

Age: 3-5 / 5-7		Sport: T-Ball - Week 1	
Duration: 60 mins	Physical Skills: Base running	Social Skill: <b>Patience</b>	Stickers: Base Running, <b>Patience</b>

**Review T-Ball Sport Resources (Base Running) 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
3. Talk about what **sharing** is and how we use it

<b>Social Skill</b>  <b>Intro</b>	<ul style="list-style-type: none"> <li>• In T-ball / Baseball, not everyone playing gets to run or use a bat at all times. Usually it is just one person who takes a turn to run and use the bat.</li> <li>• They have to be <b>patient</b> while they <b>wait their turn!</b></li> <li>• What does it look like when we are being <b>patient</b>? <ul style="list-style-type: none"> <li>○ Staying calm</li> <li>○ Waiting your turn</li> <li>○ Don't get upset while waiting</li> </ul> </li> </ul>
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**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>	<p>★ <b>Running</b></p> <ul style="list-style-type: none"> <li>• Eyes forward - look where you are going</li> <li>• Arms bent - make an "L" with your arms</li> <li>• Opposite arm, opposite leg - right arm with left leg, left arm with right leg</li> <li>• Swing your arms - forward and back (not across your body)</li> <li>• Light feet - run quietly on your toes</li> <li>• Quick steps - short, fast steps</li> </ul>
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**T-Tag!**

<b>Equipment</b>	<input type="checkbox"/> N/R
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Create a boundary using cones and have the kids spread out around inside the boundary space.</li> <li>→ Either have the coaches start as "it" or pick 1-2 kids to be "it".</li> <li>→ When a player is tagged, they have to freeze in the shape of a "T" (feet together, arms straight out)</li> <li>→ Players can unfreeze when a teammate runs under their arm to free them</li> </ul>

**PHYSICAL SKILLS**

**Running the Bases! - [EXAMPLE](#)**

<p><b>Equipment</b></p>	<p><input type="checkbox"/> <b>Bases, home plate, spot markers</b></p> <hr/> <p><b>Key Points</b></p> <ul style="list-style-type: none"> <li>→ Set up the bases and home plate (set up 2 diamonds depending on number of players)</li> <li>→ Create a line behind the home plate using spot markers for players to line up on</li> <li>→ Players will line up behind home plate and the coach will lead the whole group around the bases to learn the route <ul style="list-style-type: none"> <li>◆ Call out each base as a group as you make your way around the diamond (First base...Second base...etc) and ensure players step on each base with their foot</li> </ul> </li> <li>→ Next, players will line up behind home plate</li> <li>→ When the coach says GO, the first player in line will run to first base and STAY. Then, the next player will run on the coach's GO and high five the player at first base.</li> <li>→ Players will continue to advance to the next plate after receiving a high five, all the way until they return to home plate</li> </ul>
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**Base Path Relay!**

<p><b>Equipment</b></p>	<p><input type="checkbox"/> <b>Bases, home plate, spot markers</b></p> <hr/> <p><b>Key Points</b></p> <ul style="list-style-type: none"> <li>→ This is an extension of Running the Bases</li> <li>→ Set up home plate, 1st, 2nd, and 3rd base</li> <li>→ Using two different-colored tall cones, place one cone a few feet behind home plate and the other cone at second base</li> <li>→ Divide the kiddos into two teams as evenly as possible. <ul style="list-style-type: none"> <li>◆ Team 1 lines up behind the cone at home plate</li> <li>◆ Team 2 lines up behind the cone at second base</li> </ul> </li> <li>→ When the coach says "GO!", the first player in line from Team 1 runs all the way around the bases and returns to home plate. They then high-five the next teammate in line.</li> <li>→ At the same time, the first player from Team 2 does the same - running all the way around the bases (including home plate) and returning to second base to tag the next teammate.</li> <li>→ After a player completes their run and high-fives the next runner, they go to the back of the line and sit down</li> <li>→ The first team to have all players seated wins</li> <li>→ Although this is a relay race, the main goal is for the kids to practice running the bases, touching each base with their feet, and building confidence while working together as a team</li> </ul>
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**SOCIAL SKILLS**

**T-Ball Captains Coming!**

<p><b>Equipment</b></p>	<p><input type="checkbox"/> <b>Bases, cones</b></p> <hr/> <p><b>Key Points</b></p> <ul style="list-style-type: none"> <li>→ Set up home plate, 1st, 2nd, and 3rd base</li> <li>→ Use cones to show the infield (inside the bases), as well as cones to show the outfield (outside the bases)</li> <li>→ Players will spread out and be ready to listen</li> <li>→ The coach is the "Captain." When the captain calls something, players run to it fast and safe</li> <li>→ The coach will call out the following cues randomly: <ul style="list-style-type: none"> <li>◆ "HOME PLATE!" - Run and touch home plate</li> <li>◆ "FIRST BASE!" / "SECOND BASE!" / "THIRD BASE!" - Run and touch the called base with foot</li> <li>◆ "INFIELD!" - Run anywhere inside the bases</li> <li>◆ "OUTFIELD!" - Run anywhere outside the bases</li> <li>◆ "RUN THE BASES!" - Run in order: Home → 1st → 2nd → 3rd → Home</li> <li>◆ "CAPTAINS COMING!" - Stop, salute the captain and say "Aye, Aye Captain!"</li> </ul> </li> <li>→ Be sure to practice all of the cues together as a group before starting the game</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Inside the bases = infield: The infield is the part of the field inside the bases. It's close to home plate where we start.</li> <li>• Outside the bases = outfield: The outfield is the big grassy area outside the bases. It's far away and has lots of room to run.</li> </ul>
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	<ul style="list-style-type: none"> <li>When we are listening to the coach we are also practicing <b>patience!</b> We are going to turn on our best listening ears for this game.</li> </ul>
<b>Spins and a Run!</b>	
<b>Equipment</b>	<input type="checkbox"/> <b>Bat, bases</b> <hr/>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Set up the bases and home plate (set up 2 diamonds depending on number of players)</li> <li>→ Create a line behind the home plate using spot markers for players to line up on</li> <li>→ Players will take turns placing their forehead on the bat to do 5 spins in a circle, then run the bases!</li> <li>→ Let them laugh, wobble and be silly</li> <li>→ Emphasize <b>patience</b> while players <b>wait for their turn</b> with the bat</li> </ul>
<b>FUN ACTIVITY</b>	
<b>What Time is it Mr. Wolf!</b>	
<b>Equipment</b>	<input type="checkbox"/> <b>Cones</b> <hr/>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Set up a wide line of cones on one end of the space</li> <li>→ Players will stand along the line to start</li> <li>→ When the players call out, "what time is it Mr. Wolf?", the wolf (coach) responds with "it's [time] o'clock", and players proceed to take that many steps towards the wolf</li> <li>→ When the coach yells "lunchtime", all the players have to run back to the starting line and the coach will be trying to tag them</li> <li>→ If tagged, that player joins the coach as a wolf to tag players BUT the coach still controls the time + lunchtime</li> </ul>
<b>WRAP UP</b>	
<b>Huddle &amp; Review!</b>	
<b>Review</b>	<ul style="list-style-type: none"> <li>→ Who can tell me what we learned in t-ball today (i.e. running the bases, infield, outfield)?</li> <li>→ What social skill did we work on today?</li> <li>→ Yes, <b>patience!</b> Can I hear everyone say "<b>patience</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 Base Running and <b>patience</b> stickers</li> </ul>