



WARM UP & STRETCH

1. Stretch for about 10 minutes. Make sure to properly stretch, especially the arms.
2. Start with a light jog to warm up, followed by other exercises.
3. Begin throwing close to your partner and slowly move further apart until arms are loose.

SKILL TRAINING

T-BALL EXERCISES

Many of the practice activities, excluding pitching, will work for T-Ball players. The main objective is to work on throwing, catching, fielding and hitting off the tee.

SOFT TOSS HITTING EXERCISE

- Player takes proper batting stance, facing a fence or batting net.
- Coach kneels 2 strides away from player, then 1/2 stride in front of the player.
- From the side, have a coach toss the ball in front of the player. Use a baseball or softball, but waffle balls or ping pong balls would also work. NOTE: This practice is not designed for young T-Ball players, but older baseball or softball players.

LIVE PITCHING HITTING EXERCISE

- Start off with a coach pitching to the player.
- Then introduce a player pitcher.

INFIELD FIELDING EXERCISE

Create drills that teach the players how to field grounders.

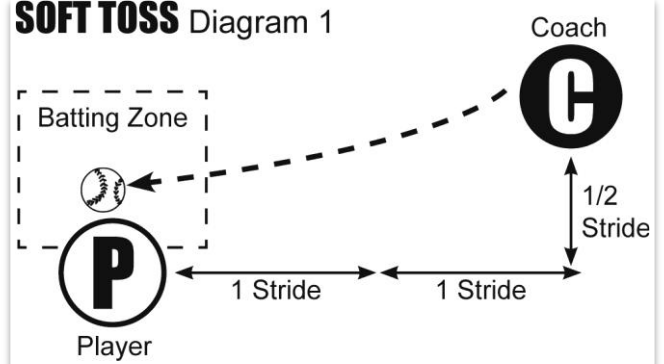
- Start by having the players toss ground balls to each other while coaches observe and instruct.
- Move on to pop flies.
- Once the players seem ready, place the kids at different positions.
- Hit or throw grounds to them and instruct them on what to do after they catch it.
- Create different game-like situations.

OUTFIELD FIELDING EXERCISE

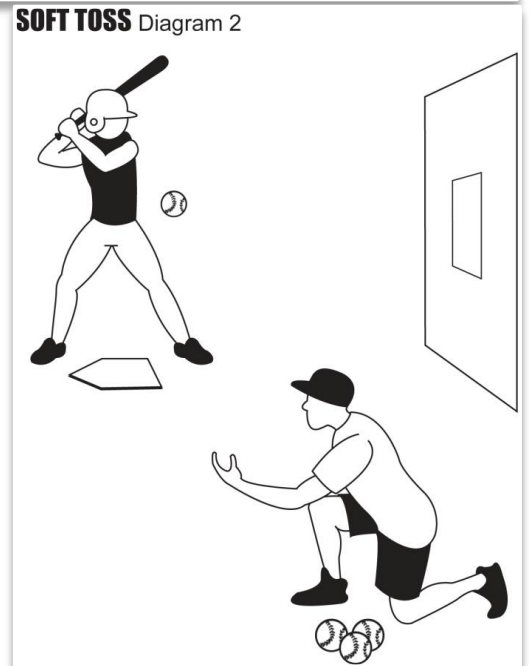
Create drills that teach the players how to field fly balls.

- Throw or hit fly balls to one player at a time.
- Once the players seem ready, place the kids at different positions.
- Instruct the players on what to do once they've caught the ball.
- Create different game-like situations. Example: Where to throw the ball when there is a man on second base and one is out.

SOFT TOSS Diagram 1

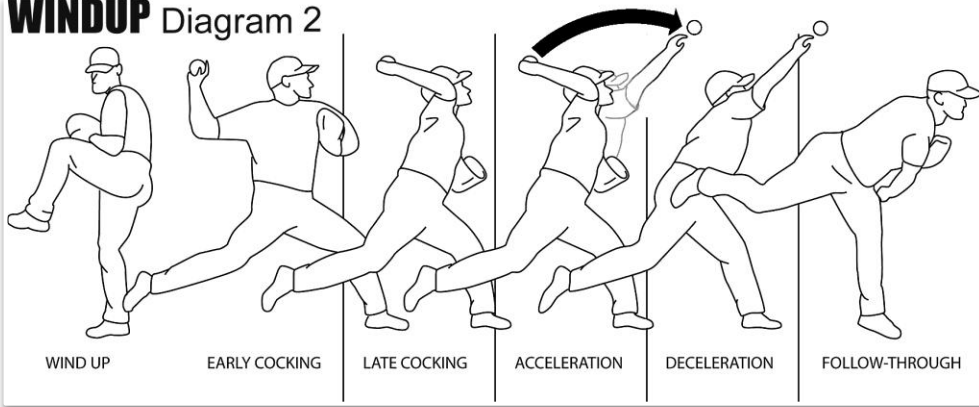


SOFT TOSS Diagram 2

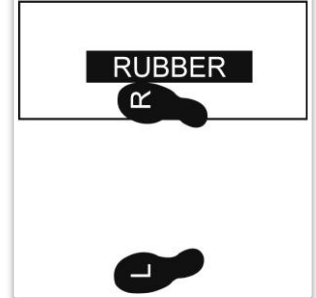




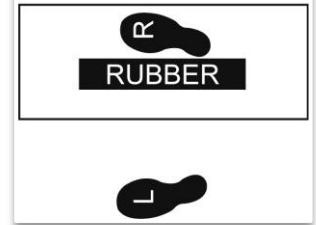
WINDUP Diagram 2



WINDUP Diagram 1



STRETCH Diagram 1



PITCHING BASEBALL EXERCISE - All instructions are for right-handed pitchers. For left-handed pitchers, practice all the motions with the opposite side.

Start with the pitcher just playing toss with the catcher. Slowly move to a pitcher's stance.

Pitchers can pitch from the windup or stretch, whichever is most comfortable.

THE WINDUP

- Start with both feet on the rubber facing the batter.
- Have the right foot to go in front of the rubber to be used as a push off and stability in the next step. The pitcher's toe should be facing the third base line.
- Bring the left knee up toward the chest.
- Then step forward with the left foot, making sure the toe is pointing towards the home plate.
- The pitcher's arm should begin the throwing motion as the left foot steps forward.
- The right leg should then follow the throwing arm, finishing with the body squared up facing the batter.

THE STRETCH

The stretch position is used whenever there are runners on base.

- Begin with both feet, shoulder-width apart, facing the third base line. The side of the back foot should be parallel and against the rubber. Most of the weight should be on the back leg.
- Then slide step towards home.
- Then step forward with the left foot, making sure the toe is pointing towards the home plate.
- The pitcher's arm should begin the throwing motion as the left foot steps forward.
- The right leg should then follow the throwing arm, finishing with the body squared up facing the batter.
- Refer to the Windup pitching diagram.