

# T-Ball Lesson Plan: Home Run Hero Training

## Materials Needed:

- T-ball stand (tee)
  - Several T-balls or other soft, hittable balls
  - A metal T-ball bat (appropriately sized for the student)
  - Batting helmet (**mandatory for safety**)
  - An open, safe space like a backyard or park
  - 4-5 cones, empty plastic bottles, or other safe objects to use as targets
  - Optional: Batting gloves, sidewalk chalk for marking positions
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## Lesson Overview

- **Subject:** Physical Education (PE)
- **Topic:** Introduction to T-Ball Hitting Mechanics
- **Grade Level:** K-2 (Ages 5-7, adaptable)
- **Time Allotment:** 45 Minutes
- **Lesson Goal:** To build a fun, safe, and positive foundation for hitting a baseball off a tee, focusing on form, safety, and making contact.

## Learning Objectives

By the end of this lesson, the student will be able to:

- Demonstrate the correct batting stance and grip.
- Execute a basic level swing, making contact with the ball on the tee.
- Explain and follow at least two key safety rules for using a bat.
- Hit a ball toward a designated target area.

## Lesson Activities & Procedure

### Part 1: The Slugger Warm-Up (5 minutes)

**Goal:** To get the body moving, loose, and ready for action. Frame this as what the pros do before every game!

1. **Dugout Jumps:** 15 jumping jacks to get the heart rate up.
2. **Windmill Arm Circles:** 10 slow arm circles forward, then 10 backward to warm up the shoulders.
3. **Torso Twists:** With feet planted, twist the upper body from side to side, mimicking the start of a swing. Do this for 30 seconds.
4. **Home Plate High Knees:** 20 high knees in place, as if running the bases.

### Part 2: The Foundation - Grip & Stance (10 minutes)

**Goal:** To establish the correct body position before the swing. Use simple, memorable cues.

1. **Safety First Chat:** Before even touching the bat, establish these non-negotiable rules:
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- **Helmet On:** The helmet must be on and buckled anytime the student is holding the bat.
  - **The Batter's Zone:** The batter is the only person allowed near the tee. Others stay far back.
  - **Drop, Don't Throw:** After you hit the ball, you gently *drop* the bat. We will practice this!
2. **The Grip ("Knocking Knuckles"):**
- Have the student hold the bat straight out.
  - Instruct them to line up the knuckles on both hands that they would use to knock on a door.
  - The dominant hand should be placed above the non-dominant hand. The grip should be firm but not tense.
3. **The Stance ("The Athlete Position"):**
- Stand beside the tee, not in front of or behind it.
  - Feet should be a little wider than the shoulders.
  - Bend the knees slightly, as if about to sit in a chair.
  - Hold the bat up and back, with hands near the back shoulder. Keep the back elbow up ("like a chicken wing").
  - **Practice:** Call out "Athlete Position!" and have the student get into their stance. Check their form and give positive feedback.

### Part 3: The Swing - Putting it in Motion (10 minutes)

**Goal:** To break the swing down into easy, manageable steps. Practice without a ball first.

1. **Step 1: The Load.** From the "Athlete Position," shift weight slightly to the back foot.
2. **Step 2: The Step & Swivel.** Take a small step forward with the front foot. As you step, swivel your hips toward the ball. Tell the student to "squash the bug" with their back foot by pivoting on it.
3. **Step 3: The Contact.** Swing the bat level through the tee. Remind them: "**Keep your eyes on the ball!**" This is the most important part.
4. **Step 4: The Follow-Through.** Let the bat continue its path around the body, finishing over the opposite shoulder like a superhero posing.
5. **Practice Routine:**
  - Do 5 slow-motion "air swings" together, calling out each step.
  - Do 5 practice swings at the tee with no ball, focusing on hitting the top of the tee.
  - Place the ball on the tee. Let the student take 10 swings focusing only on making contact. Celebrate every hit!

### Part 4: The Main Event - Target Challenge! (15 minutes)

**Goal:** To make hitting fun and purposeful. This is where we apply the skills in a creative game format.

- **Game 1: Monster Knockdown**
  - **Setup:** Place the empty plastic bottles or cones about 15-20 feet in front of the tee. These are the "monsters."
  - **Objective:** The student's mission is to hit the ball and knock over as many monsters as possible. This encourages hitting the ball straight and hard.
  - **Assessment:** Did the student hit the ball in the correct general direction?
- **Game 2: The Great Escape**
  - **Setup:** Place two cones about 10 feet apart to create a large "gate."
  - **Objective:** The student must hit the ball so it rolls or flies through the gate to "escape." This teaches directional control. Move the gate to the left or right to add a challenge.
  - **Assessment:** Can the student adjust their swing to aim the ball?

## Part 5: Cool-Down & Celebration (5 minutes)

**Goal:** To cool down muscles and reinforce what was learned in a positive way.

1. **Gentle Stretches:** Hold gentle stretches for the arms (across the chest), shoulders, and hamstrings for 15 seconds each.
2. **Review & High-Fives:**
  - Ask: "What's the first thing we do before we even swing?" (Put on a helmet!)
  - Ask: "Where do your eyes go when you swing?" (On the ball!)
  - Ask: "What was your best hit of the day?"
  - End with a big high-five and praise for their effort and focus.

## Differentiation and Extensions

- **For Extra Support:** If the student is struggling to make contact, use a larger, softer ball (like a foam ball) or a pool noodle cut in half instead of a bat. Focus on just the stance and hip swivel without a full swing.
- **For an Advanced Challenge:** Once the student is consistently making solid contact, the parent/teacher can try a very gentle, underhand "soft toss" from a few feet away. This introduces the concept of hitting a moving ball. You can also have them try hitting the ball to different "fields" (left, center, right).