills tanks along with things like smiles and high-fives. Non-verbal tank-fillers are powerful.

People do best when they get five tank-fillers for every criticism. We call 5-to-1 the “Magic Ratio” because with full tanks, people sometimes can do magical things.

Try using the “**Buddy System**” to help your team fill tanks. Pair your athletes up with someone as their buddy for a drill. They can have a different buddy each time so everyone has paired up with everyone else during the season.

They should do the drill as well as they can and watch their buddy do the drill. After the drill is complete, each player should give their buddy hi-fives and tell them they did a good job!



WEEK SEVEN

QUICK PLAN

WEEK SEVEN | 45 MINUTES

0:03 INTRODUCTION

- Welcome players
- Discuss the goals of the day and what they will learn/PCA tip of the week

0:08 THE GREAT BASEBALL

- Players are split up between each base path and must run to the opposite side when called without getting tagged
- See full practice plan for complete instructions

0:08 HIT THE BUCKET



- Players stand in a large circle around the bucket and try to hit it to make an out, the team works together to make three outs
- See full practice plan for complete instructions

0:02 BREAK

0:20 INNING PRACTICE

- Work on transition, skills and knowledge that players have shown to lack during the games

0:02 CONCLUSION

- Review things learned in inning practice
- Team huddle chant/PCA tip of the week
- Remind of next event (practice, game)



EMOTIONAL TANK (MAGIC RATIO & BUDDY SYSTEM)

We talked a few weeks ago about making teammates better by giving them high-fives and smiling at them. Remember that telling them how well they're doing fills tanks along with other things like smiles and high-fives.

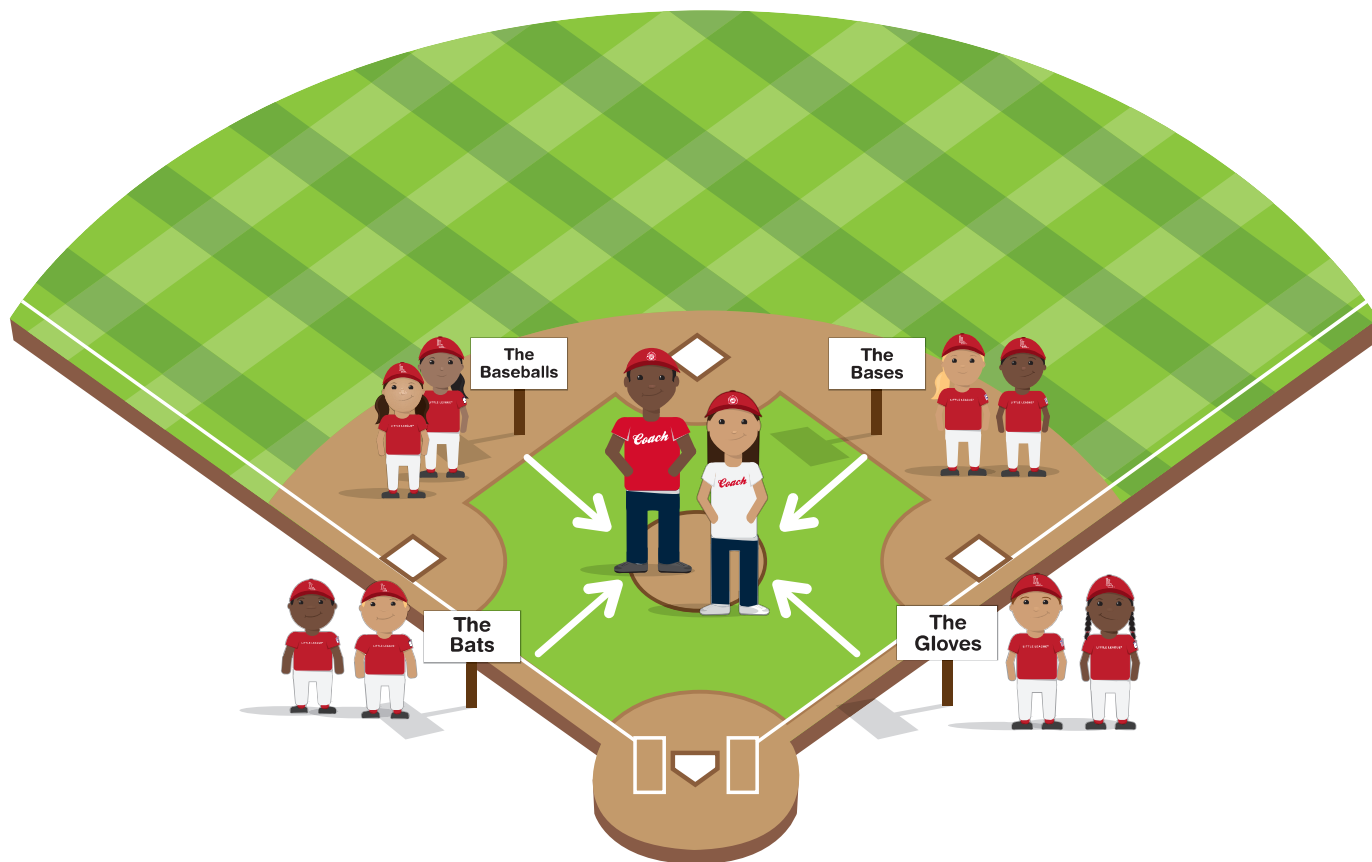
We're going to try using the “**Buddy System**” to help each other. I'm going to match each of you up with a buddy. You should do the drill as well as you can, and also watch your buddy and tell them what they did well after the drill.

SEQUENCE 2

THE GREAT BASEBALL

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- Break the players into four groups. Each group should be sent to a base running line. Give each group a nickname such as, “The Baseballs,” or “The Bats.”
- A coach stands in the middle of the field and calls out a team’s nickname. When that team is called, the team must run to the other side (opposite of them) without being tagged by the coach.
- If players get tagged on their way to the other side, they must sit down in the playing area and become a stationary tagger while other groups are called to cross.



SEQUENCE 3

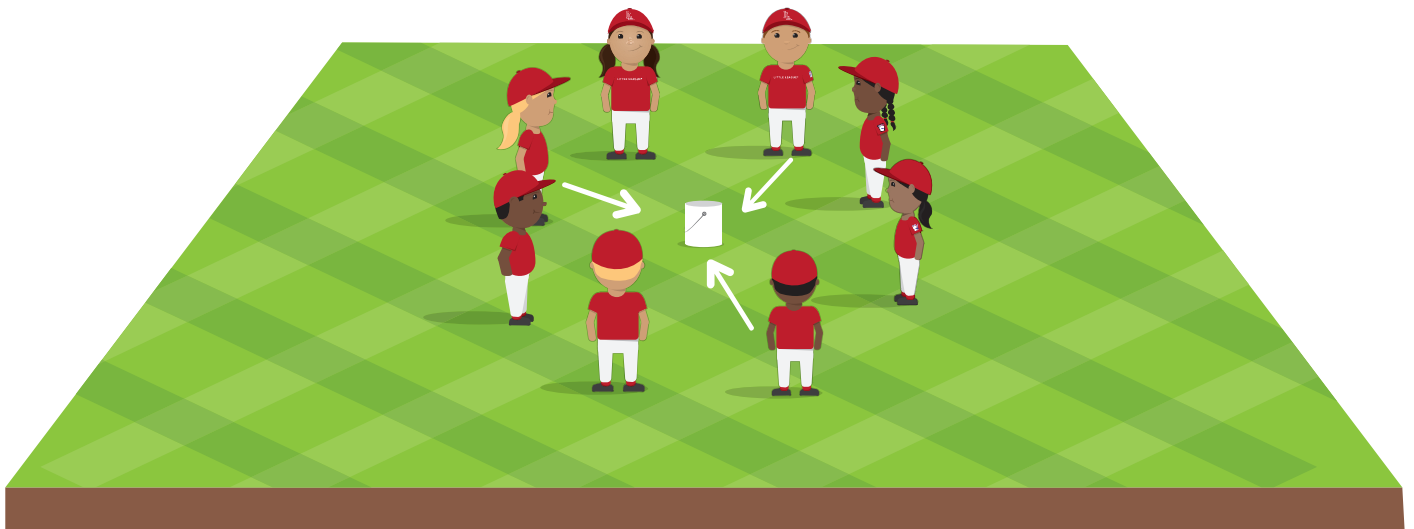
HIT THE BUCKET

ONLINE VIDEO



WHAT YOU'LL NEED:

Bucket (1) | Plastic Balls



DRILL SEQUENCE:

- All players make a large circle around a bucket. Each player takes a turn and tosses a plastic ball that they have at the bucket, trying to get the ball inside the bucket.
- If a player hits the bucket with their ball, it counts as an out for the team. If a player gets their ball inside the bucket, it counts as three outs for the team and the round is over. The team is trying to get three outs.
- The drill may progress to see how many balls the team can toss inside the bucket during a specified time period.



FULL PRACTICE PLAN

WEEK EIGHT

PRACTICE GOAL

The players should be able to throw and catch with a partner successfully (a few consecutive times).

MATERIALS:

- Tee Balls (15)
- Buckets for Balls (1)
- Tees (1) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Cone (1)
- Bat (1)
- Volleyball (1)
- Beach Ball (1)
- Net or Fence (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about how much they have progressed and how much more there is to learn and fun to be had. Discuss the PCA tip of the week. **(3 minutes)**

2. FOLLOW THE LEADER: Have players stand on the first baseline. Have the coach go to one end and all players turn to face the coach. The coach then does different movements around the field and the players must follow the leader. Examples: skipping, running, walking, zigzagging. Could also be played with players scattered around the infield and the players have to “copycat” the coach. Coach tip-toes in place, marches in place, runs in place, touches knees, ears, shoulders (etc.), hops in place (one foot), jumps in place (two feet). Repeat with a player being the leader as many times as desired. **(6 minutes)**

3. STATIONS: Break players into two groups. Send one group to a throwing station (game), and send one to a hitting station (game). Each station proctored by a coach. Players switch stations after **(20 minutes.)**

STATION 1 THROWING: Start off pairing the players up with partners to play catch. Remind them of important cues of throwing. After playing catch, spread the players out behind the outfield foul line. Set a cone about 5 feet away. Have players try to throw past it (they all will) at the same time. They should retrieve their balls and go back to the line. Move the cone 5 feet further. Have the players try to throw past the cone and then go retrieve their balls. Continue moving the cone back. Work on throwing for distance. When the players retrieve their balls, the coach should say “ready go” so that the players are sprinting to get their ball and returning to the foul line. **(10 minutes)**

STATION 2 HITTING: Have players find a personal space with a bat, and practice swings. Coach should stand in front of players so they can practice a stance and a full swing. Next have players line up behind the tee. Players will swing at a volleyball that is placed on the tee. They are to follow through with a tough swing. Go through the line as many times as possible. **(10 minutes)**

BREAK (2 minutes)

Bring players back to their last practice station.

4. BEACH BALL CIRCLE: In each group make a circle. Coach starts off hitting (bumping) the volleyball to another player, who should try to hit it up in the air and keep it in the circle. Other players try to hit it to keep it up. Encourage calling for the ball and watching the ball hit the players' hands. **(8 minutes)**

5. CONCLUSION: Gather players and review what was learned at practice and the PCA tip of the week. Remind the parents of the next event. **(4 minutes)**





**POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES**

**WEEK 8 —MASTERY
(COMPETING WITH YOURSELF)**

Learning to compete is an important part of being an athlete, and the biggest competition is with ourselves.

Too often we compare ourselves to other people. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that your athletes can say, "I am better now than I was a few weeks ago."

When your athletes compare themselves now to how they used to be, they'll be encouraged. If they have worked hard, then they have probably improved and they are winning the competition with themselves



WEEK EIGHT

**QUICK PLAN
WEEK EIGHT | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Discuss the goals of the day, what they will learn and the PCA tip of the week

0:07 FOLLOW THE LEADER

- Players line up and follow the coach doing various movements, or Simon says (copycat) style, players can become the leader
- See full practice plan for complete instructions

0:20 STATIONS

- **Station 1:** Throwing with a partner and throwing for distance
- **Station 2:** Dry swings, and hitting a volleyball off a tee for follow through
- See full practice plan for complete instructions

0:05 BREAK

0:10 BEACH VOLLEYBALL CIRCLE



- Players make a circle within their group with a coach and try to keep the volleyball in the air
- See full practice plan for complete instructions

0:05 CONCLUSION

- Review things learned at practice/PCA tip of the week
- Remind players of next event (practice/game)



MASTERY - COMPETING WITH YOURSELF

Too often we compare ourselves to other people on the team. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that you can say, "I am better now than I was a few weeks ago."

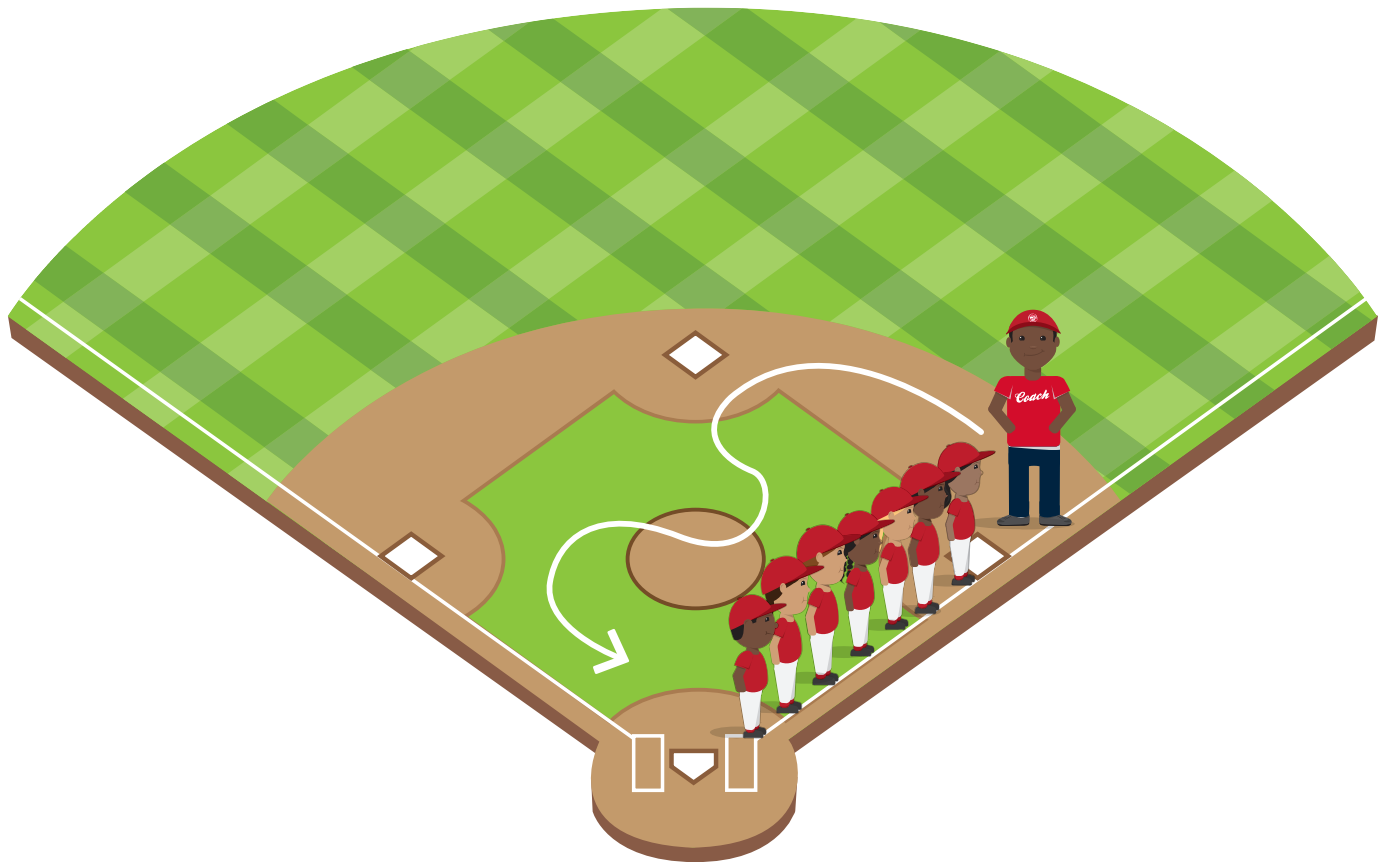
When you compare yourself now to how you used to be, you'll be encouraged. If you have worked hard and tried your best, then you have probably improved!

SEQUENCE 2

FOLLOW THE LEADER

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- All players line up on the first base line behind a coach.
- The coach moves different ways, such as skipping, running, hopping, jumping, and zigzagging, all around the field while the players follow behind mimicking the coach's movements.

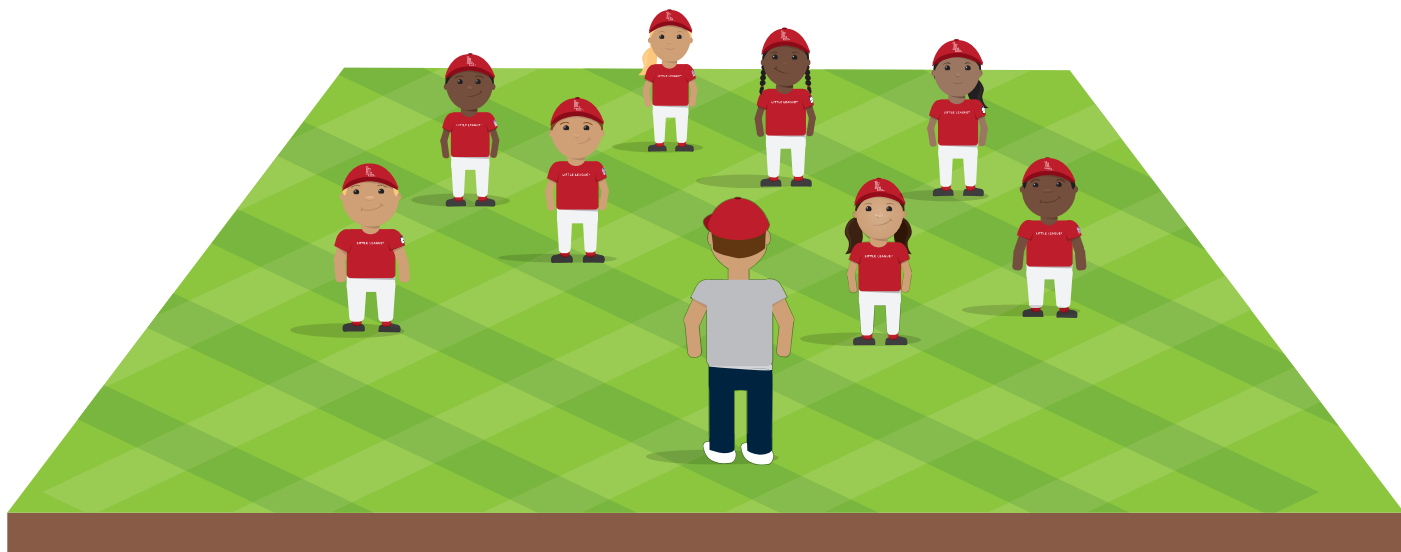


SEQUENCE 2

COPYCAT (MODIFICATION TO SEQUENCE 2)

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- The players find a personal space in the playing area with the coach facing the players.
- The coach stays in a stationary spot, while doing several different movements and the players must copy the movements.

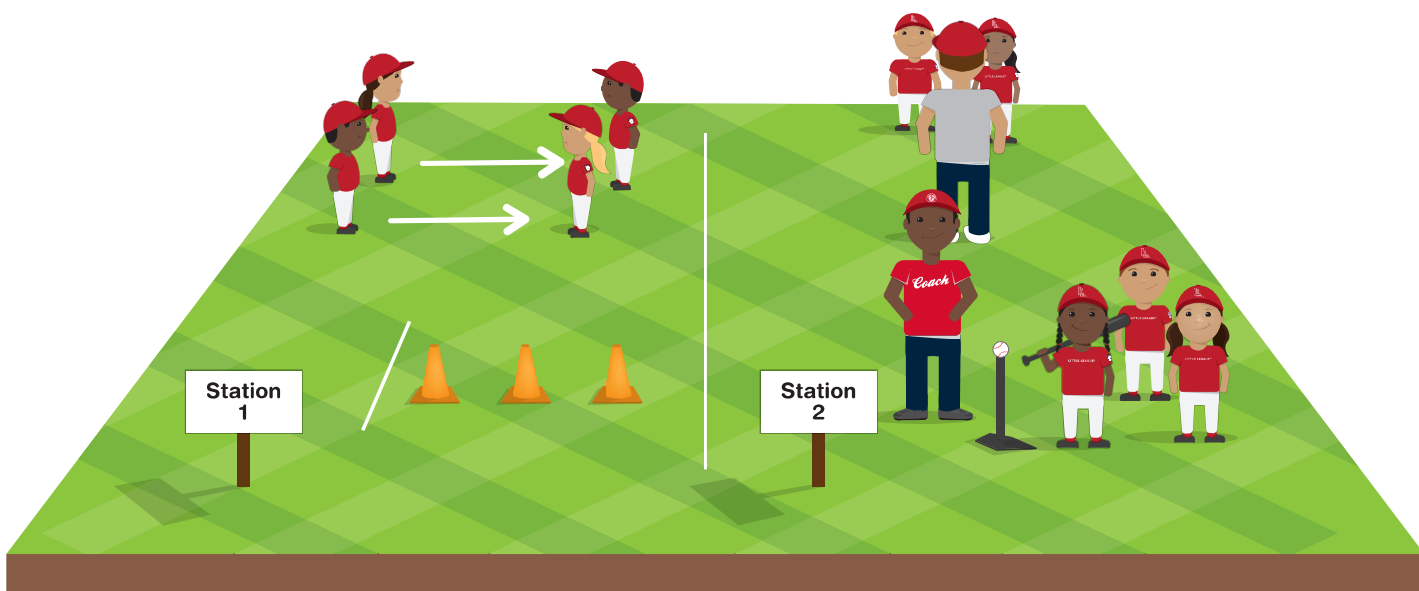


SEQUENCE 3

STATIONS

WHAT YOU'LL NEED:

Bats | Cones (3) | Tee Balls | Helmets



DRILL SEQUENCE:

- The players are broken into two groups.
- Station 1: Practice Throwing – Players practice throwing with a partner. Then the players all stand behind the foul line and are prompted to all throw at the same time as far as they can.
- Station 2: Practice Swings – Players practice swinging with a bat. Then players take turns swinging at a volleyball off of the tee.
- The groups switch after a specific time.



SEQUENCE 4

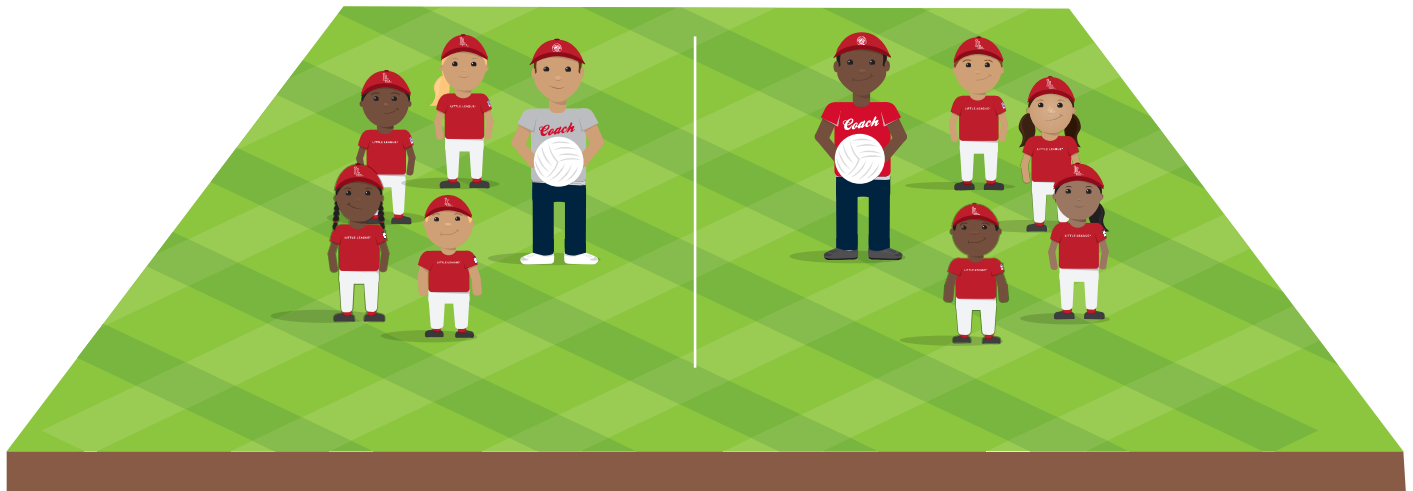
BEACH VOLLEYBALL CIRCLE

ONLINE VIDEO



WHAT YOU'LL NEED:

Volleyball(s)



DRILL SEQUENCE:

- The players remain in groups from the last activity (or break them into groups).
- Each group creates a circle with a coach.
- The coach begins bumping a beach volleyball into the air. The players try to keep the volleyball in the air by calling the ball and hitting it in the air within the circle.



FULL PRACTICE PLAN

WEEK NINE

PRACTICE GOAL

The players should be able to grip a ball correctly, successfully attempt an overhand throw, and run the bases with guidance.

MATERIALS:

- Tee Balls (15)
- Buckets for Balls (1)
- Tees (1) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cone (1)
- Bat (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Discuss the upcoming season, group picnic event and how exciting it will be to see how much all of the players have learned. Discuss the PCA tip of the week. **(3 minutes)**

2. RACES: Create two lines of players side-by-side. Make sure players stay in their "lane" (demonstrate). On, "go" the first two players race to the coach and then walk back to the end. Repeat quickly calling out go for the next two players. Don't focus on winning, just racing. Repeat. Set up obstacles such as a few cones that the players must zigzag around for the next "race". For the next race, set up a cone they must run to and do 5 of an exercise they know (from position fitness -- squats, jumping jacks...) dictated by coach. For the next race, set up 3 cones (spread out) that the players must jump over. For the next race, place a tee ball at the end point that each player must run to and throw (racing direction) as far as they can (will clean up after all races). For the next race, have players skip. For the next race, have players slide sideways. **(12 minutes)**

3. SHOW AND TELL: Call players to the pitcher's plate and have them make a circle. While kneeling inside of the circle, talk about holding a baseball/softball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their "favorite hand" and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it. **(10 minutes)**

BREAK (2 minutes)

4. STATIONS (16 minutes)

STATION 1 BASE RUNNING: Have the players run around the bases one at a time calling out the bases as they go. Have the players run one base at a time only advancing because of the runner behind them. Practice running through first base ONLY, and then returning to stand on first base. **(8 minutes)**

STATION 2 POP-UPS AND GROUND-BALLS: Separate players into mock positions in the outfield. Throw the players various types of balls to field (ground or fly). Have them throw back to the coach. **(8 minutes)**

5. CONCLUSION: Gather players and review what was learned this season and discuss the PCA tip of the week. Remind the parents of the next event. **(4 minutes)**



The advertisement features a central image of a young boy in a blue Little League uniform, holding a baseball and a glove, with a baseball field in the background. Above the image is the text "COACH PITCH 12 WEEK PROGRAM". Below the image, the text reads "GROW THE GAME WITH THE LITTLE LEAGUE® COACH PITCH PROGRAM AVAILABLE ON". At the bottom, the Little League University logo is displayed, consisting of a stylized baseball field icon and the letters "LLU" in large blue font, followed by "LITTLE LEAGUE® UNIVERSITY" in smaller blue font. A blue banner at the very bottom contains the website "LittleLeagueU.org".





**POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES**

**WEEK 9 —POST-GAME RITUAL
(HONORING THE GAME)**

This week, and for the rest of the season, have your team be the best sports they can be and Honor the Game by treating their opponents with respect.

Whether you win or lose, have each person seek out each player on the other team, look them in the eye, shake hands and thank them for competing.

You can make this a ritual after every game. After a loss, congratulate the other team. This may not come easy for the players and they may really have to work on this area.



WEEK NINE

**QUICK PLAN
WEEK NINE | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Discuss the event with all players and it will exciting to see what we all learned/PCA tip of the week

0:12 RACES

- Racing for fun
- Players line up in two groups and run various races
- See full practice plan for complete instructions

0:10 SHOW AND TELL

- Have various equipment available
- Players sit in a circle and one at a time choose what they enjoy most and would like to show the team

0:02 BREAK

0:16 STATIONS



- **Station 1:** Various base running, through first, the whole way around calling out bases, one at a time being moved by runner behind
- **Station 2:** Fielding fly balls, ground balls and throwing back to the coach
- See full practice plan for complete instructions

0:04 CONCLUSION

- Review things learned this season/PCA tip of the week
- Remind players of next event (practice, game)



POST-GAME RITUAL (HONORING THE GAME)

This week, and for the rest of the season, I want us to be the best sports we can be by treating our opponents with respect.

Whether we win or lose, I want each of you to seek out each player on the other team, look them in the eye, shake hands and thank them for playing with you. We want to make this a ritual after every game.

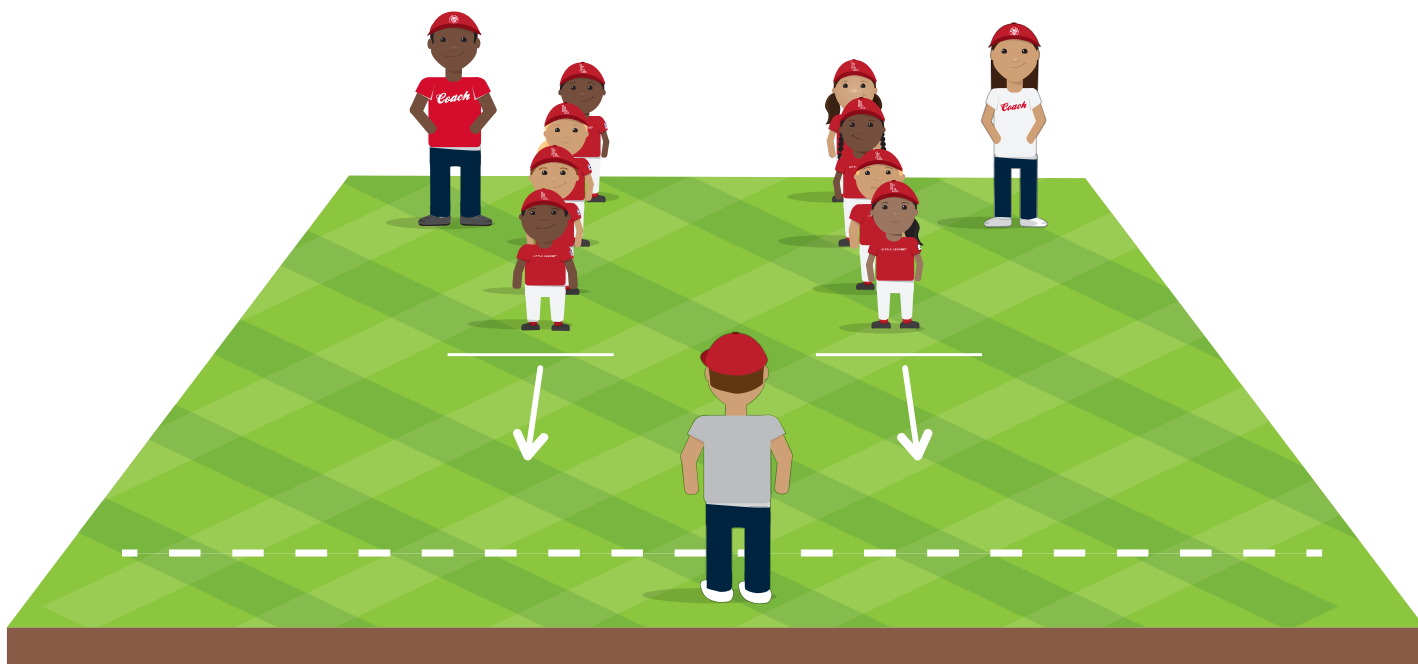
Let's form two lines and pretend it is after the game and the people in the other line are the opponents. Let's practice saying something positive to them as we look them in the eye and shake their hands.

SEQUENCE 2

RACES

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- Separate the players into two groups. Each group is in a line behind the foul line and the coach stands across from the groups.
- On “go” the first player from each group races past the imaginary line past the coach. The next person in each line races on “go” and so on.



SEQUENCE 3

SHOW AND TELL

WHAT YOU'LL NEED:

Equipment for each player's chosen skill



DRILL SEQUENCE:

- The players are in a small cluster or circle sitting on the grass.
- Each player has a chance to come in front of the group and show a skill that they think they are awesome at completing or really good at doing, like throwing, fielding, running, and more.



SEQUENCE 4

STATION 1



WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- The players each begin on different bases to ensure that during the drill they stop when the runner in front of them stops and runs when appropriate.
- The players practice running around the base, calling out the bases as they go around on the coach's cues.



SEQUENCE 4

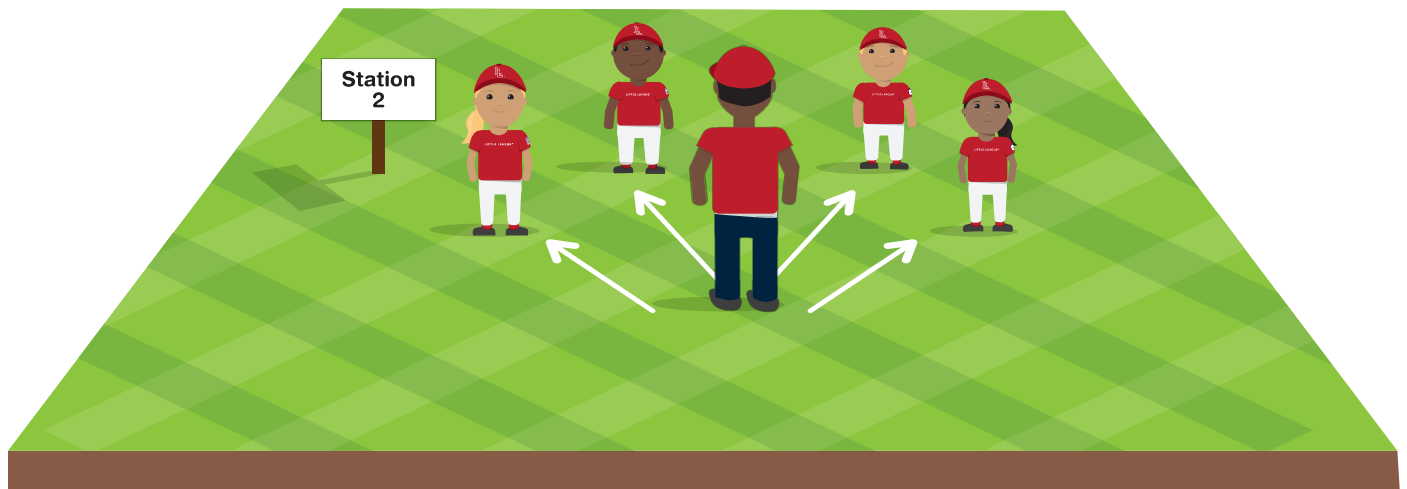
STATION 2

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Gloves



DRILL SEQUENCE:

- The players are staggered into mock positions, but not as far apart as actual outfielders.
- The coach tosses pop-ups or ground balls to each player. The players practice calling the ball when it comes to them.



FULL PRACTICE PLAN

WEEK TEN

PRACTICE GOAL

For this practice, take a look at previous plans to pick which activities the players liked the most. Remember to keep the Fun, Fitness, and Fundamentals in mind as you build your practice!

MATERIALS:

- Plastic Balls
- Buckets for Balls
- Bases (4)
- Cones (20) *optional*

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: (3 Minutes)

2. WARM-UP ACTIVITY: (__ Minutes)

3. PRACTICE GOAL ACTIVITY 1: (__ Minutes)

BREAK (2 minutes)

4. PRACTICE GOAL ACTIVITY 2: (__ Minutes)

5. CONCLUSION:

NOTES:





**POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES**

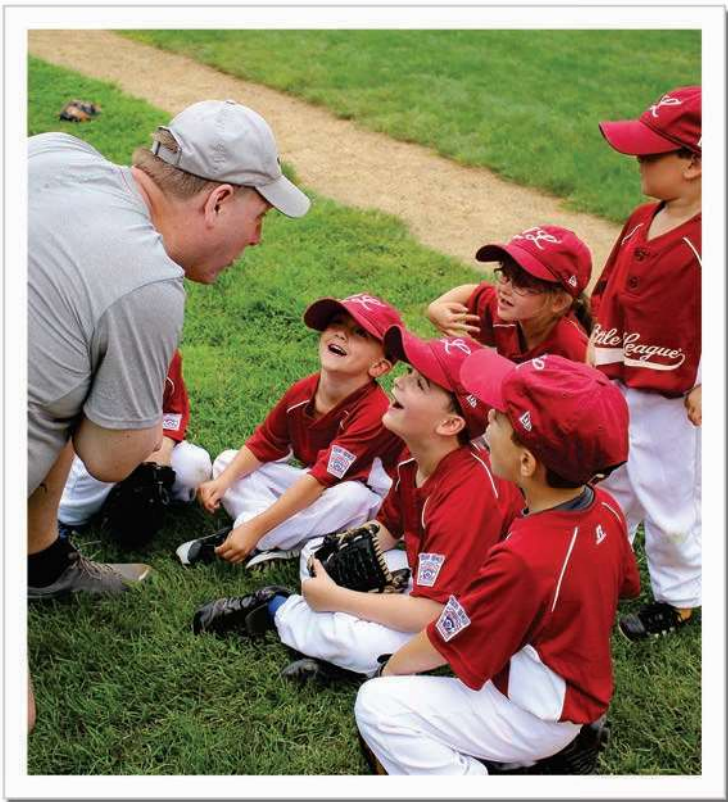
WEEK 10 —END WITH A FLOURISH

Sometimes players stop trying hard near the end of the season. If they are tired, it is harder to give their best.

Try to have your team End with a Flourish. That means playing with as much enthusiasm and effort at the end of the season as they did at the beginning.

Some people stop learning at the end of a season, but your players can learn as much as they did at the start if they keep up their Teachable Spirit.

Ending with a Flourish is a way for your athletes to say “Thank you” to their teammates and the coaches and people who helped them this year.



WEEK TEN

**QUICK PLAN
WEEK TEN | 45 MINUTES**



For this practice, take a look at previous plans to pick which activities the players liked the most. Remember to keep the Fun, Fitness and Fundamentals in mind as you build your practice!

0:03 INTRODUCTION

- Welcome players
- Focus on the reason for being there and PCA tip of the week

0: WARM-UP ACTIVITY

0: PRACTICE GOAL ACTIVITY 1

0:02 BREAK

0: PRACTICE GOAL ACTIVITY 2

0:05 CONCLUSION

- Review what they learned and PCA tip of the week



END WITH A FLOURISH

Sometimes players stop trying hard near the end of the season.

I want us to end with a flourish. That means playing with as much enthusiasm and effort at the end of the season as you did at the beginning.

Remember to thank your coaches and teammates who have helped you this season. Ending with a flourish is also a way to say “Thank You”



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PUBLISHED 2017