



Champaign Park District Tee Ball 1

SESSION OUTLINE

1st Class Meeting

Introduction of coaches to players and parents
 Warm-up/Stretching
 Throwing & Catching
 Fielding Stance/Grounders

2nd Class Meeting

Warm-up/Stretching
 Throwing & Catching
 Fielding Stance/Grounders
 Fielding Stance/Pop-ups

3rd Class Meeting

Warm-up/Stretching
 Throwing & Catching
 Fielding Stance/Grounders
 Base Running

4th Class Meeting

- Warm-up/Stretching
- Throwing & Catching
- Fielding Stance/Pop-ups
- Batting Stance/Batting

5th Class Meeting

- Warm-up/Stretching
- Throwing & Catching
- Fielding Pop-ups or Grounders
- Batting Stance/Batting

6th Class Meeting

- Warm-up/Stretching
- Fielding Pop-ups or Grounders
- Batting Stance/Batting
- Defensive Positioning

7th Class Meeting

- Warm-up/Stretching
- Throwing & Catching
- Batting Stance/Batting
- Defensive Positioning

8th Class Meeting

- Warm-up/Stretching
- Scrimmage Game
- Sportsmanship

9th Class Meeting

- Warm-up/Stretching
- Scrimmage Game
- Sportsmanship

10th Class Meeting

- Warm-up/Stretching
- Scrimmage Game
- Sportsmanship

11th Class Meeting

- Warm-up/Stretching
- Scrimmage Game
- Sportsmanship

12th Class Meeting

- Warm-up/Stretching
- Scrimmage Game
- Sportsmanship

SAMPLE ACTIVITIES

Throwing & Catching

- Catch
- One and Two (TTB)
- Bounce 2 the Bucket (TTB)
- Rundown (TTB)

Fielding Stance/Grounders

- Don't Break the Egg (HB)
- Speedball (HB)
- Glove Extension Drill (TTB)
- Countdown (TTB)
- Tag Drill (TTB)

Fielding Stance/Pop-ups

- Catching Flies (TTB)

Batting Stance/Batting

- Grip
- Stance
- Swing
- Follow Through

Base Running

- Pick up Coach (HB)
- Track Meet (TTB)
- Rundown (TTB)

Defensive Positioning