



bsblcoach.com

TBall Week 1 Day 1

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 INTRO TALK 10 MINUTES



- **Coach Introduction** – Share your name and favorite animal.
Example: "My name is Coach Jeremy and my favorite animal is the Honey Badger because they're tiny and have zero quit."
- **Go around the group:**
 - Player name
 - Favorite animal
 - Why
- **Dugout Organization** – Show where bags, helmets, and bats are placed.
- **Coaching Emphasis:** "Organization shows we're ready to compete."

2 WARM UP 10 MINUTES



- Bring gloves to LF or RF for stretches.
 1. Jumping Jacks
 2. Windmills
 3. Elephant Stretches
 4. Flamingos
 5. Superman Pushups
- **Circle, Break, and 7 Hops Back** – Hop back 7 times, break on "Go!"
- **Field Position Scramble** – Call out positions, players sprint to spot.
- **Coaching Cue:** "Fast feet. Know your position. React quickly."

3 THROWING WARM-UP 10 MINUTES



- **Bucket 1 – Mechanics**
 - Proper feet, show ball to 2nd, step toward target.
 - Cue: "Show it, step it, throw it."
- **Bucket 2 – Throw High and Slam Down**
 - Throwing high eliminates short arms.
 - Slamming short/ bouncing teaches follow through.
- **Bucket 3 – Target Throws**
 - Throw directly at target, emphasize chest-high throws.
 - Cue: "Hit the glove, not the ground."

4 SKILLS & DRILLS 20 MINUTES

Split team into two even groups. 10 minutes each, then switch.



DRILL 1: FIRST BASE FORCE RACE

- Half at Home, half at 1B.
- Home players drop gloves to side and race to 1B on "Go!"
- Coach rolls ground ball to 1B player.
- 1B player fields and steps on bag before runner arrives.
- **Key Points:**
 - ✓ Two-hand "Alligator" fielding
 - ✓ Ball first, then bag
 - ✓ Step through base
- **Coach Tip:** Time the "Go" and roll to keep it fun, competitive, and realistic.

DRILL 2: CATCHING CIRCLE (6 POSITIONS)

Walk the players through the first 2-3 fielding positions.

1. Between the legs
2. Outside the legs (glove side)
3. Outside the chest (glove side)

Coaching Cue: "Beat the ball to the spot."

5 GAMETIME 10 MINUTES

Choose One (or rotate weekly):



OPTION 1
TWO OR FOUR BASE RACE
Players run the bases for time.

OPTION 2
FOUR CONE RACE

OPTION 3
TEE OR BAT TARGETS
Hit off tee and aim for target zones.

OPTION 4 FIELD SCRAMBLE MEMORY TEST FROM DUGOUT

- Players begin in dugout
- Coach calls position
- Players sprint to correct location
- Bonus points for naming neighboring positions

Make it competitive, positive, and fun!

TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle



Keep energy high



Move quickly between drills



Short explanations, lots of reps



Praise effort more than outcome



End on competition



bsblcoach.com

TBall Week 1 Day 2

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 QUICK TALK

5 MINUTES



Inspirational Quote:

"I'm not afraid to fail. I'm not afraid to fail over and make a mistake."

– Dustin Pedroia

Coaching Message:

Mistakes are part of learning. Every great player has failed many times. We get better by trying, learning, and trying again.

Dugout Organization:

Show where:

- Bags go
- Helmets go
- Bats go

Coaching Emphasis:

"A great team starts with being organized."

TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

2 WARM UP

10 MINUTES



1. Bring gloves to LF or RF.

2. Stretch & Move

- Jumping Jacks
- Windmills
- Elephant Stretches
- Flamingos
- Superman Pushups

3. Field Position Scramble

Call out:

- Pitcher
- Catcher
- First Base
- Second Base
- Third Base
- Shortstop
- Left Field
- Center Field
- Right Field

4. Memory Test

- After players arrive at positions:
 - Ask players what position they're standing at.
 - Ask neighboring positions.
 - Reinforce field awareness.

Coaching Cue:

"Fast feet. Big ears. Be ready."

RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

3 THROWING WARM-UP

10 MINUTES



Bucket 1 – Mechanics

- Proper feet
- Show ball back
- Step toward target

Cue:

"Show it. Step it. Throw it."

Bucket 2 – Throw High and Slam Down

- Throwing high eliminates short arms.
- Slamming short/bouncing teaches follow through.

Bucket 3 – Target Throws

- Throw directly at target
- Emphasize chest-high throws.

Cue:

"Hit the glove, not the ground."

4 SKILLS & DRILLS

28 MINUTES

1. Four Base Races

All Players Wear Fielding Gloves and Batting Helmets

2. Split Players into 4ea Groups and Place a Group at Home, 1B, 2B, and 3B

STATION 1 – HOME → FIRST BASE FORCE RACE

1B

3. Race between Home and 1B Players, Players at Home drop their gloves to the side and are racing straight to 1B.

4. Players at 1B field a ground ball using their glove and try to step on 1B before players coming from Home for a Force Out. Use two hand alligator approach, ball then bag.

5. Coaches say "go" for players at home and roll a ball to players at 1B. Players go one at a time and return to the back of the line. There is a rhythm to this: how hard to roll and when to say go to make it fun, educational, and competitive. After a few reps, you'll get it down.

STATION 2 – SECOND BASE → THIRD BASE TAG RACE

2B

3B

6. Race Between 2B and 3B Players

7. Either have a coach at 2B saying go or tell players at 2B they can leave the bag and head for 3B when the coach rolling the ball to 3B lets go of the ball.

8. Players at 2B drop their gloves to the side and are racing straight to 3B.

9. Players at 3B field a ground ball using their glove and try to Tag Out the players coming from 2B before they are able to get to the base.



10. Rotate Counter Clockwise every 7 Minutes

Home → 1B → 2B → 3B → Home

OPTION 4

Field Position Scramble
Memory Test From Dugout UII

- Start in dugout
- Coach calls position
- Players sprint to correct location
- Bonus points for naming

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle

5 GAMETIME

7 MINUTES

Choose One (or Rotate Weekly):

OPTION 1
Baseball Freeze Tag

OPTION 2
Four Cone Race

OPTION 3
Tee or Bat Targets



Keep energy high



Move quickly between drills



Short explanations, lots of reps



Praise effort more than outcome



End on competition



bsblcoach.com

TBall Week 2 Day 3

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 QUICK TALK 10 MINUTES

Inspirational Quote Test
 Ask players:
 • "Who remembers our quote from last week?"
"I'm not afraid to fail. I'm not afraid to fall over and make a mistake."
 – Dustin Pedroia

Coaching Message
 Mistakes are part of learning. Great players aren't afraid to fail because every mistake is an opportunity to improve.
 Reward players who remember either:
 • The quote
 • The general message

Field Scramble Pregame Test
 1. Sit players on the bench.
 2. Divide into groups of 3–4.
 3. Assign each group a field position.
 Example:
 • Timmy, Tommy, Tammy → Shortstop
 • Scott, Sheryl, Simon → Center Field
 4. On "GO" players sprint to their assigned positions.
 5. Time how quickly everyone gets there.
 6. Sprint back to the dugout and repeat.
Coaching Tip
 Pair a more mature player with newer players to help reinforce position awareness and leadership.
Coaching Cue
"Fast feet. Big ears. Be ready."

TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

2 WARM UP 2 MINUTES

Skip Stretches
 Players perform:
 • High Knees
 • Butt Kicks
 • Skip Variations
 Keep it moving.

High Five Run
 • Two coaches stand apart.
 • Players run through course.
 • All turns are LEFT turns.
 • Players finish by giving coaches a high five.
Coaching Cue
"Run fast, eyes up, and finish strong!"

RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

3 THROWING WARM-UP 10 MINUTES

Bucket 1 – Mechanics
 • Proper feet
 • Show ball back
 • Step toward target
Cue:
"Show it. Step it. Throw it."

Bucket 2 – Throw High and Slam Down
 • Throwing high eliminates short arms.
 • Slamming short / bouncing teaches follow through.

Bucket 3 – Target Throws
 • Throw directly at target
 • Emphasize chest-high throws.
Cue:
"Hit the glove, not the ground."

4 SKILLS & DRILLS 30 MINUTES

Split Into Three Groups – 10 Minutes Per Station

STATION 1 – HITTING
Choose:
 • Tee Work
 • Front Toss
 • Soft Toss Circle
Coaching Philosophy
 One Bat In Hands Per Coach
 This creates:
 • Better safety
 • Better focus
 • More quality swings
Hitting Structure
 • 6–8 Swings
 • Short break
 • Rotate
Coaching Cue
"Big swing. Eyes on the ball."

STATION 2 – CATCHING CIRCLE REVIEW
Review all 6 positions:
 1. Between the Legs
 2. Outside Legs (Glove Side)
 3. Outside Chest (Glove Side)
 4. Outside Legs (Throwing Side)
 5. Outside Chest (Throwing Side)
 6. Block Position
Coaching Cue
"Beat the ball to the spot."

STATION 3 – HIGH FIVE FIELDING
Ground Balls (5 Minutes)
 • Coach rolls ground balls.
 • Players field using alligator technique.
 • Return ball and receive a high five.
Fly Balls (5 Minutes)
 • Coach tosses easy fly balls.
 • Players catch and return.
 • Finish with high five.
Coaching Emphasis
 Make fielding fun while reinforcing:
 • Ready position
 • Eyes on ball
 • Two hands whenever possible

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle

5 GAMETIME 8 MINUTES

Choose One (or Rotate Weekly):

- OPTION 1** Baseball Freeze Tag
- OPTION 2** Four Cone Race
- OPTION 3** Tee or Bat Targets

OPTION 4
 Field Scramble
 Memory Test From Dugout
 • Start in dugout
 • Coach calls position
 • Players sprint to correct location
 • Bonus points for naming



bsblcoach.com

TBall Week 2 Day 4

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 QUICK TALK

5 MINUTES



Inspirational Quote

"Never let your head hang down. Never give up and sit down and grieve. Find another way."

– Satchel Paige

Team Discussion

Ask:

- "Who knows how to be tough even when it's hard?"

Coaching Message

Being tough doesn't mean never making mistakes.

Being tough means:

- Getting back up
- Trying again
- Helping teammates
- Finding another way

Coaching Cue

"Tough players don't quit. They adjust."

TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

2 WARM UP

10 MINUTES



Standard Stretches

- Jumping Jacks
- Windmills
- Elephant Stretches
- Flamingos
- Superman Pushups

High Five Run

- Two coaches stand apart.
- Players run through course.
- All turns are LEFT turns.
- Finish with a high five.

Coaching Cue

"Run fast. Eyes up. Finish strong."

3 THROWING WARM-UP

10 MINUTES



Bucket 1 – Mechanics

- Proper feet
- Show ball back
- Step toward target

Cue:

"Show it. Step it. Throw it."

Bucket 2 – Throw High and Slam Down

- Throwing high eliminates short arms.
- Slamming short / bouncing teaches follow through.

Bucket 3 – Target Throws

- Throw directly at target.
- Emphasize chest-high throws.

Cue:

"Hit the glove, not the ground."

RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

4 SKILLS & DRILLS

25 MINUTES

Army Ball – Whole Team Gameplay Introduction

Safety First

- ✓ Batting helmets on EVERY player

Setup

- Place one player at every defensive position except catcher.
- Extra players begin on the bench in the dugout.
- Dugout players become hitters.

Hitting Round

Each hitter receives:

- 5 swings from a tee
- Fielders shag balls
- Fielders throw baseballs to bucket coach in center field

Live Ball Round

Before swing #6 coach loudly announces:

"WE'RE PLAYING LIVE! THE BATTER IS RUNNING!"

The hitter:

- Hits the ball
- Runs to first base

The defense:

- Fields the ball
- Attempts to record an out

Rotation System

1. Safe or out: Batter retrieves glove from dugout.
2. Batter moves to RF.
3. Everyone else rotates:
 - RF → CF
 - CF → LF
 - LF → 3B
 - 3B → SS
 - SS → 2B
 - 2B → 1B
 - 1B → Pitcher
 - Pitcher → Back of Hitting Line

Small Roster Adjustment

If numbers are low:

Remove positions in this order:

1. Pitcher
2. Right Field
3. Center Field
4. Left Field

Continue as necessary.

Coaching Message

This is the beginning of real baseball. It will look messy. That's okay. Mistakes are lessons in disguise. Let them play. Let them learn. Celebrate effort and improvement.

Coaching Cue

"Play hard. Learn fast. Have fun."

OPTION 4

Field Scramble Memory Test From Dugout

- Players begin in dugout
- Coach calls position
- Players sprint to correct spot
- Bonus points for naming neighboring positions

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle

5 GAMETIME

10 MINUTES

Choose One (or Rotate Weekly):

OPTION 1
Baseball Freeze Tag

OPTION 2
Four Cone Race

OPTION 3
Tee or Bat Targets

COACHING REMINDERS



Keep energy high



Move quickly between drills



Short explanations, lots of reps



Praise effort more than outcome



End on competition



bsblcoach.com

TBall Week 3 Day 5

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 QUICK TALK

5 MINUTES



- What did you guys like about the game Army Ball?
- What was hard?
- Who's ready to get better today?

Coaching Cue

"Let's get better together!"

2 WARM UP

10 MINUTES



1. Bring Gloves to LF or RF for Stretches

- Jumping Jacks
- Windmills
- Elephant Stretches
- Flamingos
- Superman Pushups

2. Home to 2B Sprints (Coach Five's)

- Start at Home Plate
- Sprint to 2B, rounding WIDE before 1B
- Coach gives a high five
- Sprint back to line
- Go one at a time

3 THROWING WARM-UP

10 MINUTES



Bucket 1 – Mechanics

- Proper feet
- Show ball back
- Step toward target

Cue:

"Show it. Step it. Throw it."

Bucket 2 – Throw High and Slam Down

- Throwing high eliminates short arms.
- Slamming short / bouncing teaches follow through.

Bucket 3 – Target Throws

- Throw directly at target.
- Emphasize chest-high throws.

Cue:

"Hit the glove, not the ground."

4 SKILLS & DRILLS

28 MINUTES

(SPLIT INTO 4 EA 7 MINUTE SEGMENTS)



FOUR BASE RACE REVIEW

All Players Wear Fielding Gloves and Batting Helmets

RACE BETWEEN HOME AND 1B PLAYERS

1. Coaches say "GO" for players at Home and roll a ball to players at 1B. Each player goes one at a time and then returns to the back of their line. There's a rhythm to this: how hard to roll, when to say go, to make it fun, educational, and competitive. After a few reps, you'll get it down.
2. Players at Home drop their gloves to the side and are racing straight to 1B.
3. Players at 1B field a ground ball using their glove and try to step on 1B before players coming from Home for a Force Out. Use two hand alligator approach, ball then bag.

RACE BETWEEN 2B AND 3B PLAYERS

1. Either have a coach at 2B saying go or tell players at 2B they can leave the bag and head for 3B when the coach rolling the ball to 3B lets go of the ball.
2. Players at 2B drop their gloves to the side and are racing straight to 3B.
3. Players at 3B field a ground ball using their glove and try to Tag Out the players coming from 2B before they are able to get to the base.



ROTATE COUNTER CLOCKWISE EVERY 7 MINUTES

Home → 1B → 2B → 3B → Home

OPTION 4

Field Scramble Memory Test From Dugout

- Players begin in dugout
- Coach calls position
- Players sprint to correct location
- Bonus points for naming neighboring positions

5 GAMETIME

7 MINUTES

Choose One (or Rotate Weekly):

OPTION 1
Baseball Freeze Tag

OPTION 2
Four Cone Race

OPTION 3
Tee or Bat Targets

TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

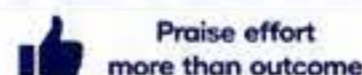
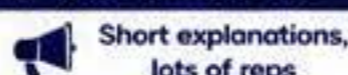
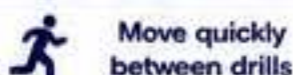
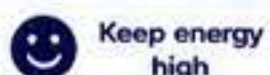
RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle

COACHING REMINDERS





bsblcoach.com

TBall Week 3 Day 6

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 QUICK TALK

5 MINUTES



Inspirational Quote Review

"Never let your head hang down. Never give up and sit down and grieve. Find another way."

– Satchel Paige

Team Discussion

- Who remembers what this quote means?
- What do we do when something is hard?
- What do we do after a mistake?

Coaching Message

We know you're kids. But we also know how strong you are. Strong players:

- Keep trying
- Help teammates
- Learn from mistakes
- Find another way

Coaching Cue

"Strong players keep going."

2 WARM UP

10 MINUTES



1. Standard Stretches

- Jumping Jacks
- Windmills
- Elephant Stretches
- Flamingos
- Superman Pushups

2. High Five Run

- Two coaches stand apart.
- Players run through course.
- All turns are LEFT turns.
- Finish with a high five.

Coaching Cue

"Run fast. Eyes up. Finish strong."

3 THROWING WARM-UP

10 MINUTES



Bucket 1 – Mechanics

- Proper feet
- Show ball back
- Step toward target

Cue:

"Show it. Step it. Throw it."

Bucket 2 – Throw High and Slam Down

- Throwing high eliminates short arms.
- Slamming short / bouncing teaches follow through.

Bucket 3 – Target Throws

- Throw directly at target.
- Emphasize chest-high throws.

Cue:

"Hit the glove, not the ground."

4 SKILLS & DRILLS

25 MINUTES

ARMY BALL – DOUBLE OR NOTHING STYLE

VOCABULARY WORD

CAVEAT

Ask: "Does anybody know what a caveat is?"

A caveat is a special rule or exception that changes how something normally works.

Review: Who remembers Army Ball?

Normally: Runner reaches 1B = Safe

Today: Runner must reach 2B = Safe

OFFENSIVE GOAL

- Hit the ball hard.
- Sprint out of the box.
- Get all the way to 2B before the defense completes the play.

Coaching Cue

"Run through first and don't stop!"

DEFENSIVE GOAL

The entire team works together.

After fielding the ball:

- Get the ball into a net placed near 1B

OR

- Get the ball to a coach/player standing at 1B before the runner reaches 2B.

WHY THIS WORKS

Players learn:

- Teamwork
- Communication
- Hustle
- Throwing accuracy
- Defensive awareness

Batters learn:

- Running hard
- Aggressive baserunning
- Never assuming the play is over

LEVEL UP VERSION

As players improve:

Require:

- 2 players touch the ball
- Then 3 players
- Then 4 players
- Then 4 players

This dramatically increases:

- Teamwork
- Communication
- Decision-making

COACH'S NOTE

This game works at every level. Youth players love it. High school players love it. College players love it.

The teamwork element makes it competitive, fun, and highly developmental.

Coaching Cue
"Everybody works together!"



TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle

5 GAMETIME

10 MINUTES

Choose One (or Rotate Weekly):

OPTION 1

Baseball Freeze Tag

OPTION 2

Four Cone Race

OPTION 3

Tee or Bat Targets

OPTION 4

Field Scramble Memory Test From Dugout

- Players begin in dugout
- Coach calls position
- Players sprint to correct location
- Bonus points for naming neighboring positions

Keep energy

Move quickly

Short explanations

Praise effort

End on



bsblcoach.com

TBall Week 4 Day 7

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 QUICK TALK

10 MINUTES



Inspirational Quote

"Don't get bitter, get better"
– Tiger Woods

Baseball is hard, give yourself grace and space to keep getting better and you can't be stopped.

Team Discussion

- What does this quote mean?
- What can we do to get better today?
- How do we support our teammates?

Field Scramble Pregame Test

- They should be getting pretty good at this.
- Try pairing them up just 2ea players for each position.

Coaching Cue

"Let's get better together!"

TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

2 WARM UP

2 MINUTES



1. Skip Stretches

- High Knees
- Butt Kicks
- Skip Variations

Keep it moving.

2. High Five Run

- Two coaches stand apart.
- Players run through course.
- All turns are LEFT turns.
- Finish with a high five.

Coaching Cue

"Run fast. Eyes up. Finish strong."

3 THROWING WARM-UP

10 MINUTES



Bucket 1 – Mechanics

- Proper feet
- Show ball back
- Step toward target

Cue:

"Show it. Step it. Throw it."

Bucket 2 – Throw High and Slam Down

- Throwing high eliminates short arms.
- Slamming short / bouncing teaches follow through.

Bucket 3 – Target Throws

- Throw directly at target.
- Emphasize chest-high throws.

Cue:

"Hit the glove, not the ground."

RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

4 SKILLS & DRILLS

30 MINUTES

(SPLIT INTO 3 EA 10 MINUTE SEGMENTS)

1. Hitting Station

- Tees, Front Toss, or Wiffle Circle
- With young players, I like the 1ea Bat in Hands Per Coach Rule
- 6-8 Swings and then rest between hitting rounds

Coaching Cue

"Short swings. Big results."

2. Review Catching Circle / 6 Positions

Review the 6 positions:

1. Between the Legs
2. Outside Legs (Glove Side)
3. Outside Chest (Glove Side)
4. Outside Legs (Throwing Side)
5. Outside Chest (Throwing Side)
6. Block Position



Coaching Cue

"Soft hands. Quiet body."

3. High Five Ground Balls / Flyballs

- 5 minutes Ground Balls
- 5 minutes Flyballs

Keys:

- Ready position
- Move feet
- Watch the ball
- High five after the play



Coaching Cue

"Eyes on the ball. Move. Catch. High five."

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle

5 GAMETIME

8 MINUTES

Choose One (or Rotate Weekly):

OPTION 1
Baseball Freeze Tag

OPTION 2
Four Cone Race

OPTION 3
Tee or Bat Targets

OPTION 4

Field Scramble Memory Test From Dugout

- Players begin in dugout
- Coach calls position
- Players sprint to correct location
- Bonus points for naming neighboring positions

COACHING REMINDERS

- Keep energy high
- Move quickly between drills
- Short explanations, lots of reps
- Praise effort more than outcome
- End on competition



bsblcoach.com

TBall Week 4 Day 8

TEACH FUNDAMENTALS • BUILD CONFIDENCE • HAVE FUN • COMPETE TOGETHER

1 QUICK TALK

5 MINUTES



Revisit Inspirational Quote

"Don't get bitter, get better"
– Tiger Woods

Baseball is hard, give yourself grace and space to keep getting better and you can't be stopped.

Self Talk Prompts

- *"I'll get the next one."*
- *"Breathe and get up."*
- *"This is hard, but fun."*
- *"I can do this."*
- *"Loose muscles are fast muscles."*

2 WARM UP

10 MINUTES



1. Standard Stretches

- Jumping Jacks
- Windmills
- Elephant Stretches
- Flamingos
- Superman Pushups

2. High Five Run

- Two coaches stand apart.
- Players run through course.
- All turns are LEFT turns.
- Finish with a high five.

Coaching Cue

"Run fast. Eyes up. Finish strong."

3 THROWING WARM-UP

10 MINUTES



Bucket 1 – Mechanics

- Proper feet
- Show ball back
- Step toward target

Cue:

"Show it. Step it. Throw it."

Bucket 2 – Throw High and Slam Down

- Throwing high eliminates short arms.
- Slamming short / bouncing teaches follow through.

Bucket 3 – Target Throws

- Throw directly at target.
- Emphasize chest-high throws.

Cue:

"Hit the glove, not the ground."

4 SKILLS & DRILLS

25 MINUTES

ARMY BALL – WHOLE TEAM (TODAY, DOUBLE OR NOTHING STYLE W/ A NEW TWIST)



DOUBLE OR NOTHING CAVEAT (BATTER RUNNER)

Runners are safe **ONLY** at 2B.

1. Same Army Ball rules as before, but with another new special caveat. Use the previous "Double or Nothing" caveat of being safe as a batter runner only at 2B.
2. Defensively, the new rule is instead of the ball going to 1B, the play is made at 2B. Two players at minimum must touch the ball and the second defensive player that touches it or later must Tag Out the runner before they get to 2B.
3. Same as before, the whole team works together to get the ball into the infield, but now the play is at 2B.
4. It's a great exercise in teamwork and really incentivizes the batters to hustle out of the box.
5. This new rule puts extra pep in the defense's step.
6. Your team will get shockingly good at this fast, so to increase difficulty and teamwork skills as they progress, add in to later practices that three players, etc must touch the ball before it goes to 2B.
7. This game can be used at all levels, high school and college kids enjoy it and the teamwork required.

5 GAMETIME

10 MINUTES

Choose One (or Rotate Weekly):

OPTION 1
Baseball Freeze Tag

OPTION 2
Four Cone Race

OPTION 3
Tee or Bat Targets

OPTION 4 Field Scramble Memory Test From Dugout

- Players begin in dugout
- Coach calls position
- Players sprint to correct location
- Bonus points for naming neighboring positions

TEAM EQUIPMENT

- First Aid Kit
- 5-Gallon Bucket (Tennis Balls)
- 5-Gallon Bucket (Baseballs)
- Small Bucket Per Player
- Tee
- Diamond or Throw Down Bases

RECOMMENDED ADDITIONAL EQUIPMENT

- 1 Oven Mitt Per Player
- Pop-Up Net
- Wagon

PLAYER EQUIPMENT

- Hat
- Cleats
- Glove
- Helmet
- Bat
- Bag
- Sport Appropriate Clothing
- Athletic Supporter & Protective Cup
- Water Bottle

COACHING REMINDERS

- Keep energy high
- Move quickly between drills
- Short explanations, lots of reps
- Praise effort more than outcome
- End on competition