



TOT/PRESCHOOL BASEBALL (AGES 3-5) ACTIVITY REFERENCE GUIDE



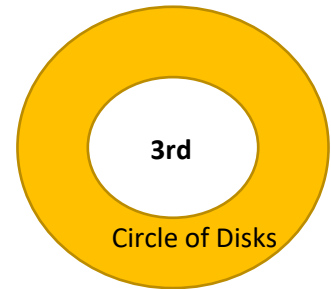
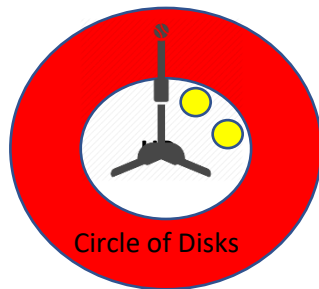
Offensive Drills:

Purpose: Base-running, Hitting off a tee, Hitting from coach pitch

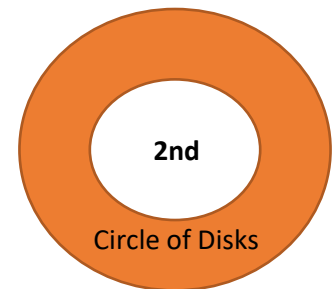
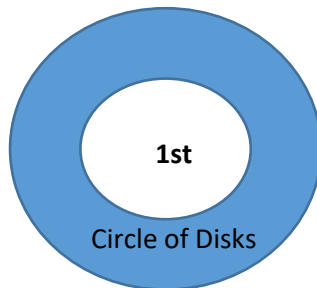
Equipment: Set of bases, whiffle balls, foam balls, foam bat, tee, colored spots, colored feet

Set-up: baseball infield with circle of colored spots between home plate and first base for the dugout. If you do not have colored bases, put a colored spot on the bases as well (1st = blue, 2nd = green, 3rd = yellow, home = red). Put the baseball tee at home plate with the colored feet in the correct place.

This activity usually runs directly after Base-Running Drills so the set-up should be the same.



DUGOUT



Execution:

1. *start with Base-Running Drills and go right into Offensive Drills*
2. Coach calls the first player to home plate.
3. Have the player stand on the colored feet (make sure you know if they are righty or lefty)
4. Make sure the player is holding the bat correctly
 - a. Dominant hand on top
 - b. Bat to the Sky
 - c. Back elbow out



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- d. Toes facing home plate
5. Take the top of the players bat and demonstrate the swinging motion with the bat grazing the tee and follow through
6. Put a whiffle ball on the tee
7. Tell the player "READY, EYES ON THE BALL, and SWING"
8. Player hits the ball
9. Coach grabs the bat and blows his/her whistle and the player runs to first base.
10. Coach calls up the next player. Same thing...now the player on first runs to second, home to first.
11. Continues until all players have gone around the bases and back to the dugout.
12. Keep players rotating through so the bases are always full (1st, 2nd, 3rd, home, dugout, 1st, etc.)

Variations:

- Jungle Adventure – Turn in the Base-Running path into a Jungle by putting a different obstacle between each base. Player must now cross that obstacle while going around the bases.
 - Jungle Adventure I – Rivers, Hoops of Fire, Jungle Bridge, Snake Slide
 - Jungle Adventure II – Hurdles, Hop Scotch Lilly Pads, Lava Rocks, Zig Zag Flags)
 - *See Tot Track & Field or Mini-Hawk Jungle Adventure for more ideas of obstacles*
- Off the Tee – As shown above
- Coach Pitch – USE QUICKSTART FORM BALLS AND RED BASEBALL BAT. Same as with a tee but now you take the tee away and toss the ball to the player. Use the yellow foam balls if you have them. Kneel down in front of the player and give them a soft underhand toss. With most kids it is on the coach to know where the bat is going to be and put the ball in the right spot. Give the player 3 tries. If they hit it, blow your whistle follow the base-running instructions. If not, add in the tee and let them hit the ball first. Make sure they are still in the correct batting stance and using proper technique

Comments:

- For large groups (6+ kids) use tape (inside) or colored disks (outside) to create large bases that all kids can fit inside of so there is no pushing to get on a tiny base.