

45-minute Tee-ball first practice

A simple first practice: learn names, find the bases, field soft grounders, and hit off a tee.

45 minutes / 8-12 players / 3 league-approved adults

**0-5
min**

Names and team signal

Learn names. Have each player share a favorite food. Practice the stop signal with equipment down, then walk the bases.

Cue: We help each other learn.

**5-10
min**

Move like a ballplayer

Jog between cones, balance on each foot, and get into ready position. Rehearse picking up a ground ball without a ball.

Cue: Bend your knees. Eyes toward the ball.

**10-28
min**

Three stations / 6 minutes each

Make three groups. Rotate every six minutes: three tee swings per turn, adult-rolled soft grounders, and home-to-first running. Keep runners spaced out and the hitting area supervised.

Cue: Hit it, find it, run to first.

**28-31
min**

Water and reset

Stop all activity for water. Ask players to point to first base and show ready position.

Cue: Water is part of practice.

**31-40
min**

Everyone gets a turn

Play a tee inning with soft balls. An adult controls the bat between turns. Fielders stop the ball and look for a ready target. Give everyone a turn; skip the score.

Cue: Look before you throw. Listen before you run.

**40-45
min**

Celebrate one thing

Ask each player what they tried. Recognize a helpful teammate and finish with a cheer.

Cue: Trying something new counts.

Before practice

45-minute Tee-ball first practice

Pack the bag

Tees and age-appropriate bats / Batting helmets / Soft training balls / Cones and throw-down bases / Water

Set up

Mark separate hitting, fielding, and running areas. Keep waiting players behind the hitter and clear of all ball paths. Assign one adult to each group. Teach the stop signal before handing out equipment.

Adjust for your team

- Two adults: run two supervised stations, then run bases together. Never leave hitting unattended.
- If attention drops, shorten the activity or repeat a favorite.
- Use a larger soft ball or adjust the tee when contact is difficult.

What success looks like

Players can find first base, try a tee swing, and follow the stop signal.

Ask the team

What was your favorite thing to try today?

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.