

## PRACTICE GUIDELINES

T-BALL – Approx. 1 hour practice time

5 min. - Players warm-up by throwing to each other

10 min. - Stretches – Butterfly – leg stretches – arm stretches – 2 trips around bases (running) break 1 minute for drinks

15 min.- Infield Drill – line up at pitchers mound – hit ball to players and have them throw to 1<sup>st</sup> base.

30 min. – Batting practice – each child bats at least once – Teach Fundamentals

- A. Proper grip on bat
- B. Proper hitting stance
- C. Where to stand in Batters Box
- D. Level swing – no chopping at ball
- E. Step into ball and follow through on swing
- F. After contact with ball drop bat

Close practice by gathering players in front of parents and discussing progress and next team function.