

Age: 3-5 / 5-7		Sport: T-Ball - Week 6	
Duration: 60 mins	Physical Skills: Grounders, catching, throwing	Social Skill: Goal Setting	Stickers: Tagging, Goal Setting

Review T-Ball Sport Resources (Grounders) 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 [goal setting](#) is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> ● Goal Setting means trying to get better at something step by step to help us improve and succeed. ● Does anyone know what Goal Setting looks like? <ul style="list-style-type: none"> ○ Trying your best every time ○ Working on one skill at a time ○ Not giving up when something is hard ○ Celebrating improvement because practice helps us get better
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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"> ★ Shuffling ● Cues for Shuffling: “Step, Together, Step, Together” <ul style="list-style-type: none"> ○ Step to the side with right foot, bring left foot in so the feet are together again ● Stay low - bend your knees ● Light feet - stay on your toes ● No crossing feet - keep your feet side-by-side
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Cat and Mouse Tag! - [EXAMPLE](#)

Equipment	<input type="checkbox"/> Cones
Key Points	<hr/> <ul style="list-style-type: none"> → Divide players into partners → Set up a small triangle or circle of cones for each pair → One player will start at the cat (the tagger) and the other will be the mouse (running away) → Players can run in any direction around their triangle / circle of cones → When the mouse is caught by the cat (tagged), they switch roles and start again <hr/>
Adaptation	<ul style="list-style-type: none"> ● Simplify: 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 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

Alligator Traps! - [EXAMPLE](#)

FUN ACTIVITY**Simplified T-Ball Game!****Equipment**

Bases, home plate, tee, balls, bat, spot markers

Key Points

- Set up the tees, bases and place a hula hoop of balls near each tee
- Create a boundary of cones a few meters back from the tees where the kids will line up to create a safe "hitting zone"
- Select 3 players who will be the fielders - they will spread out in the open space behind the bases
- The first player in line hits the ball off the tee. After hitting, the player runs to first base and stops
- Each subsequent player hits off the tee, and the players on base advance to the next base when the next hitter hits
- After each hit, the fielders work together to trap the ball and throw it back toward home
- After a player has made it successfully around all the bases and back home, they swap places with one of the fielders
- Continue until everyone has had multiple turns at batting and running the bases, and fielding

WRAP UP**Huddle & Review!****Review**

- Who can tell me what we learned in t-ball today (i.e. grounders, throwing)?
 - What social skill did we work on today?
 - Yes, **goal setting**! Can I hear everyone say "**goal setting**"?
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Cheer

- The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY!
 - Be as LOUD as you can!
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Stickers

- ★ Hand out Grounders and **Goals Setting** stickers