

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

Review T-Ball Sport Resources (Positions) 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 **communication** is and how we use it

Social Skill	<ul style="list-style-type: none"> • Communication helps the team play better together - good teammates talk to each other while they play! • What does good communication look like? <ul style="list-style-type: none"> ○ Calling for the ball: "I got it!" ○ Asking for the ball: "Pass here!" ○ Letting teammates know: "I'm open!" ○ Encouraging others: "Good job!"
Intro	

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"> ★ Balance • Balance means staying steady and not falling • When standing normally, we are balancing on two feet • Explore static balance - try to balance in different still positions: <ul style="list-style-type: none"> ○ Stand up on the tips of your toes, arms stretched straight overhead (giraffe pose) ○ Standing on one foot only (flamingo pose) ○ Stand on one leg, arms out sideways like wings, bend forward at the waist and lift rear leg (airplane pose) ○ Stand on all fours, head down, and bum to the sky (downward dog pose) ○ Stand on all fours, head down, and hold one leg in the air (eiffel tower pose) • Introduce dynamic balance - try to balance while moving: <ul style="list-style-type: none"> ○ Walking along a line (create two parallel lines of cones, leaving foot-wide distance between them so players can walk in the narrow middle space) ○ Heel-to-toe walking (forward and backwards) ○ Jumping over an object and landing still
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T-Tag!

Equipment	<input type="checkbox"/> Cones
Key Points	<ul style="list-style-type: none"> → Create a boundary using cones that players must stay within → Select 1-2 players (or the coach) to start as IT → The rest of the players spread out around the space → When a player is tagged, they freeze in a "T" position (feet together, arms straight out) → To rejoin the game, another player must run under on of their arms to free them → Play multiple rounds rotating who is IT

PHYSICAL SKILLS

T-Ball Captains Coming! - [EXAMPLE \(general, not sport specific\)](#)

Equipment	<input type="checkbox"/> Bases, home plate
Key Points	<ul style="list-style-type: none">→ Set up home plate, 1st, 2nd, and 3rd base→ Use cones to show the infield (inside the bases), as well as cones to show the outfield (outside the bases)→ Players will spread out and be ready to listen→ The coach is the "Captain." When the captain calls something, players run to it fast and safe→ The coach will call out the following cues randomly:<ul style="list-style-type: none">◆ "HOME PLATE!" - Run and touch home plate◆ "FIRST BASE!" / "SECOND BASE!" / "THIRD BASE!" - Run and touch the called base with foot◆ "INFIELD!" - Run anywhere inside the bases◆ "OUTFIELD!" - Run anywhere outside the bases◆ "RUN THE BASES!" - Run in order: Home → 1st → 2nd → 3rd → Home◆ "CAPTAINS COMING!" - Stop, salute the captain and say "Aye, Aye Captain!"→ Be sure to practice all of the cues together as a group before starting the game <hr/> <ul style="list-style-type: none">● Inside the bases = infield: The infield is the part of the field inside the bases. It's close to home plate where we start.● 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.

Blast Ball! - [EXAMPLE \(Time 10:11\)](#)

Equipment	<input type="checkbox"/> Bases, tee, bat, balls, cones
Key Points	<ul style="list-style-type: none">→ Set up the tee, home plate, 1st, 2nd, and 3rd base→ If the group is large enough, divide players into 2 teams→ Create a boundary of cones a few meters back from the tees where the kids will line up to create a safe "hitting zone"→ One team lines up behind the tee, and the other team spread out in the field<ul style="list-style-type: none">◆ One player at each of the bases and the rest spread out in the space behind the bases→ Players practice hitting the ball off the tee and running the bases→ The rest of the players will work together to field the ball and throw it back to the coach→ Let the players practice hitting until they successfully make contact with the ball
Adaptation	<ul style="list-style-type: none">● Progression: Remove the tee and the coach will toss a small playground ball (for larger contact surface area) to the batter. Let the players practice hitting until they successfully make contact with the ball.

SOCIAL SKILLS

Call the Ball!

Equipment	<input type="checkbox"/> Bases, home plate, cones, balls
Key Points	<ul style="list-style-type: none">→ Set up the bases and the home plate (set up 1-2 stations if a large group and 2 coaches are present)→ Players will line up behind home plate→ The coach will stand in the middle with a hula hoop of balls ready at their side→ When the coach says GO, one player at a time will run to any base that they choose→ Once at their chosen base, players turn to face the coach and call out "Ball!"→ The coach then throws them a ball to catch→ The player will throw the ball back to the coach and head to the back of the line→ Emphasize communication by encouraging players to shout out loud and clear to call for the ball

FUN ACTIVITY

T-Ball Game!

