



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 gameplay 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.

Pre-Stations

Base Running

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

After each player has run around the bases once, have the players run through 1st base (not slowing down until after they touch the base) and meet down the right field line for introductions.

Introduction

Use this time to introduce yourself and the other coaches and players. Get to know your team. Each week ask the players a "question of the week."

Stations

Divide coaches from both teams into stations. Divide players from both teams into smaller groups, mixing the teams. Players will rotate through each station.

Hitting

Have multiple players hitting off a Tee into the backstop. If you have more players than tees, rotate players evenly. Focus on stance, swing, and keeping "your eye on the ball." Players not hitting off a tee can work on their stance and swing. Spread out and Helmets are required for this station.

Throwing

Have players line up about 10 feet from the fence and throw the ball at the fence. Work on grip, form, and placement. Throw, retrieve, repeat. Do not retrieve while others are throwing.

Groundballs

Have players 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. Working on form and transitioning to the throw.

Flyballs

Have the players 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. Players catch the ball using two hands and throw 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

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 flyball 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 flyball. Down, the players will pretend to field a groundball. Remember to use Simon says, and make it FUN.

Game

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 fill in gaps (behind the infield) Rotate positions after each inning.

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 games.