

West Valley City Parks & Recreation

Coaches Information Packet: T-Ball



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****Rainout Hotline Number 801-955-4025****

Important Information

- 1) Games are Played at 6pm and 7pm (each team plays 1 game a week)
- 2) Pictures
 - a) We will take formal team photos and action shots
 - b) Team photos will take place 1 hour before your first game: TBD
 - c) All photos will be distributed to teams digitally at the end of the season.
 - d) A photo backdrop will will available at the beginning of the season for formal individual photos (parents take these)
- 3) Uniforms will be distributed at the first game.
 - a) you will receive a predetermined selection of sizes. If a child does not fit into any of the provided sizes, please let us know so we can provide a different size.
 - b) All coaches will receive an Adult Large Shirt
 - c) colors will not be determined until the week of. I cannot guarantee specific colors.
 - d) we only provide shirts, players may wear what ever they are most comfortable in for pants and shoes.
- 4) Players need to provide their own mitt- we will provide all other equipment
- 5) PRACTICES ARE NOT REQUIRED
 - a) if you choose to hold practice you may practice anywhere that is most convenient for you
 - b) If you choose to practice at Centennial park center quad an equipment bag is available for check out (located at the front desk of the family fitness center)

T-Ball Rules

1. Every player will hit off the T-stand. They will get three (3) attempts to try and swing the bat and hit the ball by themselves. If they cannot hit by themselves the coach will swing with the kid's hands and hit the ball for them. Until the player gets used to where to swing and hit the ball, this will help speed up the game.
2. Teams will bat through the complete line up each inning. Once the last batter is up, he/she will hit and run the entire bases all the way home indicating the inning is over and the next team is up to bat.
3. When a Player hits the ball, they will run to first base. The defensive team will try to make a play. Even if a play is made for an out, the runner stays on first and then runs around the bases one at a time for each batter until he scores. This is to teach them the bases and order they should run them. The last batter hits the ball and runs around all the bases. Mix up who is last batter (each at bat) so that they all get a chance to hit the final base clearing hit.
4. All players will play in the field. You may spread them out evenly in the infield or line them up at first base and have one player in the infield to field the ball. The goal here is to have fun, participate and learn the fundamentals of baseball, but also to be safe and not have dog piles for fielding the ball. Teach appropriate skills as things happen.
5. Players **must** wear a helmet when they bat and run the bases.
6. There will be no leading off and no stealing.
7. Score & standings will not be kept.
8. You should be able to do 15 minutes of drills and warm ups and then play a 40-minute game. Try and have each team hit completely through their line up at least 2 times.
9. No new inning will start after 55 minutes past the hour.
10. Remember to keep it **FUN** for the kids!
11. Coaches may ask other parents to help and be on the field.

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Sample Weekly Drills and Progression

Week 1:

First (5) minutes warm ups and stretching

Next (10) minutes:

1. Work on **Catching the Baseball** (see mechanics page)
 - A. Alligator Hands
 - B. Glove to sky

Week 2:

First (5) minutes warm ups and stretching

Next (10) minutes:

1. Work on **Throwing the Baseball** (see mechanics page)
 - A. Scoop, Load, & Fire
 - B. Keep Eyes on Target, & Step

Week 3:

First (5) minutes warm ups and stretching

Next (10) minutes:

1. Work on **Holding the Bat & Hitting** (see mechanics page)
 - A. Door Knocking Knuckles Grip
 - B. Keep Eyes on the Ball and Follow Through

Week 4:

First (5) minutes warm ups and stretching

Next (10) minutes:

1. Work on **Base Running** (see mechanics page)
 - A. Which Bases are Which
 - B. Touch Every Base

Week 5:

First (5) minutes warm ups and stretching

Next (10) minutes:

1. Work on **Fielding** (see mechanics page)
 - A. Alligator Hands
 - B. Elevator Technique

Week 6:

First (5) minutes warm ups and stretching

Next (10) minutes:

1. Work on **Outfield** (see mechanics page)
 - A. Ready Stance
 - B. Drop-step & Cross-Over

Basic Mechanic Information to Build Baseball Skills

Resource Videos:<https://www.youtube.com/c/littleleague/videos>
<https://www.youtube.com/user/SKLZvidz/playlists>
<https://www.youtube.com/c/ripkenbaseball/playlists>

Catching: <https://youtu.be/V73bznBe0ek> Ground Ball: <https://youtu.be/EGMSjpFMMkQ>

- Alligator hands (have kids open hands and close hands like an alligator mouth) without glove. Try without glove first so kids understand concept.
- Implement glove with alligator hands. Have kids use their non-dominant hand to catch the baseball with their glove and their other hand to throw.
- Practice on having their glove out in front of them with the open side to the sky, and with their other hand on top of their glove like an alligator's mouth to close in the baseball once it is in their glove.

Throwing: <https://youtu.be/V73bznBe0ek>

- Teach the child the scoop, load, and fire technique to throwing. Make sure the child can scoop or catch the baseball, load it in their glove, and grab with their other hand to fire and throw the baseball.
- Teach the child to keep their eyes on the target when throwing.
- Teach the child to step in direction to where they intend to throw the ball.
- Have the child make the throw and follow through when they are finished.

Hitting:https://youtu.be/29z_cWCe1Lw

- Have the child stand at the Tee with their feet shoulder width apart, their face looking at the baseball on the Tee and their grip on the bat to be the door knocking knuckles lined up (see holding the bat).
- Teach the child to keep their eyes on the ball when hitting, even after they hit the ball and follow through. Have them still be looking at the Tee.
- Their front leg should be stiff and straight, while their back leg has turned and acted like they squashed a bug. Teach them to squash the bug with their back leg.

Holding the Bat: https://youtu.be/29z_cWCe1Lw

- Teach the child to hold the bat in the fingertips of their hands, they should have all their door knocking knuckles lined up from top to bottom hand.
- Have the child hold up their pointer fingers, they both should be pointing in the same direction. If they are pointing in different directions have them reposition their grip with their hands.
- Have the child hold the bat on the grips that is comfortable for them. If the bat is too big for the child have them hold higher up the grip. If the bat is too small have the child hold the bat on the bottom of the grips to get the most swing out of the bat.

Continued:

Base Running: <https://www.youtube.com/playlist?list=PL5SpiFsMsRGnHEQk0wFHijuvb--VtlgK6>

- Teach kids what base is which and run the bases with them: 1st base, 2nd base, 3rd base, and Home base. Which way they should run is very important that not all children may know.
- Teach kids to touch the base each time they run around so they get use to making sure they touch it every time.
- Drills: Have two kids line up at 1st base and race to touch 2nd base.

Fielding: <https://www.youtube.com/playlist?list=PL5SpiFsMsRGmWd90yyfEd7VTPpblOWPon>

- Kids should have their legs bent, back straight, and glove out in front of them with their other hand above their glove looking like an alligator mouth.
- Have kids use the alligator hands to catch grounders
- Kids should bend their legs and lower their bottom to the ground to pick up the baseball. This is called the Elevator mechanic to teach kids to bend their knees and put their bottoms to the ground. (An elevator goes up and down)
- Drills: Roll balls on ground to kids, have them catch the ball in their glove, use alligator hands to close the top, and then throw the ball back to you.

Outfield: <https://youtu.be/qvwkdxepqTk>

- Have kids get ready in the ready stance. Bend legs and squat to be ready to run in the direction of the baseball getting hit.
- Teach kids the drop-step and cross-over technique to catching pop fly balls. Make sure they drop the back leg towards the direction the ball is hit, then cross the front leg to start running towards the ball dropping.
- Teach kids to track the ball with their eyes and not taking their eye off the ball when ready to catch.

Weekly Treat Process & Assignment Sheet

The kids like to get a treat after they have played. We encourage the coaches to make sure each week a different child's family is assigned to bring treats for after the game. I have provided this sign-up sheet for you to use or you can make one of your own. Please remind the parents to remember what day they have signed up for. Have parents take a picture of this sheet after it is all filled out so they remember.

Weekly Treat Sign Up Sheet:

Week 1

Date ___/___/___ Family Assigned _____

Week 2

Date ___/___/___ Family Assigned _____

Week 3

Date ___/___/___ Family Assigned _____

Week 4

Date ___/___/___ Family Assigned _____

Week 5

Date ___/___/___ Family Assigned _____

Week 6

Date ___/___/___ Family Assigned _____

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