

TeeBall – Farm

Sample Practice Plan

Sampled Time: 4:15 – 6:00pm

TIME	DRILL	NOTES
4:15 – 4:30	Hitting	Pre Practice Hitting
4:30 – 4:40	Run and Stretch	
4:40 – 5:00	Throw	<ul style="list-style-type: none">• Knees and one knee• Ten toes• Build to long toss• Relay race
5:00 – 5:40	Station 1 - Pitching	<ul style="list-style-type: none">• Each pitcher gets 20 pitches off mound...count # of strikes
5:00 – 5:40	Station 2 - Infield	<ul style="list-style-type: none">• Five star around diamond• Multi ball drill<ul style="list-style-type: none">○ 3b to 2nd to start dp, ss to 1st○ 3b to 1st, SS to 2nd to start dp○ 1b to 2nd to start dp, 2b to 1st○ 1b to 1st, 2b to SS to start dp• Infield in...play to home
5:00 – 5:40	Station 3 - Outfield	<ul style="list-style-type: none">• Drop Step and Attack• Zig Zag Drill• Three ball catch• Hit your cut off man• Communication
5:00 – 5:40	Stations 4 - Bunting	<ul style="list-style-type: none">• Target Practice – 15 bunts each...count the number through the target
5:40 – 5:55	Baserunning	<ul style="list-style-type: none">• Infield hit and outfield hit – agg round• Double• Aggressive Lead...on pitchers rel• Base running relay
5:55 – 6:00	Team Meeting	Announcements and signs

Announcements:

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