

Before the course starts;

- Set up a circle with the cones provided (10 students = 10 cones, so each child has a designated cone to sit next to)
- Make two lines, around 40 feet apart for the running portion of the class - use the cones to make the lines
- Put out equipment for the child to play with as they arrive (free play until the class starts - tball; do not put out the bats)
- Introduce yourself to the parents as well as the participate (take a knee to get down to the child's level)
- Coaches that are not checking children in are required to play with the children to (ie; pass the ball around, encourage the players to participate)

Class Start Time;

- Children sit in the circle
- Go around the circle and have the children introduce themselves and tell them something about themselves (ie; favorite color, food, sport)
- Once the attendance is complete; have the children stand up and begin the stretching portion of the class (10 jumping jacks, leg stretches, arm stretches) followed by having them all run to the same line for running (high knees, butt kicks, shuffles, sprints)
- Pick up running line cones and than take a water break (allows time to set up for next game)

This should take around 10-15 minutes total

Tball Curriculum

*Each activity is broken down into stations, one coach at each group (stations are 10-15 minutes in length)

Class #1

- Baserunning station (if no bases, no problem use your colored cones) — home to first, home to second, home to third, and time them for a homerun (fastest player)
- Throwing station — proper throwing motion, step with opposite foot and throw over the top; create a line for the players to line up on, have them throw as far as they can (two balls each and than pick up). After that, set up a circle of cones 10-15 feet away and have them aim inside the circle!
- Clean out the backyard as a team (first round with players vs players, last round players vs parents — use dodgeballs for this)

*review coaches names, base running and throwing techniques

Class #2

- Baserunning station (if no bases, no problem use your colored cones) — home to first, home to second, home to third, and time them for a homerun (fastest player)
- Hitting station; set up two tees and make sure the players that are not hitting are standing next to a cone you set up in the field 20 feet away. Let each player take 5 swings each and continue to rotate. Encourage the children, some may need that extra push!!!!
 - Hitting guidelines; Hands start near the ear, stack the pancakes with their hands (hands together), step with lead foot and swing “Flat” across the tee.
- Clean out the backyard as a team (first round with players vs players, last round players vs parents — use dodgeballs for this)

Class #3

- Hitting station; set up two tees and make sure the players that are not hitting are standing next to a cone you set up in the field 20 feet away. Let each player take 5 swings each and continue to rotate. Encourage the children, some may need that extra push!!!!
 - Hitting guidelines; Hands start near the ear, stack the pancakes with their hands (hands together), step with lead foot and swing “Flat” across the tee.
- Fielding station; No gloves, roll the dodgeballs at them to encourage proper form (alligator hands, feet wider than their shoulders, knees bent and back flat)...as they get more comfortable with this you can transition into using their gloves
- Final Game; line up all the children - practice throwing again, see who can throw the furthest if time allows!!!

Class #4

- Fielding station; No gloves, roll the dodgeballs at them to encourage proper form (alligator hands, feet wider than their shoulders, knees bent and back flat)...as they get more
 - Golden Glove game; who can field using their gloves without making an error - if they make an error they are out (make sure this goes quickly and you can play a few rounds)
- Hitting station; set up two tees and make sure the players that are not hitting are standing next to a cone you set up in the field 20 feet away. Let each player take 5 swings each and continue to rotate. Encourage the children, some may need that extra push!!!!
- Red Light, Green Light running the bases and also if time allows, time the players around the bases to see who the fastest player is now in the class!!!

Class #5

Game Time, with everything that has been covered, it's time to start to help the children understand positions in the field.

- Set up different colored cones in all the positions in the field. Do a walk through with the children to show them, literally walk around to each position, say the position out loud and move on.
- Have everyone start at home plate now, call out a position, have them race out to the position and do this for every single one - repeat as much as necessary. Coaches should run with them!!!!



- Hit and Run Game; This game will be a nice introduction into the final week which should be an actual tee ball game. Two teams; one hitting team, one defensive team. Each player, with the help of the coach, hits a ball off the tee. They will then run around the bases as fast as they can - each base they touch is 1 point. Defense needs to field the ball and run it to the pitcher's mound and put the ball on top of a cone. Once the ball is on top of the cone the base runner stops and points are awarded!!!

*set up a line where the kids can't be in front of before the ball is hit, you will have to be active in this as many kids will run at the hitter before they actually hit the ball!

Class #6

Final review of all activities and today is the day they worked hard to get to. The objective today is to divide the players up into two teams and play a tee ball game.

Tee ball game rules:

1. Offense, each player hits in the lineup (no outs are recorded). Once a player hits the ball, they ONLY RUN to first base and stop and stay there. Next hitter comes up and does the same thing and the runner on first moves up to second bases and stops...so on and so forth. The LAST HITTER gets to hit a homerun and clears the bases.
2. Defense, the goal is to field the ball and throw it to the coach who is standing on first base. Make sure to encourage the players to stay in their positions and only field it once the ball is near them.

*You should be able to play 3-4 innings, remember to keep the kids sitting in the dugout and rotate the batting order so the last kid doesn't always get to hit the homerun!!!