

Age: 3-5 / 5-7		Sport: T-Ball - Week 2	
Duration: 60 mins	Physical Skills: Throwing, catching	Social Skill: Listening	Stickers: Throwing, Listening

Review T-Ball Sport Resources (Throwing) 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 **listening** is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> • Let's all turn on our listening ears right now as a group! (pretend to turn on your ears by physically doing the motion and have the kids do this too). • What can we do with our bodies to show we are listening? <ul style="list-style-type: none"> ○ Eyes looking the person who is talking ○ Being quiet when someone else is talking ○ Our bodies are still and facing toward the person who is talking
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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.

Physical Literacy Skill	<ul style="list-style-type: none"> ★ <u>Throwing / Catching</u> • Cues for the underhand throw: <ul style="list-style-type: none"> ○ Face your target ○ Arm looks like a lower case "L" (straight line) ○ Swing (arm), Step (always with opposite leg), Throw • Cues for catching: <ul style="list-style-type: none"> ○ Reach - hands out toward the ball ○ Grab - grab the ball ○ Give - bring it to your body
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Coach Says!

Equipment	<input type="checkbox"/> Playground balls OR Baseballs
Key Points	<ul style="list-style-type: none"> → Each player will have a ball → Players will spread out in the space → The coach will give the instructions (i.e. "Coach says bounce your ball down and catch it") and the players will complete the action with their ball → Use various catching instructions mixed with fun/silly actions (throw it up and catch it, etc.)

PHYSICAL SKILLS

T-Ball Throwing Talk! - [EXAMPLE](#)

Equipment	<input type="checkbox"/> Baseballs <hr/>
Key Points	<ul style="list-style-type: none"> → Players will spread out along the edge of the diamond where the shale meets the grass → Each player will have a ball → Players will stand sideways on the edge of the diamond with their feet hip distance apart and the ball will start in the right hand <ul style="list-style-type: none"> ◆ Their free hand will point to where they want to throw ◆ With their ball in hand, players will pretend to knock on an imaginary door behind them ◆ Then when the coach says GO, they will all fire their balls at the same time

Over Under! - [EXAMPLE \(Time 7:43\)](#)

Equipment	<input type="checkbox"/> Baseballs, spot markers <hr/>
Key Points	<ul style="list-style-type: none"> → Divide players into partners and have each pair line up across from their partner (use spot markers to help) → Each pair will have a ball → Within each pair, one player will throw overhand and the other will throw underhand → On the coach's signal, players will pass the ball back and forth and must make eye contact with their partner before throwing the ball → After 10 throws, partners swap roles to try both styles of throwing

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

Equipment	<input type="checkbox"/> Baseballs, cones, hula hoops <hr/>
Key Points	<ul style="list-style-type: none"> → Create a semi-circle lane using flat cones → 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. → 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) → 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. → When they reach the end, they aim and throw their ball at the hula hoop target. → 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.

SOCIAL SKILLS

Head, Shoulders, Knees, & HOME RUN!!

Equipment	<input type="checkbox"/> Spot markers or flat cones, bases <hr/>
Key Points	<ul style="list-style-type: none"> → Set up a line of cones or spot markers and have all the players stand along the line → A few meters ahead of the line, set up the bases → Play 'Head, Shoulders, Knees and Toes' while calling the actions at random. Then, yell out "HOME RUN!". The players must then run around the bases as fast as they can, give the coach a high five, and back to their spot. → Make sure you are demonstrating the actions and running the bases! → Emphasize listening ears and eyes on the coach

Clean Your Backyard!

<p>Equipment</p>	<p><input type="checkbox"/> Cones, baseballs</p> <hr/> <p>Key Points</p> <ul style="list-style-type: none"> → Set up a large boundary zone using cones for the kids to stay within → In the centre of the boundary, use additional cones to create a channel that runs from one sideline to the other - this will be the “river” (no player zone) for safety → Divide players into 2 teams and put each team on either side of the river, each side with as many balls as there are players → The goal is for each team to clean their backyard by throwing the balls off their lawns, while their opponents do the exact same thing → No one enters the river for safety reasons. If a ball stops in the river, the coach removes it. → After about a minute, the team with the fewest balls in their yard wins the round → Redistribute the balls and play again
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FUN ACTIVITY

Fire and Ice Tag!

<p>Equipment</p>	<p><input type="checkbox"/> Cones, playground balls</p> <hr/> <p>Key Points</p> <ul style="list-style-type: none"> → Create a large boundary using cones that players must stay within → Choose 1-2 players who will be IT - they are the “freezers” and have “ice powers” → Choose another 1-2 players (can be coaches) who have the fireball (playground ball” to unfreeze players → Players with the fireball cannot be frozen → If you are frozen, players with the fireball can toss you the ball and if you catch it you are unfrozen → If the fireball is not caught when tossed, it must be re-tossed until it is caught successfully <hr/> <p>Adaptation</p> <ul style="list-style-type: none"> • Progression: If the fireball is dropped it is dead and cannot be picked up again. OR, the fireball is no longer invincible and can be frozen by the ice - if frozen, it can still be unfrozen by another fireball if they make a successful catch (must have 2 players with fireballs).
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WRAP UP

Huddle & Review!

<p>Review</p>	<ul style="list-style-type: none"> → Who can tell me what we learned in t-ball today (i.e. throwing, running the bases)? → What social skill did we work on today? → Yes, listening! Can I hear everyone say “listening”? <hr/> <p>Cheer</p> <ul style="list-style-type: none"> • The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can! <hr/> <p>Stickers</p> <ul style="list-style-type: none"> ★ Hand out Throwing and Listening stickers
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