

45-minute Tee-ball fielding and bases practice

Practice ready position, stopping a ground ball, and running the bases. No bats needed.

45 minutes / 8-12 players / 2 league-approved adults

**0-5
min**

Follow the base path

Walk the bases in order, then jog them. Leave space between runners. No passing.

Cue: Touch each base in order.

**5-13
min**

Ready-position freeze

Move between cones. Freeze in ready position on the team signal. Roll a soft ball to one player at a time.

Cue: Feet apart. Bend down. Watch the ball.

**13-23
min**

Stop the rolling ball

Split into two groups. Roll a soft ball to each player. They stop it, bring it to their middle, and toss it back to the adult. Waiting players stay behind the active player.

Cue: Stop it first. Then find your target.

**23-26
min**

Water

Stop for water. Ask which base comes after first.

Cue: Take your time and drink.

**26-36
min**

Base-path adventure

One group runs the bases while the other fields soft grounders. Swap after five minutes. Space runners out; this is not a race.

Cue: Find the next base.

**36-41
min**

Team fielding challenge

Count ground balls stopped by the whole team. Start again as a group after a miss. No eliminations.

Cue: Help your teammate get ready.

**41-45
min**

Finish with a win

Show ready position, name a base, and recognize effort. Ask players to share one thing they learned with someone at home.

Cue: We are learning together.

Before practice

45-minute Tee-ball fielding and bases practice

Pack the bag

Soft training balls / Cones / Throw-down bases / Gloves / Water

Set up

Set up two fielding lanes facing the same direction, with space between them. Assign one adult per lane. Keep the running area separate.

Adjust for your team

- For hesitant players, shorten the roll and slow it down.
- For confident players, roll slightly to either side and have them move their feet.
- Offer a supervised break when needed, then invite the player back.

What success looks like

Players get ready for a ground ball and follow the base path with fewer reminders.

Ask the team

How did you get your body ready to stop the ball?

Before you take the field

Follow league equipment, supervision, weather, and safety requirements. Keep hitting and throwing lanes separate. Pause for water as needed. Stop throwing if a player reports pain. Check pitching workload, eligibility, and required rest across all teams.

Independent planning example. Official resources: littleleague.org/coaches and mlb.com/pitch-smart/pitching-guidelines.