



The goal of Bloomer Youth Ball is to make TBall a fun activity while helping players develop basic baseball/softball skills. The best way to reach this goal is through practice and repetition. Emphasis on practice and drills more than traditional game play is the focus of TBall. The plan laid out below will accomplish this and also unify all of the teams and coaches to be working on similar skills and drills with the players each week.

Both Teams

Base Running – 3 minutes

Have players run the bases calling out the base when they step on it. Send the next runner when the first runner is almost to 1st base.

Run the bases a few times. This is a good way to burn off some of that extra energy

Split teams

Divide the field in half. 1 team on the 1st base line, the other on the 3rd base line. Take the half that is by your dugout.

Introduction/Welcome – 2 minutes

Use this time to introduce/welcome yourself and the other coaches and players. Get to know your team. This time will give players a chance to catch their breath. Each week ask the players a “question of the week” and give them each have a chance to respond.

Hitting – 20 minutes

While the other drills are going on, 1 player will work with a coach for 2 to 3 minutes. The kids will hit from a tee into the backstop. Have the next player ready and in the dugout, rotate players making sure each kid gets a turn. Make sure your tee is spread far enough apart from the other teams to prevent injury.

If you have multiple coaches divide up the group so the players get more reps during each drill. If needed ask a parent to help.

Throwing – 5 minutes

Have players line up about 10 feet from the fence and throw the ball at the fence. Work on grip, form, placement, and follow through.

Ground balls – 5 minutes

Have kids spread out in a semi circle 10+ feet in front of the coach. Coach rolls the ball to the player. Player fields the ball and throws it back to the coach. The coach moves on to the next player. Roll the ball straight, left, right, and short telling the player where you are going to roll the ball.

Fly balls - 5 minutes

Have the kids spread out in a semi circle 10+ feet from the coach. Using a wiffle ball the coach will throw a pop fly to the player. Player catches the ball using two hands and throws the ball back to the coach. The coach moves on to the next player. Start low and work higher as the players' skills develop.

Simon says shuffle drill – 5 minutes

Have players spread out in front of the coach. Explain to players the ready position, how to shuffle their feet to get into position, how to field a ground ball, and how to catch a fly ball with two hands. Using a ball to point the coach will call out left, right, up, or down. Left or right the players will shuffle their feet in that direction. Up the players will pretend to catch a fly ball. Down the players will pretend to field a ground ball. Remember to use Simon says.

Both teams

Game – Remaining time

Batting team

All players bat

Base to base except last batter

Player remains on base even if they get out

Fielding team

1 player at each infield position - 1st 2nd 3rd SS and pitcher

Remaining players will play outfield (still in the infield)

Rotate positions after each batter.

Equipment

Each team is responsible for 1 tee, 1 bucket of balls, and a couple bats.

Early teams will bring the equipment from the shed to the field and the late teams will return the equipment to the shed after the game.