

Coaching drills for Tball – Basic skill development.

Throwing the ball progression

Which hand to use?

1. Get the player to pick up a ball
2. Move ball right hand to left , and left to right
3. Toss ball with right hand and catch (very small toss)
4. Toss ball with left hand and catch (very small toss)
5. Tell the player to repeat 3/4 , with which ever hand they choose (this may establish the throwing hand).

Throwing at a target(Fish net, Pie plate ,hole in board, a partners glove)

1. Hold ball behind your ear, rub it gently against your head, throw it from there at target , repeat 5 times.
Add to
2. Hold ball at ear and stand on the opposite leg from throwing hand,, throw at target Repeat 5 times.
3. Point at target with glove hand. Ear-front foot-point- Throw.. Repeat 5 times.
4. Add to (1-2-3) Ear- point NOW stand on back foot ,step onto front foot and throw

Change the target, and repeat the progression.. As the kids improve, you focus on each player's needs

Throwing is always the same, just the target changes... By changing the target, it makes the drills more interesting..

These progressions can be done by each player one at a time or all at once, depending on the group.. 6 kids can all throw at the same target at the same time.

As time goes on and kids get better, be creative. You could tell all the kids at once to throw a ball at you and duck!!

Catching a ball

The ultimate goal is to have the player catch the ball with the glove. Regular balls are hard! At this stage, we are using softer balls, to lead up to the harder ball. For these progressions, use the balls, (tennis, other soft ball, or large soft ball) provided . Do not use the real ball at this stage.

The large soft balls may be the best to start with, progress to other small ball , then tennis balls. The balls you choose will depend on the level of skill the players have already. Safety and fun are very important.

Use the glove as much as possible, however, the bare hand will be needed in many cases.

Drills

1. Feet shoulder width, hands up and ready (the stance)
2. Roll the ball to the player, instructing his/her to stop the ball, with glove, fingers of the glove pointing towards the grass (ground). Then instruct player to use free hand to put ball in glove.

NOTE: we do not want the player to place the glove over the ball in a catching manner, as you would do if catching a bug. Repeat 5 time

**EMPHASIZE THE FINGERS POINTING INTO GRASS,,KEEP GLOVE OR STOPPING HAND CLOSE TO TOES.
LET THE BALL COME TO YOUR GLOVE**

1. Now roll ball slightly to left, to encourage moving to the path of the ball. Repeat 5 times
2. Now roll ball slight to right side. Repeat 5 times. Always comment and review (1-2)

3. Roll ball to opposite side of glove hand, and encourage the back hand approach to stopping the ball.. Again, fingers of glove pointing to the ground/grass. Repeat 5 times.. Using the back hand approach may be too much for some players ..

These progressions can be done in line drills, or fan drills

The player in each case, throws or rolls ball back to leader. As the skills improve, partners can be used, ie role back and forth.

THE REAL CATCH

1. The leader stands close to the player, the player stands with glove up to the sun. The leader drops the ball into the player's glove from above, the player uses his free hand then to hold ball in glove. Repeat 5 times.
 2. Repeat, this numerous times as needed. As the player gets better at the skill, drop the ball from increasing heights. As the player improves, move to a small toss. Keep the player catching the ball above their shoulders, with the glove.
 3. Catching the ball below their waist will come easily .
- Be creative and have fun.

Base Running

Objective is to teach the base names...1st, 2nd, 3rd home.

1. Start by having the kids put a finger on the home plate, then get the kids to say "HOME PLATE", have the kids say it loud, and repeat, all at the same time 'HOME PLATE'
2. "Let's go to First". Walk or trot to first base and get the kids to put finger on base and say "FIRST BASE" Repeat all together
3. Let's go to second- etc
4. Let's go to third —etc..
5. Then home. Etc.
6. Now send one at a time to run to first, then second, third, home, having the player and all those watching call out the base as the player hits it. Repeat for each player.
7. These steps can be repeated and or modified as you see fit... The objective is to learn the bases, and have fun doing it.
8. Introduction of the orange (safety bag) should be incorporated the base running drills after the young player has the concept of 1st, 2nd 3rd
9. Drills should be introduced, that work on the principal, "hit ball and run to orange (safety bag)

Hitting progression drills

1. The grip; Hands touching, near end of bat, when the first finger of each hand is extended in a pointing manner, they should be pointing in the same direction.
2. The swing; start with hands and bat over or behind you back foot
3. Bring hands through, then the bat, repeat 5 times
4. Hitting an object (noodle, ball on T, other.)
5. The feet should be parallel and shoulder width,
6. Place object in front of the first foot (closest to pitcher) NOTE: the ball, noodle, object should not be in the middle of the batter's stance.
7. Swing and hit the object. Repeat 5 times in a row, when using noodle target, for each player

When using the T and tennis ball, Hit, run out around a cone, placed as if First base and get ball and return .. Repeat with each player as many times possible

When possible change the target, and get as many hits in as possible. Modify as needed