

Basic Fields Instructions For Teeball

Tee ball coaches should focus on the following areas:

1. Safety – Instruct the players to be aware at all times. Whether batting, fielding, throwing, catching, running, or defensive positioning. Coaches also need to be aware of their players at all times. i.e., on deck with bats, throwing bats after a hit, on deck batters behind the back stop, throwing and catching, defensive awareness, etc.
Coaches: Please inform the other team for “good hitters” so they can make sure their team is ready for a “good hit”. Never leave an unattended ball on the Tee.

2. Batting – Instruct the players the proper:
 - a. batting stance
 - b. grip on the bat
 - c. distance from tee
 - d. height of ball on tee
 - e. rotation of the bat
 - f. the appropriate action after the hit.

Make sure the opposing team is ready/paying attention to the ball before allowing the batter to hit.

3. Base Running – Instruct the players where to run after each hit at all bases and to be aware of their surroundings. Instruct players to not slow down and run through first base on their hit – every time. Instruct players to stop at second and third base. Instruct players to run through home plate. Instruct the importance of touching each base – including home.

4. Positions – Instruct all of the players at each position:
 - a. how stand at a defensive position
 - b. where they should stand
 - c. where they go after a hit
 - d. how to receive a ball, or throw the ball.

Players should learn the position area and defend only that particular area. Players should not be “grouping” toward the ball.

5. Throwing – Instruct the players on proper form for throwing. Start out with the “T” formation for beginners. Instruct players to make sure the receiver is ready and paying attention.
6. Catching – Instruct the players to receive a throw with proper form (paying attention, glove out, in a position to move left or right, stop the ball low and high).
7. Fielding – Instruct the players on awareness of batters. Players should be able to stop ground balls. Avoid “grouping” – we can’t have every player chasing the ball wherever it is hit. Implement Positioning (Field 4).
8. Sportsmanship – Instruct Players to have positive attitudes towards teammates, coaches and other players at all times.