



Rebels Tee-Ball Practice Plan

All Rebels T-ball practices will be run utilising “round robin station drills. The use of Station drill will provide maximum repetition and fun for the kids.

Practice Plan

Drill	Pg.	Coaching Tips
Full body stretch	-	Limbering up and preparing for drills Light jog around the bases
Position ID	-	Break into three groups A,B, C Chalkboard positions
Throwing mechanics	2	Four seam, Fence Drill
Fielding	-	Fielding stance, Alligator drill, shuffle
Water break	3-4	
Infield/outfield	4-5	Infield throw to first Outfield throw to second
Water break		
From the tee	-	Groups A- B
Hitting Competition	-	Group C –Tee, round robin
Run Bases	11-12	Mechanics of swing/run
Parents Meeting		Admin notes, fund raiser, question and answers
Extended One-on-One Practice		Please coordinate with Coach Jaime