

Age: 3-5 / 5-7		Sport: T-Ball - Week 3	
Duration: 60 mins	Physical Skills: Catching, throwing	Social Skill: Teamwork	Stickers: Catching, Teamwork

Review T-Ball Sport Resources (Catching) 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 **teamwork** is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> • Teamwork means that we don't just do this by ourselves, we also play with our friends, as a team! • What are some ways that we can practice good teamwork? <ul style="list-style-type: none"> ○ Sharing equipment with our teammates ○ Taking turns and passing to everyone ○ Communicating with our teammates
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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"> ★ Skipping • Start Slow - <ul style="list-style-type: none"> ○ Begin by practicing balancing on one foot (then the other) ○ Practice hopping on one foot (then the other) ○ Practice marching on the spot (then march around the circle together) • Teach the "Step-Hop" technique to learn the rhythm of skipping - <ul style="list-style-type: none"> ○ Step with right foot, then hop on right foot; Step with left foot, then hop on left foot. ○ Continue to "step, hop, step, hop", alternating feet
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T-Tag!

Equipment	<input type="checkbox"/> N/R
Key Points	<hr/> <ul style="list-style-type: none"> → Create a boundary using cones and have the kids spread out around inside the boundary space. → Either have the coaches start as "it" or pick 1-2 kids to be "it". → When a player is tagged, they have to freeze in the shape of a "T" (feet together, arms straight out) → Players can unfreeze when a teammate runs under their arm to free them <hr/> <ul style="list-style-type: none"> • Incorporate Physical Literacy Skill - I.e. all players must skip, only players who are IT must skip, etc.

PHYSICAL SKILLS

Catching Drills!

Equipment	<input type="checkbox"/> Baseballs <hr/>
Key Points	<ul style="list-style-type: none"> → Create a circle using spot markers and have each player find a spot → Players will each have a ball → Begin with getting a feeling of the ball - EXAMPLE <ul style="list-style-type: none"> ◆ Players roll the ball in their hands ◆ Practice “Around the World” - players pass the ball around their body (do this in both directions) → Players will practice their “Catch and Release” with the ball <ul style="list-style-type: none"> ◆ Players start by holding the ball at face-height and dropping the ball into their other hand (alternating hands each time) ◆ Once comfortable, players can practice a two-hand juggle by gently tossing the ball in the air from one hand to the other - EXAMPLE ◆ Once comfortable, players can practice a one-hand juggle by gently tossing the ball in the air and catching the ball in the same hand <hr/>
Adapatation	<ul style="list-style-type: none"> • Progression: Players continue practicing a bare-hand toss to themselves with fingers to the sky - EXAMPLE

Roll, Catch, Throw!

Equipment	<input type="checkbox"/> Baseballs <hr/>
Key Points	<ul style="list-style-type: none"> → Divide players in partners and have them stand on spot markers facing each other → One player will roll the ball to their partner, the receiving partner will be in their ready position to trap the ball with an “alligator chomp” and throw it back → Explain this is like a “ground ball” (ball comes along the ground, not the air) → After a few minutes, have players switch roles <hr/>
Adapatation	<ul style="list-style-type: none"> • Simplification: Players kneel on the ground across from their partner and roll the ball back and forth to one another - EXAMPLE • Progression: Players throw and catch the ball in the air with their partner. Challenge them to see how many successful passes they can make without dropping the ball. Each time they make 5 successful passes, they take a step back to make the distance farther. <ul style="list-style-type: none"> ○ Encourage players to catch the ball like a high five with their fingers to the sky (not a bow of soup)

SOCIAL SKILLS

King/Queen of the Field!

Equipment	<input type="checkbox"/> Balls, bat, tee, cones, hula hoop <hr/>
Key Points	<ul style="list-style-type: none"> → Set up a home plate and tee with a hula hoop of balls beside it → The coach will have the bat to start → Players spread out in the field, far enough back to avoid being hit by a ball → The coach will start by hitting the ball into the field. Then, players scramble to field the ball. → The player who successfully retrieves the ball will throw it back to the coach and becomes the next batter <ul style="list-style-type: none"> ◆ If one player repeatedly fields the ball first, have them give the ball to someone who hasn't had a turn yet → Emphasize fun, teamwork and effort over competition <hr/>
Adapatation	<ul style="list-style-type: none"> • Set up two tees and have two balls going at a time • The kids must skip to retrieve the ball • Use the “Hitting & Fielding” game below as an extension for this activity!

Hitting & Fielding! - [EXAMPLE](#)

Equipment	<input type="checkbox"/> Balls, bat, tee, bases, hula hoop
Key Points	<ul style="list-style-type: none">→ Set up the bases and place one tee at home plate→ Position an empty hula hoop in front of second base→ Create a line using spot markers behind home plate and second base for players to line up at→ Divide the players into two teams - one team lines up behind the home plate, and the other behind second base→ The first player at the tee will hit the ball off the tee→ After the ball has been hit, the first player in line at second base run to retrieve the ball and throws it back toward their base (returning it to the empty hula hoop)→ After completing their turns, both players go to the back of their lines and the next players take a turn→ Allow each player a few turns before switching the groups roles→ Emphasize fun, teamwork and effort over competition

FUN ACTIVITY

VIP Tag!

Equipment	<input type="checkbox"/> Cones, hula hoop
Key Points	<ul style="list-style-type: none">→ Create a large boundary using cones that players must stay within→ Place one hula hoop on the ground in one corner of the boundary zone→ Choose one player to be the "VIP"; they stand inside the hula hoop - the hula hoop is the VIP's safe zone→ Assign 1-2 players to be IT and all other players play tag→ If a player is tagged, they must sit down where they are→ The VIP's role is to high five seated players to bring them back into the game, without getting tagged→ If the VIP gets tagged, the round ends!→ Rotate the VIP each round so everyone who wants a turn gets a chance.
Adapatation	<ul style="list-style-type: none">• Place two hula hoops in opposite ends of the space and have 2 VIP players• 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)

WRAP UP

Huddle & Review!

Review	<ul style="list-style-type: none">→ Who can tell me what we learned in t-ball today (i.e. catching, throwing, hitting, running the bases)?→ What social skill did we work on today?→ Yes, teamwork! Can I hear everyone say "teamwork"?
Cheer	<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!
Stickers	<ul style="list-style-type: none">★ Hand out Catching and Teamwork stickers