



Swanson's Professional Baseball Instruction, LLC

T-Ball Practice Plan

The following is a guideline for an **hour and 15-minute practice** session with a team of 12 and three coaches. You may need to add/subtract in certain areas based on number of coaches/players in attendance. Most important is to avoid “down time” where kids are standing around, such as often happens during a Full Team Batting Practice.

5:00pm– 6:15pm

- **5:00pm – 5:08pm: Stretch, Agilities, and Sprints**

Agilities (down & back at 10yds): High Knees, Side Shuffles, Karaoke's, & Back Peddles

Sprints (from OF foul line out to 60 feet): Always do this as if they are on base; work their cross-over just as if they are stealing a bag. Perform 3-4 sprints

- **5:10pm – 5:20pm: Throwing Program**

This is one of the most important areas that must be done correctly; in order to save time place team into two groups of six (on OF line), or three groups of four. Give each group a ball bucket and have them continuously take turns throwing to a coach...with a FOUR SEAM GRIP (across the horseshoe).

As they continue to get their arms loose the coach continues to back up, eventually at a distance where the player can reach you on a LINE. If they One-Hop or Two-Hop you this is okay.

Remind them to set up Side-Straddled and use a Side-Shuffle with every throw as this will teach them how to use their body and not rely on just their arm.

(this should be done before every practice and/or game)

- **5:25pm – 6:00pm: IF/OF Stations (approx. 10 mins per)**
Break up team into three groups of four

Outfield (One position per practice): coach rolls Ground Balls from where IF meets OF grass.

Perform the following:

1. Balls rolled directly at them
2. Balls to left/right of them
3. Remind player to get ball back in quickly
4. Fly Balls: instead of hitting, coach will set up approx. 10 feet in front of outfielder and throw fly balls over OF's head. Work to their left, right, and directly overhead.
5. Remind the player to ALWAYS say, "I've Got it", "I've Got It" to get into good habits of Communication.

Infield (Two positions per practice; ex. 3B/SS, SS/2B, 2B/1B)

Perform the following:

1. Coach sets up on knee on IF grass even with mound
2. Roll balls directly at, to left, and to right of infielder.
3. Remind them to get in Ready Position when your arm goes back.
4. They will not make throws, but have them fake it EVERY TIME (unless you have enough staff for player to make throw to 1B)
5. Get as many reps as time will allow.
6. Have each player make throws to both 1B & 2B

Batting Practice

1. Take Group to the OF (Right or Left Field Line)
2. Working off the Tee
3. Primary Focus: Stance (Setup), Balance, Grip
4. Round #1; Five swings
5. Round #2; Five swings
6. Round #3; If Time Allows
7. See Ball, Hit Ball!!

- **6:05pm – 6:15pm: Base Running**

Perform the following:

1. Run through 1B after hitting ball on ground in IF; remind player to run THROUGH the bag and peek over right shoulder for overthrown ball
2. Single hit to OF - Remind player to begin his turn out of the box and hit the inside part of 1B (with either foot; whichever one gets there first), and find the baseball, then shuffling back to 1B...always knowing where the ball is!
3. From 1B; have player set up with left foot parallel against inside/back edge of 1B bag (NOT set up in Sprinters stance). Have them work on their Cross-Over, staying low and running to 2B.
4. They can set up the same way at 2B and 3B...
5. Right foot toe should line up with middle of left foot; allows for easy Cross-Over...
6. When rounding a base, remind the kids to lean in with Left shoulder as this will help give them good direction toward next base.

All of the above can be used at your discretion. Some of the info may be a bit too in-depth for some of the kids, but this does not all have to be given to them at each practice.

Through building a consistent routine the information will eventually sink in, and benefit the kids moving forward.

As you know it is important to be patient and keep it fun!!

Hope this helps!

Swanny