

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

**Review T-Ball Sport Resources (Tagging) 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 **sportsmanship** is and how we use it

<b>Social Skill Intro</b>	<ul style="list-style-type: none"> <li>• <b>Sportsmanship</b> means being a <b>good friend</b> and <b>treating others how you want to be treated</b> when we play sports.</li> <li>• It also means we don't only focus on winning, it is our <b>effort and trying that matters!</b></li> <li>• What are some ways that we can show good sportsmanship when we play? <ul style="list-style-type: none"> <li>○ High five our teammates</li> <li>○ Cheer our teammates on</li> <li>○ Share equipment with everyone</li> <li>○ Always try your best</li> <li>○ Having a good attitude, even if we don't win or score a goal</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>Galloping</b></p> <ul style="list-style-type: none"> <li>• Rhythm: Step (with lead foot), Together (back foot follows), Step, Together</li> <li>• Step one leg out in front of your body - this is the leading foot</li> <li>• The back foot follows and steps forward to meet the leading foot - the back foot is always chasing the lead leg but never goes in front of it <ul style="list-style-type: none"> <li>○ The fox (back foot) never catches the rabbit (lead foot)</li> </ul> </li> <li>• Practice galloping in different pathways - zig-zag, circles, around cones</li> <li>• Add challenges - around obstacles, in different directions, changes in speed</li> </ul>
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**Cat and Mouse Tag! - [EXAMPLE](#)**

<b>Equipment</b>	<input type="checkbox"/> <b>Cones</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Divide players into partners</li> <li>→ Set up a small triangle or circle of cones for each pair</li> <li>→ One player will start at the cat (the tagger) and the other will be the mouse (running away)</li> <li>→ Players can run in any direction around their triangle / circle of cones</li> <li>→ When the mouse is caught by the cat (tagged), they switch roles and start again</li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Simplify:</b> Rather than having players switch roles each time the mouse is tagged, play short rounds where players remain in their role until the coach calls out "Switch" - this helps eliminate situations where</li> </ul>

players are stuck in their roles and promotes success (i.e. a player has consistent difficulty tagging their partner)

- **Progression:** Change the shape of cones to make it harder to run around (such as a square)

**PHYSICAL SKILLS**

**Force Out, Tag Out! - EXAMPLE (Time 7:25)**

<p><b>Equipment</b></p>	<p><input type="checkbox"/> Bases, balls</p> <hr/>
<p><b>Key Points</b></p>	<ul style="list-style-type: none"> <li>→ Divide players into pairs</li> <li>→ On partner is the runner and the other is the fielder - the fielder will have a ball (and glove)</li> <li>→ Create two parallel lines of spot markers and have each pair line up across from their partner</li> <li>→ The coach will call out one of two commands: "Tag Out" or "Force Out" <ul style="list-style-type: none"> <li>◆ On "Tag Out" - the fielder (player with the ball) must try to tag their partner (holding the ball to tag, not throwing)</li> <li>◆ On "Force Out" - the fielder tries to run to a base and tag it with their foot before the runner (their partner) gets there</li> </ul> </li> <li>→ Players get a point each time they tag a base or the runner</li> <li>→ Play a few rounds then switch roles</li> </ul>

**Pickle! - EXAMPLE**

<p><b>Equipment</b></p>	<p><input type="checkbox"/> Bases, balls, cones/spot markers</p> <hr/>
<p><b>Key Points</b></p>	<ul style="list-style-type: none"> <li>→ Set up two bases</li> <li>→ Create a line using spot markers behind each base for players to line up at</li> <li>→ Divide players into two teams, each team lining up behind each base</li> <li>→ In baseball, players may get into a "pickle" or "rundown" where a runner is stuck between two bases trying not to get tagged</li> <li>→ 1 player from each line will start at each base (fielders) - 1 fielder will start with a ball</li> <li>→ 1 player will start in the middle zone (baserunner)</li> <li>→ One the coach's signal, fielders work together to tag the baserunner with the ball <ul style="list-style-type: none"> <li>◆ Fielders can pass the ball to each other when the baserunner is close to try and tag them</li> </ul> </li> <li>→ The baserunner tries to safely reach a base without being tagged</li> <li>→ Encourage quick movement and communication between fielders</li> <li>→ When the base runner is tagged, they rotate to the back of a line and one of the fielders steps into the middle</li> </ul>
<p><b>Adaptation</b></p>	<ul style="list-style-type: none"> <li>• <b>Simplify:</b> Play "Monkey in the Middle Style" - Divide players into groups of 3 instead of playing as a whole group; Set up two cones as bases, spaced far enough apart to allow safe running. Fielders work together to tag the baserunner in the middle, and the baserunner tries to reach a base safely without being tagged</li> <li>• <b>Simplify:</b> Use one of the smaller playground balls rather than the baseball to increase catching surface area</li> </ul>

**SOCIAL SKILLS**

**Fielding to First!**

<p><b>Equipment</b></p>	<p><input type="checkbox"/> Bat, tee, hula hoops or cones, balls</p> <hr/>
<p><b>Key Points</b></p>	<ul style="list-style-type: none"> <li>→ Set up the bases, tee and the home plate</li> <li>→ Place a hula hoop near the tee and place the balls in it</li> <li>→ Create a line using spot markers behind home plate and second base for players to line up at</li> <li>→ Divide the players into two teams - one team lines up behind the home plate, and the other behind second base <ul style="list-style-type: none"> <li>◆ Home plate line = Batters</li> <li>◆ Second base line = Fielders</li> </ul> </li> <li>→ The coach will stand at first base</li> <li>→ One player at a time will step up to the home plate and hits the ball off the tee - then runs to first base</li> </ul>

	<ul style="list-style-type: none"> <li>→ At the same time after the ball has been kicked, the first player in line at second base runs to retrieve the ball and tries to tag the runner with the ball before they make it to first base</li> <li>→ The fielder can only tag players with two hands on the ball OR by passing the ball to the coach at second base before the runner gets there</li> <li>→ After completing their turns, both players go to the back of their lines and the next players take a turn</li> <li>→ Switch the roles after each line has completed a full rotation</li> <li>→ Emphasize <b>sportsmanship</b> by encouraging players to <b>try your best, have a good attitude no matter the outcome</b>, and <b>cheer on their teammates</b></li> </ul>
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**FUN ACTIVITY**

**What Time is It Mr Wolf!**

<b>Equipment</b>	<input type="checkbox"/> Cones <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>

**WRAP UP**

**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. tagging, base running)?</li> <li>→ What social skill did we work on today?</li> <li>→ Yes, <b>sportsmanship</b>! Can I hear everyone say “<b>sportsmanship</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 Tagging and <b>Sportsmanship</b> stickers</li> </ul>