

FULL PRACTICE PLAN

WEEK EIGHT

PRACTICE GOAL

The players should be able to throw and catch with a partner successfully (a few consecutive times).

MATERIALS:

- Tee Balls (15)
- Buckets for Balls (1)
- Tees (1) *or Large Traffic cones*
- Players' Gloves
- Bases (4)
- Cone (1)
- Bat (1)
- Volleyball (1)
- Beach Ball (1)
- Net or Fence (1)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about how much they have progressed and how much more there is to learn and fun to be had. Discuss the PCA tip of the week. **(3 minutes)**

2. FOLLOW THE LEADER: Have players stand on the first baseline. Have the coach go to one end and all players turn to face the coach. The coach then does different movements around the field and the players must follow the leader. Examples: skipping, running, walking, zigzagging. Could also be played with players scattered around the infield and the players have to “copycat” the coach. Coach tip-toes in place, marches in place, runs in place, touches knees, ears, shoulders (etc.), hops in place (one foot), jumps in place (two feet). Repeat with a player being the leader as many times as desired. **(6 minutes)**

3. STATIONS: Break players into two groups. Send one group to a throwing station (game), and send one to a hitting station (game). Each station proctored by a coach. Players switch stations after 10 minutes. **(20 minutes)**

STATION 1 THROWING: Start off pairing the players up with partners to play catch. Remind them of important cues of throwing. After playing catch, spread the players out behind the outfield foul line. Set a cone about 5 feet away. Have players try to throw past it (they all will) at the same time. They should retrieve their balls and go back to the line. Move the cone 5 feet further. Have the players try to throw past the cone and then go retrieve their balls. Continue moving the cone back. Work on throwing for distance. When the players retrieve their balls, the coach should say “ready go” so that the players are sprinting to get their ball and returning to the foul line. **(10 minutes)**

STATION 2 HITTING: Have players find a personal space with a bat, and practice swings. Coach should stand in front of players so they can practice a stance and a full swing. Next have players line up behind the tee. Players will swing at a volleyball that is placed on the tee. They are to follow through with a tough swing. Go through the line as many times as possible. **(10 minutes)**

BREAK (2 minutes)

Bring players back to their last practice station.

4. BEACH BALL CIRCLE: In each group make a circle. Coach starts off hitting (bumping) the volleyball to another player, who should try to hit it up in the air and keep it in the circle. Other players try to hit it to keep it up. Encourage calling for the ball and watching the ball hit the players' hands. **(8 minutes)**

5. CONCLUSION: Gather players and review what was learned at practice and the PCA tip of the week. Remind the parents of the next event. **(4 minutes)**

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POSITIVE COACHING ALLIANCE TALKING POINTS FOR TEE BALL COACHES

WEEK 8 — MASTERY (COMPETING WITH YOURSELF)

Learning to compete is an important part of being an athlete, and the biggest competition is with ourselves.

Too often we compare ourselves to other people. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that your athletes can say, "I am better now than I was a few weeks ago."

When your athletes compare themselves now to how they used to be, they'll be encouraged. If they have worked hard, then they have probably improved and they are winning the competition with themselves



WEEK EIGHT

QUICK PLAN

WEEK EIGHT | 45 MINUTES

0:03 INTRODUCTION

- Welcome players
- Discuss the goals of the day, what they will learn and the PCA tip of the week

0:07 FOLLOW THE LEADER

- Players line up and follow the coach doing various movements, or Simon says (copycat) style, players can become the leader
- See full practice plan for complete instructions

0:20 STATIONS

- **Station 1:** Throwing with a partner and throwing for distance
- **Station 2:** Dry swings, and hitting a volleyball off a tee for follow through
- See full practice plan for complete instructions

0:05 BREAK

0:10 BEACH VOLLEYBALL CIRCLE



- Players make a circle within their group with a coach and try to keep the volleyball in the air
- See full practice plan for complete instructions

0:05 CONCLUSION

- Review things learned at practice/PCA tip of the week
- Remind players of next event (practice/game)



MASTERY - COMPETING WITH YOURSELF

Too often we compare ourselves to other people on the team. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that you can say, "I am better now than I was a few weeks ago."

When you compare yourself now to how you used to be, you'll be encouraged. If you have worked hard and tried your best, then you have probably improved!

SEQUENCE 2

FOLLOW THE LEADER

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- All players line up on the first base line behind a coach.
- The coach moves different ways, such as skipping, running, hopping, jumping, and zigzagging, all around the field while the players follow behind mimicking the coach's movements.



SEQUENCE 2

COPYCAT (MODIFICATION TO SEQUENCE 2)

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- The players find a personal space in the playing area with the coach facing the players.
- The coach stays in a stationary spot, while doing several different movements and the players must copy the movements.

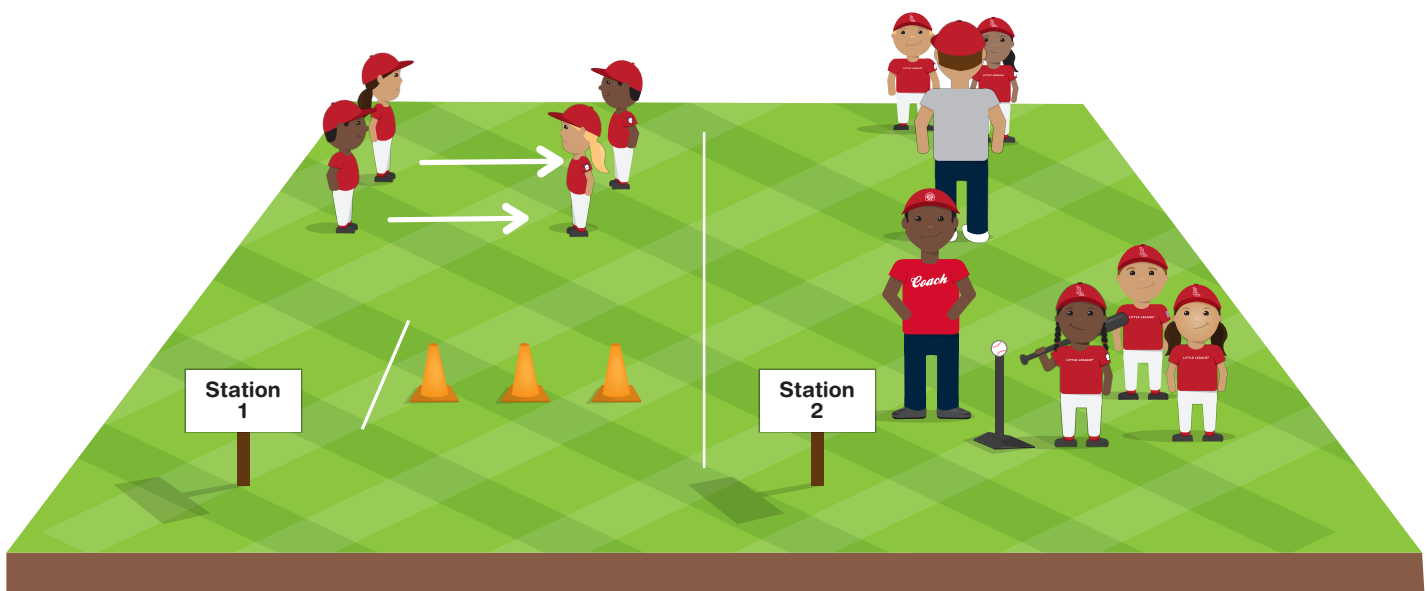


SEQUENCE 3

STATIONS

WHAT YOU'LL NEED:

Bats | Cones (3) | Tee Balls | Helmets



DRILL SEQUENCE:

- The players are broken into two groups.
- Station 1: Practice Throwing – Players practice throwing with a partner. Then the players all stand behind the foul line and are prompted to all throw at the same time as far as they can.
- Station 2: Practice Swings – Players practice swinging with a bat. Then players take turns swinging at a volleyball off of the tee.
- The groups switch after a specific time.



SEQUENCE 4

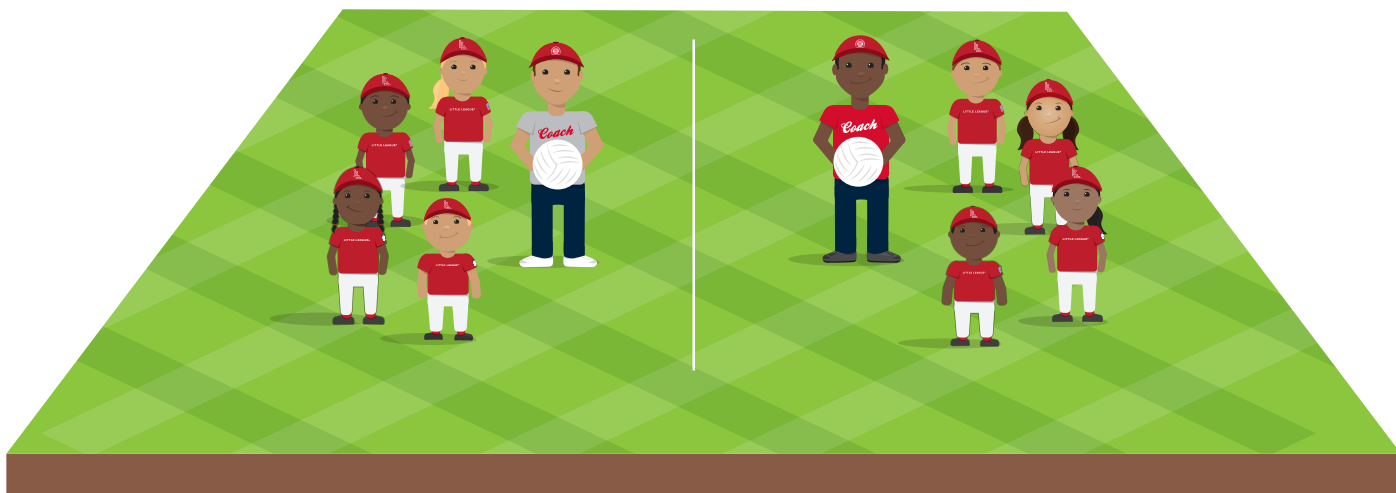
BEACH VOLLEYBALL CIRCLE

ONLINE VIDEO



WHAT YOU'LL NEED:

Volleyball(s)



DRILL SEQUENCE:

- The players remain in groups from the last activity (or break them into groups).
- Each group creates a circle with a coach.
- The coach begins bumping a beach volleyball into the air. The players try to keep the volleyball in the air by calling the ball and hitting it in the air within the circle.

