

Baseball/T-Ball Clinic Series Agendas: SAMPLE

Week 1

1. Huddle-Up (Coaches introduction, rules, stretch)
2. Station Work
 - **Throwing**
 - Break, Down and around FREEZE (front elbow facing target, back elbow up, see your knuckles)
 - Throw – Follow through
 - Partners – play catch w/ coaches “Throw and Go”
 - **Catching**
 - Catch with Fingers UP or OUT – not underneath basket catch!
 - Look ball all the way in!
 - Work without glove/ Then with glove
 - One Line – Coach lobs ball to 1st player in line “Catch and Go”
 - **Hitting**
 - Squish the Bug – Elbow up, knuckles aligned, NO Front step, Pivot waist to pitcher and “Squish the bug with back foot”
 - BP off Tee – Two hits, back of line “Swing, Swing and Go”
3. **Down, Down, Down**
 - How to Play:
 1. Divide the class into pairs – create two lines facing each other
 2. Have the pairs start throwing the ball continuously back and forth until somebody drops the ball.
 3. If someone drops a ball.
 - 1st time they drop the ball say “DOWN ON ONE KNEE”
 - 2nd time they drop the ball say “DOWN ON TWO KNEES”
 - 3rd time they drop the ball say “DOWN ON BUTT” (sitting position)
 - Remember, player must stay in whatever position they are in to catch and throw the ball.

4. Numbers Game:

- How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1,2,3
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out two balls.
5. The players from the different teams with the same number must run out and get a ball, and make a throw to the designated spot or player.
6. Each player gets one throw.
7. Whether they make it or miss it, they must collect the ball, and return it to the Instructor as fast as possible, then return to their team.

5. Who's on First?

- How to Play:

1. Line up players behind home base
2. One player Steps to plate
3. Hits ball and runs to first
4. Use a count down so the players hustle it out!
5. Players heads to back of the line.

Week 2

1. Huddle-Up (Coaches introduction, rules, stretch)

2. Station Work

- **Throwing**

- Break, Down and around FREEZE (front elbow facing target, back elbow up, see your knuckles)
- Throw – Follow through
- Partners – play catch w/ coaches “Throw and Go”
- Partners Toss - Count how many times in a row w/o dropping the ball

- **Fielding**

- Get glove all the way down to the grass
- Look ball all the way in!
- Work without glove/ Then with glove
- Two Lines– Coach rolls ball to 1st player in line.
 - If player makes the stop – 1pt
 - Continue through lines
 - Lots of energy!

- **Hitting**

- Squish the Bug – Elbow up, knuckles aligned, NO Front step, Pivot waist to pitcher and “Squish the bug with back foot”
- BP of Tee – Two hits, back of line. (Same as last week!)

3. **Egg Toss**

- How to Play:

1. Divide the class into pairs – create two lines facing each other
2. Coach yells “THROW”
 - If catch is made – one player takes a step back
 - See how far the winning team can go

4. Numbers Game:

- How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1,2,3
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out two balls.
5. The players from the different teams with the same number must run out and get a ball, and make a throw to the designated spot or player.
6. Each player gets one throw.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

5. Going for Two!

- How to Play:

1. Line up players behind home base
2. One player Steps to plate
3. Hits ball and runs all the way to 2nd base!
4. Use a count down so the players hustle it out!
5. Players heads to back of the line.

Week 3

1. Huddle-Up (Coaches introduction, rules, stretch)
2. Station Work

- **Throwing – Fielding**

- Break, Down and around FREEZE (front elbow facing target, back elbow up, see your knuckles)
- Throw – Follow through
 - One horizontal line of players (spread out 2-5 feet between each player)
 - Coach rolls ball to first in line
 - Player fields it
 - Throws to coach

- **Pickle**

- Set up two large square bases
- Coaches throw ball back and forth and try to tag player
- Players must sit on the side once they have been tagged.

- **Hitting**

- Squish the Bug – Elbow up, knuckles aligned, NO Front step, Pivot waist to pitcher and “Squish the bug with back foot”
- Home Run Derby
 - Set up 3 lines of disc cones
 - Players hit off Tee
 - Point for each cone line the ball passes.
 - I want all players NOT up to be sitting down

3. **500**

- How to Play:

1. Players are to spread out in the outfield.
2. Instructor hits or throws pop-up balls toward the outfield.

3. Tips:

- Fly ball is worth 100 points.
- Ground ball is worth 50 points.
- When a player gets to 500 points they play come in to hit balls

4. BP – Station Running

- How to Play:

1. Line up players behind home base
2. One player Steps to plate
3. Hits ball and runs to first base
4. Use a count down so the players hustle it out!
5. Player waits for second batter to hit – and then runs to 2nd base
6. 3rd batter hits as players continue to run base to base.

Week 4

1. Huddle-Up (Coaches introduction, rules, stretch)

2. Station Work

- **Throwing – Fielding**

- Break, Down and around FREEZE (front elbow facing target, back elbow up, see your knuckles)
- Throw – Follow through
 - One horizontal line of players (spread out 2-5 feet between each player)
 - Coach rolls ball to first in line
 - Player fields it
 - Throws to coach

- **Pickle**

- Set up two large square bases
- Coaches throw ball back and forth and try to tag player
- Players must sit on the side once they have been tagged.

- **Hitting**

- Squish the Bug – Elbow up, knuckles aligned, NO Front step, Pivot waist to pitcher and “Squish the bug with back foot”
- Home Run Derby
 - Set up 3 lines of disc cones
 - Players hit off Tee
 - Point for each cone line the ball passes.
 - I want all players NOT up to be sitting down

3. **500**

- How to Play:

1. Players are to spread out in the outfield.
2. Instructor hits or throws pop-up balls toward the outfield.
3. Tips:

- Fly ball is worth 100 points.
- Ground ball is worth 50 points.
- When a player gets to 500 points they play come in to hit balls

4. BP – Fielding

- How to Play:
 1. Divide group into two teams
 2. Number batters
 3. Essentially a scrimmage
 4. After each player bats – switch sides.

Week 4 (Alternative Agenda):

Arrival: Partner toss – The cones worked last week. Let's do the same. Have them lined up the first or third base line depending on the sun.

1. Huddle-Up (Coaches introduction, rules, stretch)
2. Station Work
 - **Mine-Mine (If time 500 or Ground Ball Eliminator)**
 - **Cut Off**
 - **Go Long**
 - **Team Home Run Derby**
 - **Around the Corner & Headed For Home**