

# T-Ball School

Ages 3-4

Thank you for volunteering your time to help coach! Without you, we would not be able to do any of this!

## Things to Communicate to Parents:

Make sure the players are always equipped with their glove and water at every practice and game.

The team's games schedule and any updates, which include cancellations and reschedules due to weather, will be posted on front page of website: [Wilson.ygametime.com](http://Wilson.ygametime.com)

## Things to remember:

Stretch at the beginning and end of practice and water breaks every 15 min.



# WEEK 1

You will meet your team for your first time on your assigned practice field. Remember to come at least 10 minutes early.

**Goal:** Defending space in the infield with no outs, no runners, on base, and a grounder in the infield.

**Skills:** Using a glove; fielding grounders; throwing accurately to first base.

**Rules:** Infield positions.

**Character Development:** Core values are introduced. Respect, Responsibility, Caring, Honor, Faith.

## Skill Practice 1: (10 minutes)

- - Introduce, demonstrate, and explain how to field a grounder with a glove. Practice fielding a ball properly.
- - Players choose partners and stand about 10 feet apart from each other. They then roll a ball back and forth between them.

## Skill Practice 2: (10 minutes)

- - Introduce, demonstrate, and explain how to throw a ball accurately. Practice throwing the ball correctly.
- - Players choose partners and stand about 15 feet apart from each other.

## Game : (10 minutes)

Players will learn the basic positions of infielders: first, second, third, shortstop. Players will field grounders and throw accurately to first base.

Show the players each infield position, and use cones to mark each infield position. Then you or an assistant coach should throw or roll grounders to each infield position. Each player fields the grounder and throws the ball to first. Have players rotate through the different position.

## Coaching Cues:

For fielding: "Get in the ready position." "Move your feet to the ball." "Put your glove on the ground." "Catch and cover."

## WEEK 2

**Goal:** Defending space in the infield with no outs, no runners on base, and a grounder in the infield. They should also demonstrate proper batting technique when hitting off a tee.

**Skills:** Fielding grounders; batting; throwing accurately to first base; hitting and then running to first base.

**Rules:** Balls and strikes; infield positions.

**Character Development:** Responsibility. Be ready to play, work to improve skills, and have fun.

### Skill Practice 1: (10 minutes)

- - Players choose partners and stand about 10 feet apart from each other. Roll a ball back and forth.
- - Players then stand 15 feet apart from each other. One partner rolls the ball to the other; the other fields the ball and throws it back to their partner. Switch every 5 times.

### Skill Practice 2: (10 minutes)

Introduce, demonstrate, and explain how to use proper technique when striking a ball off a tee with a bat. Practice striking a ball off a tee with the bat.

- - Set up batting stations. Position them with five feet of a fence. With you or an assistant coach, one player works on hitting the ball off the tee. Each player should hit five times in a row, then switch places.
- - Discuss rules related to balls and strikes.

### Game: (10 minutes)

Players will learn the basic positions of infielders: first, second, third, shortstop, pitcher, and catcher. Players will hit and run to first before the throw gets to the first base player.

### Coaching Cues:

For fielding: "Get in the ready position." "Move your feet to the ball." "Put your glove on the ground." "Catch and cover."

For throwing: "Bring the ball way back." "Step with the opposite foot." "Follow through to the target."

## WEEK 3

**Goal:** Defending space in the infield with no outs, no runners on base and a grounder in the infield.

**Skills:** Hitting and running to first base; fielding grounders; and accurately throwing to first.

**Rules:** Running to first outside base path; overrunning first; foul balls; number of outs; drop bat before running to first

**Character Development:** Honesty. If you break a rule, raise your hand and tell your coach.

### Skill Practice 1: (15 minutes)

- - Set up three or four batting stations. With you or an assistant coach, players work on striking the ball of a tee, hitting it against a fence.

### Skill Practice 2: (10 minutes)

- - Introduce, demonstrate, and explain how to hit and run quickly to first base. Tell the players to run slightly outside the base line; this will help keep them from being hit by the throw to first and still usually allow them to approach the base without running in the infielder at first base. Also, tell them to run all the way through first base and not to leap.
- - Have the players practice their hitting and running to first base quickly. (Players can do a mock swing and run to first base, 3 or 4 times each.)
- - Discuss the rules related to running to first base, such as running too far outside the line.

### Skill Practice 3: (10 minutes)

- - Each player batting hits and runs to first three times. The fielding team fields the ball and throws to first base. Teams rotate after each player batting hits and runs three times.
- - Discuss rules related to outs and foul balls as each situation arises.

### Game: (10 minutes)

- - Players will hit and run to first base before the throw gets there. Players will field and throw the ball to first base before the runner gets there.
- - Encourage better players to "charge the ball" and catch it as soon as possible.

### Coaching Cues:

For Hitting and Running to first base: "Get in the ready position." "Watch the ball on the batting tee." "Step and swing fast." "Step and drive to first base."

## WEEK 4

**Goal:** Defending space in the infield with no outs, no runners on base, and a grounder to the infield; getting on base.

**Skills:** Fielding fly balls and line drives; hitting and running to first.

**Rules:** Fly balls as related to the batter and runner; number of outs at which teams switch; stay in base path.

**Character Development:** Caring. Take turns with teammates.

### Skill Practice 1: (10 minutes)

- - Introduce, demonstrate, and explain how to field a line drive and how to make an accurate throw.
- - Practice fielding a fly ball or line drive and making an accurate throw.
- - Encourage players to "call" the ball.

### Skill Practice 2: (10 minutes)

- - Have the batting team hit the ball from the tee and run to first base. If the ball is caught the runner is out. If the ball is not caught, the runner is safe and can stay on first, then advancing to the next base on the next hit. When this situation occurs, review rules related to a fly ball when batting or running bases and to staying in the base paths when a tag play could occur.

### Skill Practice 3: (5 minutes)

- - Players work on striking the ball off the tee.
- - Other players work on throwing and catching.

### Coaching Cues:

For fielding fly balls: "Get in the ready position." "Move your feet to the ball." "Watch it come in." "Catch the ball in front of your forehead. Use two hands, extend your arms."

For Fielding Line Drives: "Ball above waist: fingers point up." "Ball below waist: fingers point down."

For throwing: "Bring the ball way back." "Step with the opposite foot." "Follow through to the target."

For hitting and running: "Get in the ready position." "Watch the ball on the batting tee." "Step and swing fast." "Step and drive to first base."

## WEEK 5

**Goal:** Cutting the lead runner and advancing from first to second base with no outs and a runner on first.

**Skills:** Covering second base on a force play; throwing accurately to second; running from first to second.

**Rules:** No overrunning second base; stay in the base path; force play vs. tag plays.

**Character development:** Caring. Support teammates when they make a mistake.

### Game: (10 minutes)

- - Players will run from first to second before the throw gets to second base. Players will field and throw the ball to second base before the runner gets there.
- - the batting team starts with a runner on first base. The batter hits and runs to first base; if the first base runner is safe at second, the batting team scores a point. Both runners can continue running bases and can score a run if they cross home plate. The fielders attempt to field and throw the ball to second base before the runner gets there. The side is retired after three points or three outs, whichever comes first.

### Skill Practice 1: (10 minutes)

- - Introduce, demonstrate, and explain how to cover second base on a force play and how to start and stop properly when advancing from first to second base.
- - Practice covering second base on a force play and starting and stopping properly when advancing from first to second base.
- - Have the batting team run from first to second. Cover the rules related to when the runner can leave first base and advance to second. The fielding team should have players at first, second, third, shortstop, and pitcher. Roll or throw four balls to the left side, then four balls to the right side, then two to the pitcher. Signal the runners to run each time. After you have thrown 10 balls, the teams should switch. Continue through three rotations so that all players get to play shortstop or second base.

### Skill Practice 2: (10 minutes)

- - Help players work on striking the ball off a tee.
- - Other players work on throwing and catching.

### Coaching Cues:

For advancing to next base: "Take off when the bat hits the ball." "Run hard."

## WEEK 6

**Goal:** Cutting the lead runner and advancing from second to third with no outs and runners on first and second.

**Skills:** Throwing accurately to third base' running from second to third; covering third base on a force play.

**Rules:** When to leave a base.

**Character Development:** Responsibility. It's important that everyone work hard and learn during practice.

### Skill Practice 1: (10 minutes)

- - Introduce, demonstrate, and explain how to cover second base on a force play and how to start and stop properly when advancing from first to second base.
- - Practice covering second base on a force play and starting and stopping properly when advancing from first to second.
- - Have the batting team run from first to second base. The fielding team should have players at first, second, third, shortstop, and pitcher. Throw them or have someone hit off the tee, four balls to the left, four to the right, and two to the pitcher. You can mix in some fly balls and line drives. Signal the runners to run each time. After you have thrown 10 balls, the teams should switch. Continue through three rotations so that all players get to play shortstop or second base.
- - Review the rules about which bases a player can overrun and which he or she cannot.

### Coaching Cues:

For Advancing to the next base: "Take off when the bat hits the ball."

For Covering a base on a force play: "Get yourself between the ball and the base." "Make a good target."

### Skill Practice 2: (10 minutes)

- - Players work on striking the ball off the tee.
- - Other players work on throwing and catching.

## WEEK 7

**Goal:** Cutting the lead runner and advancing from first to second with no outs, a runner on first, and a grounder to the infield.

**Skills:** Covering third base on a force play; running from second to third base.

**Rules:** Difference between force play and a tag play; cant overrun third base; when to leave second base to advance to third; drop bat before running to first.

**Character Development:** Respect for opponents. Be thankful to opponents.

### Skill Practice 1: (10 minutes)

- - Introduce, demonstrate, and explain how to cover third base on a force play and how to start and stop properly when advancing from second to third base. Show how the shortstop should cover third base when the third base player fields the ball. As the third base player is fielding the ball, the shortstop runs to third and covers the base for a force play.
- - Practice covering third base on a force play and starting and stopping properly when advancing from second to third.
- - Have the hitting team provide runners at first and second base. The fielding team should have players at first, second, third, shortstop, and pitcher. Roll or throw two balls to each of the five infielders, signaling the runners to run each time. After you have thrown 10 balls, the teams should switch. Continue through three rotations so that all players get to third base or shortstop.
- - Review the rules related to when the player can leave second base and advance to third, and teach the kids how to stop at third base.

### Skill Practice 2: (10 minutes)

- - Have players work on striking the ball off a tee.
- - Discuss staying in the batters box when hitting. Also talk about no throwing the bat when they hit and run to first base.



## WEEK 8

**Goal:** Cutting the lead runner; advancing from third base to home plate with no outs, runners on first, second, and third, and a grounder to the infield.

**Skills:** Covering home plate on a force play; advancing from third base to home plate.

**Rules:** Scoring runs; when a player can leave a base; overrun home plate; running outside of base bath to first and from first to home; umpire signals for safe and out.

**Character Development:** Responsibility. Listen to the coach and share team duties.

### Skill Practice 1:

- - Introduce, demonstrate, and explain how to cover home plate on a force play and how to start and stop properly when advancing from third base to home plate. Show how the pitcher should cover home when the catcher fields or chases an overthrown ball.
- - Practice covering home plate on a force play and starting and stopping properly when advancing from third base to home plate.

### Skill Practice 2:

- - Help players work on striking the ball off a tee.
- - Help players catch and throw accurately.

### Game:

- - Players will run from third to home before the throw. Players will field and throw the ball to home before the runner gets there.