

DEFENSE

TEE BALL GAME

PROCESS



Consistency



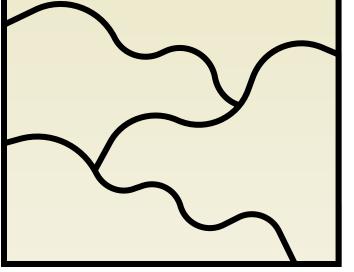
Repetition



High Energy



Small Groups



Andover Baseball Association

T-Ball Game Day Process & Coach Aide

- 3 Innings
- Defensive and Offensive Competencies
- 12 Players Per Team: 24 Players Total Per Game

When on Defense: Group One - 6 players are on defense

- 6 Players on defense (1st 2nd 3rd SS P Catcher)
- 1-2 coaches reinforcing ready position
 - "Simon says" (need to reinforce ready position creatively at this age by using a game like Simon says)
- Concentrate on force outs where applicable
 - o High concentration on throwing to first base
- Rotate positions based on the amount of defensive plays made
 - Move players throughout the inning to help promote active participation (pitchers/1st Base)
- 6 Players in the Outfield (way out of the playing range of the game) hitting off the Tee and completing additional drills

Small Groups during Defense: Group Two - 6 players in small groups out of the field of play in the outfield. **Inning 1**

• 1 Coach: 2-3 Tees 2-3 hitting 3-4 retrieving hits off the tee Inning 2

- 1 Coach: 2 lines
 - One line receiving popups (alternate to ground balls)
 - One line receiving ground balls (alternate to popups)

Inning 3

- 1 Coach: 1 Line
 - Going through throwing mechanics into a net or to a coach
 - Dart throws with elbow in glove
 - One knee drill
 - Two knee drill
 - Stand up and throw with baby step glove hand, then step behind back leg, front leg up and throw following through.





OFFENSE

TEE BALL
GAME





Consistency



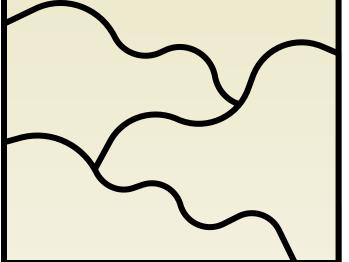
Repetition



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Tee Ball Game Day Process & Coaching Aide

- 3 Innings
- Defensive and Offensive Competencies
- 12 Players Per Team: 24 Players Total Per Game

Offense: 12 players are on offense

12 Players on the bench rotating through the batting order
 1-12 all players hit last kid at bat runs all the bases clearing them.

Hitter

- Player up to bat hits (Coach pitching/Tee set up)
 - Hit off tee or 3 underhand pitches from the knee of the coach depending on current player skill level.
 - If all 3 pitches are missed or are foul, set up tee to hit
 - o Player advances one base per hit

On Deck Hitter

- 1 Assistant Coach/Parent helps player on deck practice their swing with "hit stick" (Assistant Coach assisting with hit stick)
 - Player should have 3-4 swings to the hit stick prior to hitting in the game

Runner(s)

- 1 Assistant Coach/Parent on the base paths promoting running through first base and on to the next applicable base as the next hitter advances the runners.
 - Last batter runs and remaining runners; all bases from 1st to home.

