

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”

