



TEE-BALL
SKILLS LIST

T-BALL SKILLS AND CONCEPTS

The skills and concepts listed are the minimum skills that a person coming out of each program should possess. This list is not meant to limit the amount of skills that can be taught and demonstrated, rather, it is meant to provide a base of instruction for coaches.

TEACHING SKILLS

When you introduce a new skill, you should practice the IDEA method.

I – Introduce the skill. Explain what you’re trying to accomplish

D – Demonstrate the skill.

E – Explain the mechanics of the skill.

A – Activate the drill that reinforces the skill.

HITTING SKILLS

- Bat selection
- Stance / Swing
- Dropping rather than throwing the bat after a hit.

BASE RUNNING SKILLS

- Knowing the bases, and running them in order.
- Base running rules

FIELDING SKILLS

- Set Position
- Catching
- Throwing
- General

INFIELD SKILLS

- Knowing the positions
- Covering the base

OUTFIELD SKILLS

- Throw, not run, the ball into the infield.

GENERAL

- Sportsmanship

HITTING SKILLS

- Bat selection

Most kids want to use a bat that is too heavy for them to swing properly. To determine if a bat is too big, have the player hold the bat with one hand, and lift it straight out to the side. If the player can hold it comfortably, the bat is the right size. If the player cannot hold the bat, it is too big.
- Stance / Swing

Hand Position: Right hand above Left hand (RH hitter)
 Left hand above Right hand (LH hitter)
 Bat held about shoulder high

Feet Position: Both feet facing the Tee
 Comfortable distance apart
 Set up away from the Tee so that the "fat" part of the bat will meet the ball
 Step towards the pitcher on the swing.

Body Position: Shoulders level
 Knees slightly bent

Swing: Teach a level, line-drive producing swing rather than a “loop” swing that produces a fly ball.
- Dropping rather than throwing the bat after a hit.

For the safety of the players, the batter must learn not to throw the bat after hitting. Practice dropping the bat after hitting the ball.

BASE RUNNING SKILLS

- Knowing the bases, and running them in order.

This seems to be simplistic, but not every player knows this at the beginning of the year.
- Base running rules

LISTEN TO THE COACH
 Overrun 1st base
 Cannot overrun 2nd or 3rd base
 Cannot pass teammate on the base
 Cannot be on the same base as another teammate

FIELDING SKILLS

- Set Position
Crouch position. Hands on the knees, looking at the batter.
- Catching the ball
Fingers UP when ball is above the waist
Fingers DOWN when ball is below the waist
Use 2-HANDS when catching
Body centered on the ball
- Throwing the ball
Step forward with foot opposite the throwing hand
Keep eyes on where you are throwing the ball
- General
Players must learn to play own position. Try to establish the importance of not running into another player's area. To many times there are members of the same team fighting over the ball. (e.g. 2nd baseman runs to center field to get a ball)

INFIELD SKILLS

- Knowing the positions
Coaches should go over the names of every position, and where on the field each position plays.
- Covering the base
Coach should show how to play first base.
Coach should show how to cover a base once the ball has been hit.

OUTFIELD SKILLS

- Throw, not run, the ball into the infield.

GENERAL

- Sportsmanship
Stress this to players who may need help in this area.

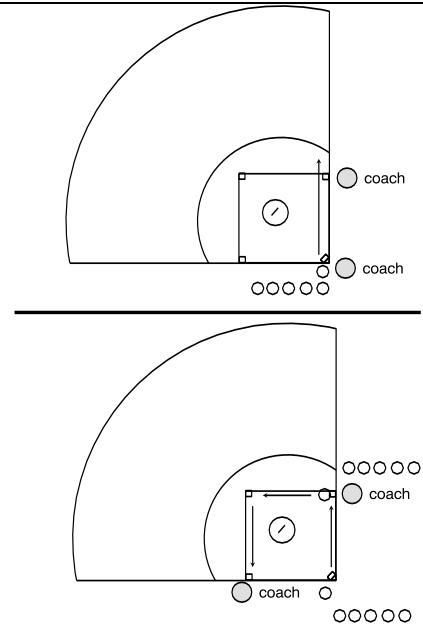


TEE-BALL
DRILLS

BASE RUNNING

BASE RUNNING BASICS

1. Line players up at Home plate. Have them run to and past 1st base.
2. Same as 1, but have the coach tell them to run to 2nd base (No overrunning). After a couple of series, mix up directions. Have some run to 2nd, some stay at 1st.
3. Line players up at 1st base. Have them run to 3rd base. After a couple of series, have the coach tell runners to either stay at 2nd or run to 3rd. (No overrunning bases)
4. Have 2 lines of players, one at Home and one at 1st. Coaches should be in the coach's box on 1st and 3rd. "Batter" swings, drops bat, and runs to 1st. Runners on 1st run to 2nd. After a couple of series, the coaches can tell the hitter to run to 2nd, and the runner on 1st to run to 3rd. Mix up so players get used to listening to the coaches.



VARIATION: Relay Race. Have 2 lines, one at 2nd base and 1 at Home. First runner in each line has a ball in their hands. On coach's signal, first runner in each line runs around all 4 bases and then hands ball to next player in their line. Winning team is one that has all runners cross their base first.

NOTE: For older players, this is a good warm-up drill aimed at getting the energy out of the players so they will be more attentive during the coach's talk about practice goals.

NOTES: _____

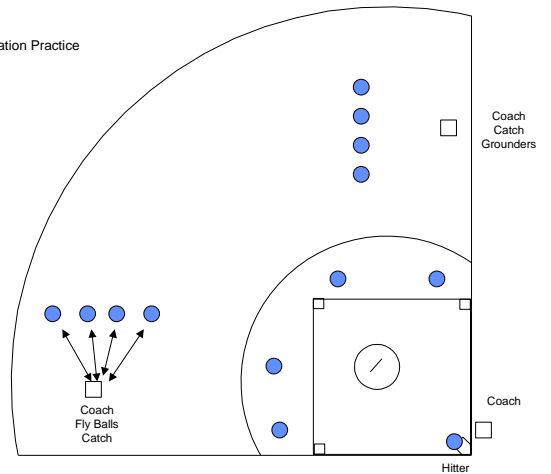
MULTIPLE STATION PRACTICE

3-STATION PRACTICE

It is better to have multiple stations rather than have players standing around during a practice. In this example, we have 3 stations: Hitting, grounders, and fly balls. Players should rotate from station to station as a group rather than leave a station individually.

1. **Hitting:** One player hits while the rest fields the hits. You can position the players in the outfield rather than the infield for this drill. When all players have hit, rotate to the next station.
2. **Grounders/Catch:** Coach lines players up and hits/throws grounders to each player. Coach concentrates on fielding form and throwing motion.
3. **Fly balls/Catch:** Coach lines players up and hits/throws pop flies to the fielders. Concentrate on getting under the ball and using two hands to catch a fly ball.

Multiple Station Practice



NOTES: _____

SAMPLE PRACTICE PLAN

Practice is where the players learn the fundamentals of baseball/softball. It is the part of coaching that many find the most enjoyable. It's a time when you as coach become teacher and mentor.

Over the years, we have found that the most successful coaches are the ones that are organized. They show up at practices with a practice schedule in hand, and show up at the games with an inning by inning schedule of what players will be in what positions.

Tips for conducting a successful practice

1. Keep practice fun for the players.
2. Have an organized practice.
3. Get the parents to help. Most are willing to help when asked.
4. Use multiple stations during practice
5. At this level, stick to the fundamentals of the game

Sample practice plan that covers 1 ½ hours of practice.

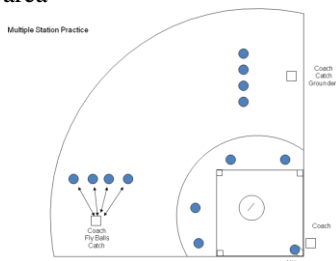
5:30 – 5:35 Coach welcomes players
Ask parents to help out at practice

5:35 – 5:45
Running drills – whole team (this gets some of the energy out of them so they'll be more receptive to instruction)

- Home to 1st (overrun)
- Runners stay on 1st and then advance to next base when the coach signals the next runner goes to 1st.

5:45 – 5:50 Divide team into 3 groups for station drills. This is where you need the parents to help out. The more the merrier.

- Station 1 – Infield area
- Station 2 – Left field area
- Station 3 – Right field area



5:50 – 6: 40 Station Drills – 15 minutes per station and then rotate
(Review Skills list with coach at each station)

- Station 1 – Hitting (use parents as shaggers)
- Station 2 – Fielding basics
 - Hands up – Hands down drill
 - Teach fundamentals of throwing
- Station 3 – Fielding drills
 - Playing catch
 - Throwing pop fly balls

6:40 – 6:55 Bring team back together for infield drill – (2 coach infield drill)

- Players throw to parent catching for coach (or coach hits with glove on – and throw to coach)

6:55 – 7:00 Bring team back together to tell them

- Next practice/game
- When/where
- Encouragement

SAMPLE GAME DAY LINE-UP SHEET

The Hudson Boosters highly recommend filling out line-up sheets before every game and post it on the backstop by the bench so that everyone can see it.

A blank copy of this form can be downloaded from the “Coaching – Baseball” tab on the Hudson Booster web page. Format can be in either Excel (.xls-preferred) or in .pdf format.

Benefits of having a printed or written line-up sheet:

- Players know (or a parent can show) where a player will be playing each inning.
- Speeds up the game because coach doesn’t need to try to figure out where everyone is playing between innings.
- Helps insure that the coach abides by the playing rules
- Helps insure that the players will be rotated to different positions
- Allows parents to see where son/daughter has played or will be playing for the game.

	INNING						BATTING ORDER
	1	2	3	4	5	6	
Pitcher	PEYTON	PEYTON	LOU	LOU	AARON	GABE	1 Zane B
Catcher	JACKSON	JACKSON	PETER	PETER	PEYTON	PETER	2 Bennett S
1st Base	LOU	GABE	GABE	BENNETT	LOU	LOU	3 Lou S
2nd Base	ZANE	PETER	ETHAN	NICK	CARL	NICK	4 Nick F
Shortstop	GABE	BENNETT	JACKASON	PEYTON	GABE	AARON	5 Peyton H
3rd Base	JOE	Aaron	BENNETT	JOE	BENNETT	ZANE	6 Carl T
Left field	CARL	ZANE	CARL	ZANE	NICK	JACK	7 Gabe R
Center field	ETHAN	JOE	Aaron	JACK	JACKSON	ETHAN	8 Ethan H
Right field	JACK	NICK	JACK	ETHAN	JOE	CARL	9 Peter H
Sitting	Bennett	Lou	Zane	Carl	Zane	Bennett	10 Jackson S
	Nick	Carl	Nick	Gabe	Ethan	Peyton	11 Jack VH
	Peter H	Ehtan	Peyton	Jackson	Peter	Jackson	12 Aaron Q
	Aaron	Jack	Joe	Aaron	Jack	Joe	13 Joe B