

<b>Age: 3-5 / 5-7</b>		<b>Sport: T-Ball</b>	
<b>Duration:</b> 60 mins	<b>Physical Skills:</b> Hitting, running the bases	<b>Social Skill:</b> <b>Sharing</b>	<b>Stickers:</b> Hitting, <b>Sharing</b>

**Review T-Ball Sport Resources Alongside Lesson Plan [HERE](#)**

**Welcome!**

1. Introduce the sport - holding out baseball and bat
2. Talk about the actions we do in baseball
3. Introduce the social skill
4. Talk about what **sharing** is and how we use it

<b>Social Skill</b>  <b>Intro</b>	<ul style="list-style-type: none"> <li>• <b>Sharing</b> means we don't keep things just for ourselves — we let our friends have a turn too.</li> <li>• <b>Sharing</b> helps everyone feel included and makes activities more fun for the whole group.</li> <li>• What can we do to show we are <b>sharing</b>? <ul style="list-style-type: none"> <li>○ Take turns using equipment</li> <li>○ Using kind words like “your turn” or “do you want to try?”</li> <li>○ Wait patiently while someone else is having a turn</li> </ul> </li> </ul>
---	---

**WARM UP**

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

<b>Physical Literacy Skill</b>	<ul style="list-style-type: none"> <li>★ <b>Shuffling</b></li> <li>• Cues for Shuffling: “Step, Together, Step, Together” <ul style="list-style-type: none"> <li>○ Step to the side with right foot, bring left foot in so the feet are together again</li> </ul> </li> <li>• Stay low - bend your knees</li> <li>• Light feet - stay on your toes</li> <li>• No crossing feet - keep your feet side-by-side</li> </ul>
--------------------------------	---

**Shuffle and Throw Maze! - [EXAMPLE](#)**

<b>Equipment</b>	<input type="checkbox"/> <b>Baseballs, cones, hula hoops</b>
<b>Key Points</b>	<hr/> <ul style="list-style-type: none"> <li>→ Create a semi-circle lane using flat cones</li> <li>→ On one side of the semi-circle, players will line up and wait their turn. Place a hula hoop beside the start of the line to hold the baseballs.</li> <li>→ At the other end of the semi-circle, hook a hula hoop to the fence of the diamond (or have the coach hold it up if playing on grass)</li> <li>→ When the coach says “GO,” players take turns grabbing a baseball and shuffle sideways along the cone track toward the target. Players must hold their ball while shuffling.</li> <li>→ When they reach the end, they aim and throw their ball at the hula hoop target.</li> <li>→ After throwing, players retrieve their ball and return to the end of the line to take another turn. To reduce waiting time, set up two semi-circle tracks with two targets.</li> </ul> <hr/>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Simplify:</b> Players play “Follow the Leader” and shuffle in a line behind the coach through different lanes of cones.</li> </ul>

## PHYSICAL SKILLS

### T-Ball Safety Talk! - EXAMPLE

<b>Equipment</b>	<input type="checkbox"/> <b>Baseballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Before playing any games with the bats, have a quick safety talk with the group and show the kiddos how to hold the bat</li><li>→ When demonstrating to the group:<ul style="list-style-type: none"><li>◆ Hold the bat upwards with your one hand against the bottom of the handle, resting against the knob</li><li>◆ Your other hand will go on top of your first hand, so your palms are facing inwards and wrapped around the grip</li></ul></li><li>→ Then demonstrate the 360 rule: Hold the bat in front of you, either the barrel or the handle, and if you ever want to turn around while holding the bat, you have to do the 360 rule first<ul style="list-style-type: none"><li>◆ The head/torso is rotating but the bat is staying close to you and not swinging as you turn - This is so that players don't quickly turn around, swing the bat and hit another player who is beside or behind them</li></ul></li><li>→ Create 2 lines and have players demonstrate the rule while holding the bat</li></ul>

### Hitting Practice!

<b>Equipment</b>	<input type="checkbox"/> <b>Baseballs, cones, hula hoops, tees</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>● Set up both tees and place a hula hoop of balls near each tee</li><li>● Create a boundary of cones a few meters back from the tees to create a safe hitting zone</li><li>● Behind the boundary of cones, create a line of spot markers for the players to line up at</li><li>● Players will take turns hitting the ball off the tee - each player will hit 2 balls off the tee before heading to the back of the line</li><li>● Make sure both lines/tees are retrieving their balls at the same time to ensure no one gets hit</li><li>● Encourage players to try hitting from both sides (right and left)</li></ul> <hr/> <ul style="list-style-type: none"><li>● <b>Help players 1-1 with the proper way to hold a bat and ensure their hands are in the right spot</b></li><li>● <b>Remind players of the 360 rule and the hitting zone</b></li></ul>

## SOCIAL SKILLS

### T-Ball Target!

<b>Equipment</b>	<input type="checkbox"/> <b>Bat, tee, hula hoops or cones, balls</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Set up the tees and place a hula hoop of balls near each tee</li><li>→ Create a boundary of cones a few meters back from the tees where the kids will line up to create a safe "hitting zone"</li><li>→ Place cones, hoops or spot markers in the field as targets</li><li>→ Assign different points values for each target (i.e. close = 1, far = 3)</li><li>→ Players take turns hitting the ball off the tee</li><li>→ After hitting, watch where the ball lands closest to and celebrate how many points the player scored</li><li>→ Players retrieve the ball and pass the bat to the next player - Emphasize that <b>sharing</b> means we give the bat to our teammates so everyone can have a turn.</li></ul>
<b>Adaptation</b>	<ul style="list-style-type: none"><li>● <b>Simplification:</b> Keep a team score and see how many points you can get altogether as a team.</li><li>● <b>Progression:</b> Players can aim for specific targets - have the player point to their target before hitting. Or, whichever target the ball lands closest to, remove the target from the field and continue until all targets have been cleared!</li></ul>

Hit & Run!	
<b>Equipment</b>	<input type="checkbox"/> <b>Bat, tee, bases, hula hoop, balls</b> <hr/>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Set up the tees, bases and place a hula hoop of balls near each tee</li> <li>→ Create a boundary of cones a few meters back from the tees where the kids will line up to create a safe "hitting zone"</li> <li>→ The first player in line hits the ball off the tee. After hitting, the player runs to first base and stops</li> <li>→ Each subsequent player hits off the tee, and the players on base advance to the next base when the next hitter hits</li> <li>→ Continue until everyone has had multiple turns at batting and running the bases</li> <li>→ After each turn, players rotate back to the end of the batting line</li> </ul>
<b>FUN ACTIVITY (~ 5 mins)</b>	
VIP Tag!	
<b>Equipment</b>	<ul style="list-style-type: none"> <li>→ <b>Cones, hula hoop</b></li> </ul> <hr/>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Create a large boundary using cones that players must stay within</li> <li>→ Place one hula hoop on the ground in one corner of the boundary zone</li> <li>→ Choose one player to be the "VIP"; they stand inside the hula hoop - the hula hoop is the VIP's safe zone</li> <li>→ Assign 1-2 players to be IT and all other players play tag</li> <li>→ If a player is tagged, they must sit down where they are</li> <li>→ The VIP's role is to high five seated players to bring them back into the game, without getting tagged</li> <li>→ If the VIP gets tagged, the round ends!</li> <li>→ Rotate the VIP each round so everyone who wants a turn gets a chance.</li> </ul> <hr/>
<b>Adapatation</b>	<ul style="list-style-type: none"> <li>• Place two hula hoops in opposite ends of the space and have 2 VIP players</li> <li>• To better indicate who is IT - players who are IT can run with a ball and tag players with the ball (with two hands, not throwing the ball)</li> </ul>
<b>WRAP UP (~5 mins)</b>	
Huddle & Review!	
<b>Review</b>	<ul style="list-style-type: none"> <li>→ Who can tell me what we learned in t-ball today (i.e. hitting, throwing, running the bases)?</li> <li>→ What social skill did we work on today?</li> <li>→ Yes, <b>sharing</b>! Can I hear everyone say "<b>sharing</b>"?</li> </ul> <hr/>
<b>Cheer</b>	<ul style="list-style-type: none"> <li>• The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY!</li> <li>• Be as LOUD as you can!</li> </ul> <hr/>
<b>Stickers</b>	<ul style="list-style-type: none"> <li>★ Hand out Hitting and <b>Sharing</b> stickers</li> </ul>