



DYBA 2022 High T-Ball Fall Baseball

Work Hard

Cheer on your teammates

Have Fun

Engage Your Team

- Send a welcome note within the baseball app (intro yourself, post pictures, etc.)
- Consider creating a snack sign-up for the games (kids love drinks + food)
- Get jerseys + hats to your team ahead of the first game
- This season we are working on increasing the positive energy and cheering for each player. Please work to have your team cheer each other on. This helps build player confidence.

Expectations of what kids should learn

- **Week 1 Catching**
 - Players are not expected to catch in week 1 but repetitions catching with bare hands using wiffle balls or foam balls will get them with eye hand coordination needed for catching.
 - Players must learn balls thrown above their waist should be caught with hands up thumb to thumb
 - Encourage players to practice hands up thumbs to thumbs without gloves at home and when warming up before games.
 - During warmups use the rubber T-balls roll grounders to players and have them throw them to the coaches.
- **Week 2 Throwing**
 - When throwing far, front foot should be stepping to the target or even better both feet should be shuffling toward the base as they throw while arm goes back and attempts throw
 - Practice throwing against fences with strong force and increasing distance

- **Week 3 Baserunning**
 - Kids should learn that they can and should run through 1st base and home plate, but they must stop and be touching a part of their body on second base and third base to be safe
 - Know that you cannot pass a teammate in front of you on the bases even if your teammate is running slower.
- **Week 4 Fielding**
 - Should learn ready position how to get glove to ground on ground balls and field in the correct fielding position
 - Players should not be falling to the ground to pick up the ball and rather use their glove or bare hand to crouch and pick up a ball
 - Learns moving feet to get in front of ground balls
- **Week 5 Hitting**
 - At this level there are 3 instructions that players should learn
 - A proper hitting stance with feet wider than shoulder with apart
 - Weight on back foot
 - Swing as hard as you can
 - With those three instructions and a light enough bat the rest of the mechanics will fall into place. When players get older additional batting instruction can be helpful. At this age additional instruction tends to confuse or frustrate players.
 - If feet are too close together players tend to use arms and create a chopping action.
 - If weight isn't on the back foot players will tend to shift weight and hit off their front foot instead of getting power from their legs.
 - The one thing a player can control and understand is "swing as hard as you can"
- **Week 6 Field positioning during play**
 - Balls hit in between players, players should learn how to call for the ball (no more than two players should EVER be going for the ball but also making sure they always respond to balls hit to them to get the ball)
 - Balls not hit to players, players should learn to cover a base rather than chase down balls far away from them and keep your eyes on the ball in case someone throws the ball to them
 - Fielders learn that they can choose to force runners out at the nearest base IF a runner is headed to their base (very important: whatever base they choose that unless they are a couple of steps away from the base, they should be throwing the ball to that base)
 - Constant reminders to players to keep eyes on the hitter is important
- **Week 7 Hitting**
 - Repeat hitting from week 5
- **Week 8 Catching**
 - Introduce catching thrown balls with gloves
 - Use foam balls for players that are not as comfortable or confident
 - Remind players to have their gloves up (no basket catching) when balls are thrown above their waist

Prep for a Great Game

- Make sure kids / parents know the time + place, bring all the gear and show up early
- Get the kids warming up (throwing, hitting, running, stretching, rules, etc.)
- Hold the pre-game coaches meeting and have everyone put their fist in to do a team cheer 1-2-3
Go [Team name]
- At the end of the game set up a handshake line and teach players to say “good game” and fist bump or slap fives

Remember the Ultimate Goal

- Kids have fun and stay safe
- Players continue to develop their skills and are excited to keep playing
- Parents and families find joy through their children's happiness + participation