

## T- BALL (Boys 6 year-olds)

Instructional; non-competitive; no scores or standings

- 45 MINUTES OF WARM UP / DRILLS / PRACTICE AND 45 MINUTE SCRIMMAGE GAME
- Practice drills: Proper Throwing, Fielding, Hitting and Base Running

### SKILLS TO BE DEVELOPED

- Proper stance and swing
- Running through 1<sup>st</sup> base
- Running base to base
- Proper positioning on the field
- Catching ground balls and throwing to correct base
- Catching fly balls and throwing to correct base

### OFFENSE

- SAFETY FIRST: Do not allow swings on deck / Each player must wear a helmet at bat and on base.
- All players will have a maximum of 3 pitches thrown by a coach.
- If no contact is made after 3 pitches, the T will be used.
- Please do not allow more than 3 pitches.
- Entire team will bat once around
- 1<sup>st</sup> coach will pitch to own team (have several balls ready)
- 2<sup>nd</sup> coach will catch and assist batter
- 3<sup>rd</sup> coach will be in the dugout.
- Only one base will be allowed regardless of the situation
- Teach children how to run through 1<sup>st</sup> base and how to hold at 2<sup>nd</sup> and 3<sup>rd</sup>

### DEFENSE

- SAFETY FIRST: Never throw a ball to player who is not looking
- All players will play the field and rotate each inning.
- Place player in correct positions: 5 infielders including a player next to pitcher's mound 4 or 5 outfielders across (outfielders must be on outfield grass). No catcher will be used
- 2 coaches in the infield and 1 coach in the outfield continuously instructing players where to throw the ball on a hit and which base to cover.