

Preschool & Kindergarten T-Ball Season Plan Week 1

Warm-up: Running around the bases. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

Game #1 – Base Running: Station an adult at each of the four bases. Line the players up at home plate and have each one run to first base, having 5 seconds between each player. As each player arrives at each base, they should make contact with the base with their right foot and yell out the name of the base. If the player fails to touch the base, make them come back to the base before proceeding to next base.

- Increase difficulty: Have players try to catch base runner in front of them.

Game #2 – Throwing and Catching: Have players partner with an adult and stand across from one another. Encourage players to watch the ball as it lands in their glove. Once caught, use their second hand to secure ball. Players will then throw the ball back to the adult. The players' arm should be back and up, and their front shoulder turned toward the target. Ensure player releases the ball in front of their body and follows through.

- Increase difficulty: Increase distance between partners.

Game #3 – Hitting off a Tee: Player will face the tee and with their legs slightly bent and shoulder-width apart. Players will hold the bat firmly with their hands together. Bat should be held up on their shoulder. As they swing, the bat should be level and hitting the center of the ball. Eyes should be down when contact is made. Have players run to first base and remain there. On next hit, have them run to next base.

Tip: Remind players to drop the bat – not throw it!

Preschool & Kindergarten T-Ball Season Plan Week 2

Warm-up: Running around the bases. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

Game #1 – Coyote and Road Runner: Line up players behind home plate and identify the first player as the Road Runner and second player as the Coyote. Send the first player running toward first base. Depending upon the speed of the two players, send the second player after the first, when first is a sufficient distance to make the race close. If the Coyote tags the Road Runner, they both return to home plate.

Game #2 – Throwing and Catching: Have players partner with an adult and stand across from one another. Encourage players to watch the ball as it lands in their glove. Once caught, use their second hand to secure ball. Players will then throw the ball back to the adult. The players' arm should be back and up, and their front shoulder turned toward the target. Ensure player releases the ball in front of their body and follows through.

- Increase difficulty: Increase distance between partners.

Game #3 – Gator Chomp: Have players spread out in a line facing the coach. Roll the ball to one player at a time. Players should have knees bent and their glove on the ground. Once the ball rolls in the glove, the player should have second hand "gator chomp" on the ball. Player should then toss the ball to coach.

- Increase difficulty: Coach tosses the ball to the left or right of them and forces them to move to get it.

Preschool & Kindergarten T-Ball Season Plan Week 3

Warm-up: Running around the bases. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

Game #1 – Bounce to the Bucket: Have players line up in one single file line. Have a large bucket placed right in front of them. Have players try and throw the ball into the bucket. Give them 3-5 throws before they return to the end of the line. Create a point system if you wish: 10 points for throwing ball in bucket, 5 points for hitting the bucket, 1 point for the nearest bounce.

- Increase difficulty: Increase distance between players and bucket.

Game #2 – Fielding: Have the players spread out within the infield. Explain where each position is and the importance of staying in the general area. Players will be down and ready to field the ball. Coach will toss or hit the ball. When player catches it, they will throw it to the first baseman and they will step on first base.

Tip: Have an adult standing by first baseman to retrieve wild throws. Adult will throw it back to other coach at home plate.

Game #3 – Listening Tee Drill: Player will focus on their stance and making sure shoulders and feet are square to the ball. When the player hits the ball, the coach will yell out a base. Player must then run to that base and stop. They will remain there until the next player hits and runs to the appropriate base.

Preschool & Kindergarten T-Ball Season Plan Week 4

Warm-up: Running around the bases. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

Game #1 – Throwing Relay: Line up players in groups of three or four and have them throw the ball to the person next to them. First team to finish throwing to the end of the line will win. If you do not have enough players, have all players line up in one row. See how many times they can throw and catch the pass without dropping it.

- Increase difficulty: Players must throw the ball to the end of the line and throw it back to the player who started with it. Increase the amount of times they have to do it. If they drop it, they must restart from the beginning.

Game #2 – Fielding and Batting: Each player will get their turn to hit the ball. Prior to hitting the ball, the coach will yell out a base. When the player hits the ball, the player who fields the ball will then throw the ball to that base. Switch up which base they will need to throw it to. The player who hits the ball will run around the bases until they return home.

Game #3 – Tag the Runner: Have one line behind second base and one line behind shortstop. The coach will roll the ball to the player at shortstop. As soon as the coach tosses it, the runner on second base will run to third. The player at shortstop will field the ball and try to tag the runner out. Have players switch lines. Remind players not to push when they are trying to tag the runner out.

Preschool & Kindergarten T-Ball Season Plan Week 5

Warm-up: Running around the bases. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

Game #1 – Catching Contest: Players will find a partner and line up across from one another. They will throw the ball back and forth between each other. Last pair that has not dropped the ball wins. Increase distance as you see fit.

Game #2 – Crab Drill: Player is in a basic fielding position stance. Coach will hit or toss the ball to the left or right of the player. The crouched player will then move left or right to field the ball. Encourage players to have glove open and down on the ground. Players should take two or three steps as the coach rolls the ball.

- Increase difficulty: Toss the balls at a faster speed. Make players move more to field the ball.

Game #3 – Batting - The Cone Contest: Have cones scattered throughout the infield. Each player will step up to the tee and get their turn to hit. If they knock down or hit a cone, they receive a point. Give the players 3-5 turns. The player with the most points wins!

- Increase difficulty: Give each cone a specific amount of points based on difficulty and distance away.