

t-ball Practice Schedule - April 9, 2005

Drew

Paul

Bruce

Parent (optional)

pre	circle throw name game ; calling name, rolling grounder	
1 - 5	Line throwing - clarify SQUARE UP - back foot perpendicular to line of throw; POINT - point glove where going to throw, other hand power position; STEP - Step directly on straight line to target	
5 -10		
10 - 15	bat behind the back "squish the bug drill"	
15 - 20	hitting - three stations, Two tees, one soft toss	
20-25		
25-30		
30-35		
35-40		
40-45	Infield practice - throw to first	
45-50		
50-55	Fielding positioning - plays with runners	
55-1hr		
60-65	wrap up, admin. - 1)line up smallest to largest; 2) game friday the 15th - grooms 11; 3) monday, lot of positioning	
65-70		
70-75		
75-80		
80-85		
85-90		

notes

General - Start dividing into three or four experience/skill categories

1) Throwing - Square up, point (power position, step-throw

2) catching - Both hands in front, knees bent, balls of feet, alligator

3) Grounders - Ready position Both hands in front, knees bent, balls of feet
Ball arrives, squat like sitting, head down, glove fingers pointing down, Alligator

4)Hitting - ready - pigeon toes, Knees bent, hands up (tops even with tops of shoulder)
SQUASH THE BUG, swing down/level,
Finish with belly button pointing to pitcher