**TEE-BALL – HITTING – INTRODUCTION TO BASIC HITTING FUNDAMENTALS**

1. LEARN HOW TO PROPERLY HOLD A BAT
2. LEARN HOW TO PROPERLY STAND AT A TEE
3. KEEPING OUR EYE ON THE BALL
4. GOOD HARD LEVEL SWING
5. HUSTLE TO 1ST BASE AND RUN THROUGH THE BASE

**\*YOUNGER KIDS ARE LEARNING HOW TO HOLD A BAT, HOW TO PROPERLY STAND AT THE TEE.**

**\*OLDER KIDS WERE REINFORCING PROPER STANCE AT THE PLATE. GOOD HARD LEVEL SWING. WE WANT TO LIMIT SPINNING AROUND AFTER HITTING THE BALL.**

**TEE-BALL – BASE RUNNING – TEACHING KIDS WHERE THE BASES ARE. HUSTLING TO THE BASES.**

1. **RUNNING FROM HOME TO 1ST**- THE MAIN FOCUS OF BASERUNNING AT TEE-BALL IS TO HUSTLE FROM HOME TO 1ST. MAKING SURE WE TOUCH 1ST BASE.
2. RUN ALL THE WAY THROUGH 1ST BASE AND HAVE THEM TURN INTO “**FOUL TERRITORY**”.
3. **RUNNING FROM 1ST TO 2ND OR 2ND TO 3RD** – THE ONLY BASE WE OVER RUN IS 1ST. 2ND AND 3RD WE SHOULD BE STOPPING AT/ON THE BASE.

**\*KIDS SHOULD BE GETTING USED TO HUSTLING ALL THE WAY THROUGH 1ST BASE. STOPPING AT 2ND AND 3RD. REINFORCE THAT WE SHOULD BE “RUNNING FAST” AND TO NOT “LOOK AT THE BALL AFTER WE HIT IT”.**

**TEE-BALL – FIELDING – FOCUS ON TEACHING KIDS ALL THE DIFFERENT POSITIONS**

1. HAVE KIDS PLAY ALL THE POSITIONS.
2. **READY POSITIONS**
3. LEARN HOW TO FIELD A GROUND BALL.
4. WHERE DO WE THROW THE BALL ONCE WE FIELD IT?

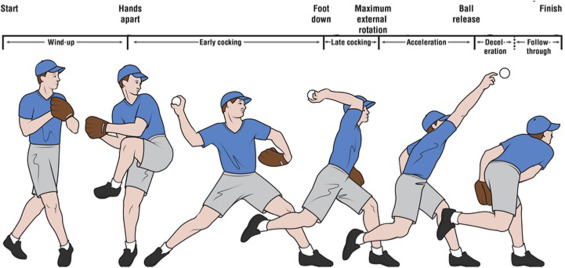
**\*PLAYS AT 1ST OR PLAYS AT 2ND ETC.**

**TEE- BALL – CATCHING**

1. **CATCHING -** HAVE THE PARENTS OF THE CHILDREN THROW WITH THEIR KIDS AT PRACTICE. A LOT OF TIMES A PARENT WILL HAVE A MORE ACCURATE THROW AND WILL CATCH THE RETURN THROW GIVING THE KID MORE REPETITIONS AND HELP WITH DEVELOPMENT.
2. **BALL ABOVE OUR WAISTS –** FINGERS UP SO THE PALM OF THE GLOVE IS FACING THE BALL.
3. **BALL BELOW OUR WAISTS –** CATCH IN BASKET FORM OR PALM DOWN.
4. **USE TWO HANDS –** GET OUR OTHER HAND ON TOP OF THE BALL TO SECURE IT.
5. **GIVING A TARGET –** HAVE GLOVE CHEST HIGH FINGERS UP.

**\*CONSIDER USING A TENNIS BALL. WHILE DURING A GAME IT WILL BE A TEE-BALL A TENNIS BALL WILL NOT HURT THE KIDS AND HELP BUILD THEIR CONFIDENCE.**

**TEE-BALL - THROWING**

[](https://www.sciencedirect.com/science/article/pii/S1060187216300028)

**\*COACHES AT THIS POINT ALL KIDS WILL BE LEARNING DIFFERENTLY. YES, THERE ARE PROPER MECHANICS THAT SHOULD BE USED BUT GETTING A 4 OR 5 YEAR OLD TO DO THEM IS NOT EASY. USING THE ABOVE ILLUSTRATION AS A REFERENCE (RIGHT HANDER) IS PROBABLY THE BEST WAY TO START. PLEASE REINFORCE WITH PARENTS THAT THROWING AT HOME FOR 15 – 20 MINUTES IS A HUGE HELP. CONSULT ONLINE TUTORIALS THAT CAN BE FOUND ON THE LEAGUE PAGE FOR A BETTER BREAKDOWN OF THROWING MECHANICS.**

**TEE-BALL – COACHES**

1. **HAVE FUN – SMILE –** THIS IS SELF-EXPLANTORY FOR MANY OF THE KIDS ITS THEIR FIRST TASTE OF BASEBALL. WE WANT TO MAKE IT AS ENJOYABLE AND FUN AS POSSIBLE. THAT STARTS WITH THE COACHES.
2. **BE ENERGETIC –** GIVE OUT TONS OF HIGH FIVES, FIST BUMPS, GOOD JOBS, AND GREAT GAMES.
3. **TEAM 1ST –** HAVE THE KIDS RUN AND STRETCH AS A TEAM. GET THEM FAMILIAR WITH WORKING TOGETHER.
4. **FUNDAMENTALS –** WHILE THE KIDS ARE ONLY STARTING TO LEARN THE GAME OF BASEBALL. CERTAIN WORDS OR PHRASES SHOULD BE USED ON ALL TEAMS. “**READY POSITIONS**” “**WHERES THE PLAY?**” “**RUN THROUGH 1ST BASE**.”

**COACHES –** WHILE YOU ARE BATTLING KIDS NOT PAYING ATTENTION, PULLING GRASS, PLAYING IN THE DIRT, HAVING TO PEE MID INNING, LAYING DOWN IN THE MIDDLE OF THE FIELD, CRYING, ETC. THIS IS SIMPLY AN INTRODUCTION TO BASEBALL. KEEP IT **SIMPLE** AND **HAVE FUN**. WE AS A LEAGUE ARE ASKING THAT CERTAIN WORDS AND IDEAS ARE USED ACROSS ALL TEAMS. “**READY POSITIONS**” “**WHERES THE PLAY**” “**EYE ON THE BALL**”. TEE BALL IS WHERE IT STARTS AND WE WANT TO GIVE THE KIDS A GOOD UNIFORMED FOUNDATION FOR THE FUTURE.