

Date : _____ Practice Time: _____ Location: _____

Tee-Ball 5-6 yr old Practice (1 hr)

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

Warm-Up activity #4: _____

3-4 Minutes: Group meet – Explain Throwing and Hitting Stations and divide players

10 Minutes: Throwing / Hitting Stations

Throwing Station

Throwing Drill / Activity #1: _____

Throwing Drill / Activity #2: _____

Hitting Station

Hitting Drill / Activity #1: _____

Hitting Drill / Activity #2: _____

3-4 Minutes: Group meet – Review previous stations and explain Fielding and Hitting Stations

Fielding Station

Fielding Drill / Activity #1: _____

Fielding Drill / Activity #2: _____

Hitting Station

Hitting Drill / Activity #1: _____

Hitting Drill / Activity #2: _____

Tip of the Day: _____

Info to pass on before dismissal: _____