

Larchmont Mamaroneck Little League

# Coaching T-Ball Basics

Your go to easy guide to successful coaching strategies for  
T-Ball Minors & T-Ball (Pre K – 1st Grade)

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# WHAT SHOULD A TEE BALL PLAYER KNOW?

## T-Ball Minors (Ages 4-5):

- Hold and swing a bat properly.
- Hit off a tee.
- Throw overhand with basic accuracy.
- Catch with two hands using a soft ball.
- Run bases and understand base awareness.

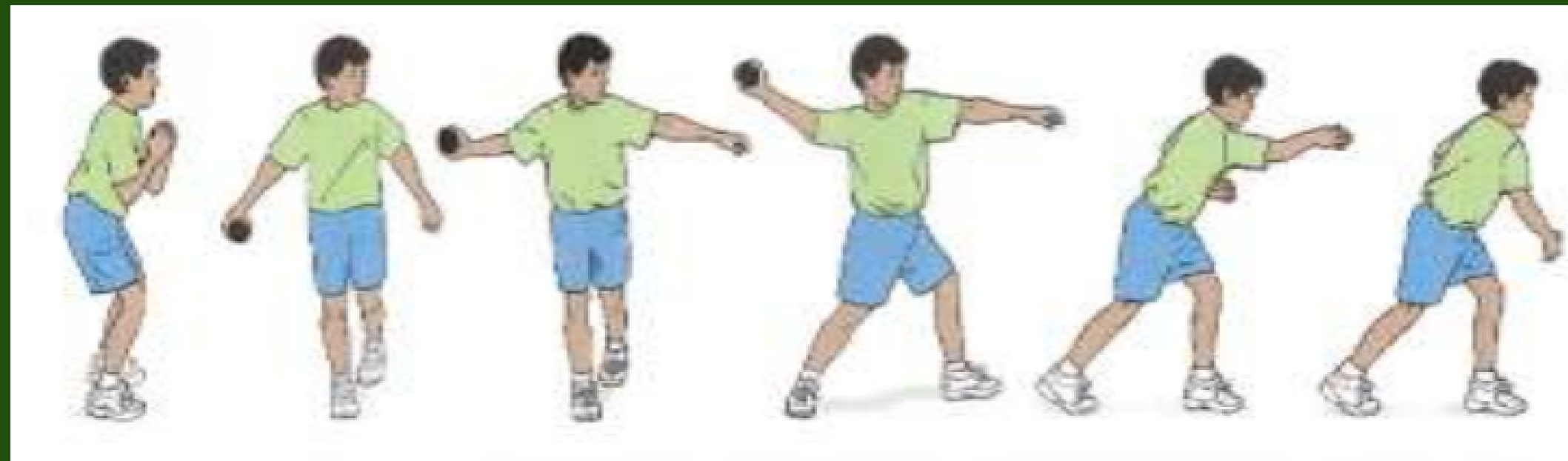
## T-Ball (Ages 5-6):

- Consistently hit off a tee and transition to coach pitching.
- Throw to a target with improved accuracy.
- Catch fly balls using a glove.
- Understand basic game rules (outs, runs, etc.).
- Introduce field positions (pitcher, infield, outfield).

# Coaching Basics for Success

## Throwing a Baseball

- Three finger grip
- Side to target
- Making the letter "T" with glove pointing to target & Baseball facing the ground
- Step with opposite foot of throwing arm & release ball
- Belly Button points at target when finish throwing



# Coaching Basics for Success

## Catching a Baseball

- Begin without a glove and use a softer ball
- Reinforce catching with two hands and bringing ball to the body (not hugging the ball)
- have players put on a glove on non dominant hand
- Players should point fingers up to the sky, coaches should throw ball accurately to glove
- Players should attempt to catch and secure ball with dominant hand.
- Teach players that if ball goes below belly button to flip the glove and point fingers to the ground

## Fielding a Ground Ball

- Player makes fielders Triangle
- With your glove on the ground, stand with your feet shoulder-width apart, knees bent, and butt down.
- Keep your eyes on the ball as it approaches
- Try to meet the ball and move towards it
- Use your throwing hand to trap the ball in your glove



# Coaching Basics for Success

## Hitting off Tee



- Assist player to determine if a right handed or left handed batter
- line up knuckles on the handle
- Bat should be off the shoulder in hitting stance
- Lead foot should be lined up or slightly behind the tee (see diagram)
- Tee height around belly button
- Have players swing and follow through keeping 2 hands on the bat
- \*If players having trouble hitting off tee instruct them to:  
Look at ball & watch their bat hit the ball as they swing

# How to Organize Practice & Games

## Practice before Game

Have players warm up by teaching base running

Set up stations

- Hitting off Tee
- Fielding grounders
- Throwing and catching

Do your best to:

- Encourage players to have fun
- Use all coaches available to engage players
- Rotate positions & batting order

## Playing Game

- 3 innings or 1 Hour of game play
- Use instructional cues to help players get in position at the Tee, hit the ball, and run to 1st base.
- Players take one base at a time