



DYBA

Low T-Ball

Coaches Sheet



Expectations

1. Players: Have Fun, Grow Love for the Game and Cheering for the Team!
2. Coaches: Prioritize Fun & Sportsmanship with an introduction of basic baseball skills
 - a. Minimal & simple directions, utilizing games and fun to introduce instruction

Fundamentals Skills for the Age Group

1. Throwing & Catching:
 - a. Skills to Develop:
 - i. Ball is raised above or behind the player's ear
 - ii. Body positioning with non-throwing shoulder towards target
 - iii. Step towards target with non-throwing side leg
 - iv. Basket catching acceptable, with pinky-to-pinky below the belt
 - v. Introduce "traditional" catching, with thumb-to-thumb above the belt
 - vi. Glove is used to catch the ball, throwing hand "covers"
 - vii. Eyes & body square to child throwing the ball
 - b. Challenges:
 - i. Underhand throws
 - ii. Body square to target
 - iii. Step with throwing side leg
 - iv. Glove raised to catch ball but turns head away and takes eyes off the ball
 - c. Coaching Techniques:
 - i. Throwing partners stand on same line/rope and focus on steps staying on line
 - ii. Start close, throwing to a partner and take a step back each time they make a catch and take a step closer if they miss
 - iii. Use whiffle or soft-orange balls for throwing at longer distances
2. Fielding
 - a. Skills to Develop:
 - i. Learn each position on the infield, be able to run to position on their own if asked
 - ii. All fielders facing the batter with eyes on the ball & hitter
 - iii. Track, charge and field ball when hit to their side of the field
 - iv. If ball not hit to first baseman, child should cover first to catch throw
 - v. After fielding the ball, all throws are to be made to first base
 - b. Challenges:
 - i. Fielders not paying attention to batter and/or backs to home plate
 - ii. Every fielder chases to all hit balls and "fight" over ball
 - iii. Fielders run ball to 1st base instead of throwing it
 - c. Coaching Techniques:
 - i. Inform players there is an imaginary line from home plate to second base and instruct them not to cross the line if the ball is on the other side
 - ii. Coaches call-out whose ball it is when put in play
 - iii. Ask fielders bat, shoes, helmet, etc. color when comes up to bat to ensure facing the batter
3. Hitting
 - a. Skills to Develop:
 - i. Hold bat with two hands and feet pointing home plate
 - ii. Step towards the pitcher with front foot with back foot down during swing
 - iii. Keep their eyes on the ball when swinging



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3. Hitting (cont)
 - b. Challenges:
 - i. Players stand too close to home plate and hit the ball off the “trademark”
 - ii. Overswing and “spin” themselves into the ground
 - iii. Use a bat that is too heavy and are not able to swing as hard as they can
 - iv. Do not extend their arms when they swing
 - c. Coaching Techniques:
 - i. Teach players the parts of the bat (grip, neck, barrel)
 - ii. Teach to players to set-up with “sweet” part of the barrel behind the ball with their arms extended
 - iii. Give them easy visual cues for swings...keep a bug trapped under the back foot, knock everything off a table with a smooth level swing

4. Baserunning:
 - a. Skills to Develop:
 - i. Teach what each base is and order to run them to score, with end of touching home plate
 - ii. Players are to be ready, and run station-to-station when the ball is put in play
 - iii. Learn that if a fielder with the ball touches first base before the hitter gets to first, the hitter is out
 - b. Challenges:
 - i. Players don’t know the order of bases and when coming home go straight to bench vs touching home plate
 - ii. Players on base are not watching batter and not ready to run when ball is put in play
 - c. Coaching Techniques:
 - i. Start players at home and instruct them to run to “X” base, if they run directly to it vs base-to-base show them the proper way to run bases
 - ii. Turn baserunning into a game/race to catch player ahead and not get caught by trailing runner