



Warren Baseball and Softball Inc (WBSI)

Tee-Ball league(4-5 year olds) Practice Plan #1

- 5 min. Run the Bases**
- Explain that first is the only base you can run past
 - Explain that you must touch the bases or be called out
 - Play follow the leader around all the bases
 - Run through first base(Do not stop at first, stop past first base)
- 5 min. Stretch**
- Stretch in a circle around the pitcher's mound. The routine should be quick and simple
 - Lay out the day's practice plan
- 30 min. Practice in stations, 10 min. per station and then rotate***
- Hitting off the tee & tossed balls-[WBSI Hitting Fundamentals & Hitting Drills](#)
 - Fielding and catching-[Infield grounders & Catching Drills for T-ball](#)
 - Throwing-[How to Throw a Baseball\(4 & 5 yr olds\)](#)
- 15 min. Play a scrimmage or other instructional game**
- 5 min. Run the bases and review**
- Sprint around the bases. Incorporate races or chases.
 - Let kids slide into home to finish

* You will need help for these stations. Preferably Asst. coach or a Mom/Dad from the team