



# COACH PITCH DIVISION 2 COACHING HANDBOOK



## The First Five Minutes (of practice are the most important)

### The first five minutes

Of your Coach Pitch Practice may be the most important five minutes of your team's time together. The first five minutes set the tone for what can be a fantastic, fun-filled practice or a confusing, boring exercise in futility.

Much of what follows those introductory five minutes, will determine by how well you assess your team's mood and how much you do as a coach to directly influence it in a positive way.

HERE ARE FIVE WAYS TO MAKE THE FIRST FIVE MINUTES OF PRACTICE COUNT:



#### MINUTE 1. Take a minute to address each of them by name.

It is a great thrill for your players to know that you know them by name. Likewise, they realize how unimportant they are if you refer to them as "Hey, kid!" It may take a practice or two before you recognize them and can identify them easily, but it is well worth the effort.



#### MINUTE 2. Have a Plan. Explain your Plan.

Give them something to look forward to. **Take a minute to explain what your team will be doing today.** Do a good sales job here and they will jump through hoops for you.

"Guys, today we're going to learn how to run the bases the right way, and we're going to learn how to field a baseball using a "Gator." This always raises the level of curiosity, as everybody wants to know, "A *REAL Alligator*, Coach?" "We're also going to learn how to get runners out at first and second base, we're going to learn how to catch a pop fly, and we're going to see who can 'Catch the Coach.' Are you ready to have some fun and play ball?"





### MINUTE 3. Got a kind word to say?

#### Say it!

Who knows what little Johnny went through at school today? Maybe he had a fight with his sister -and she won. Maybe he's in a little trouble with Mom or Dad. Maybe the kind words you say will be the only ones he hears all week. **Take a minute to find something positive to say.**



### MINUTE 4. Look pleasant.

The kids could care less how motivated you are to win the Coach Pitch Tournament this season. They, on the other hand, are incredibly motivated by the snacks that will be handed out at the end of practice. If they sense too much frustration on the part of their coach or parents, they will sometimes “shut down” or “check out.”

It will help *YOU* when they are struggling to master something, and it will help *THEM* if they sense that *“Coach thinks I can do this.”* If your players sense that you would rather be pulling your own teeth than coaching them, it won't be long before you'll wish you were.

**Take a minute to let your face say you're glad to be there.**





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### **MINUTE 5. Engage them in a fun drill or activity right away.**

Find a drill or game that they seem to enjoy and let them do it first thing out of the gate. It should be something that loosens them up and gets them into the right frame of mind in a fun way. This will get them into your corner quickly and get them ready for more focused activity later. It is also a good idea to do another fun drill about halfway through the practice as a reward for good effort. **Take a minute to make it fun for them (and YOU!).**

We sometimes forget that our little players come to us fresh from a day of school or other activities, fueled with lots of energy (fueled by sugar), excited to see their buddies, and ready for fun! Sometimes, however, they are ready for anything **BUT** TeeBall. They see something special in every plane passing overhead, every crawling bug, even in a pile of dirt and rocks.

As coaches, it is our task to draw them into the game, find joy in playing as a team, and instill in them an excitement for playing and enjoying the great sport of base- ball.





12 THINGS YOU REALLY NEED  
TO KNOW ABOUT COACHING  
COACH PITCH DIVISION 2





### Organize. Plan. Execute

You wouldn't take off on a trip without a road map, would you? Well, neither should you embark on tee ball season without a plan. Take some time before the season starts to decide what you want to accomplish, **HOW** you want to do it, and **WHY** you want to do it.

### Coach Pitch Div 2 (Age 6-7) Typically have shorter Attention Spans

With Organization comes many benefits. Organized practices allow you to make the most out of any practice times that you have together. Plan your practice times so that you minimize any standing around. If they are active and having fun they are more apt to be focused during Practice. **KEEP THEM BUSY.**

### Make Tee Ball a Fun Experience

This should be true for you and the kids. You'll be surprised how focused they will be for a one-hour practice if games are used to teach skills or if they know something special is coming at the end of the practice. Ice Cream treats are a great way to reward great effort – **Have your Parent Team Manager set up a Snack Schedule!**

### Keep Expectations Realistic

You're probably going to have between 6-8 kids on your team. The best you can hope for is that half of them will understand the game fairly well by the end of the season, and if that's the case, thank your lucky stars. Don't expect to take your team and "whip them into finely tuned offensive and defensive machine. Anticipate teaching key skills, developing players and keeping them from getting hurt.

### Keep your Practices Short and Skill Focused

Don't try to cram too much information into a short practice. Remember the ancient Chinese proverb about how to eat an elephant – "one bite at a time". Smaller bits of information are easier for these young minds to process and retain. **SIMPLIFY**



### **Don't Assume They Know What You Mean**

Not All Children know where the bases are or where right field is. Most likely, they probably won't remember from practice to practice, so be prepared to show them again and again. **ASSUME NOTHING**

### **Young Children Are Very Literal**

If you are about to execute a baserunning drill from home to second base, make sure they understand what you expect. If you tell them to run from home base to Second, don't be surprised if they take off across the pitcher's mound in a straight line towards second base. **DEMONSTRATE**

### **Express Your Goals to The Parents**

The single most important thing that you can do is clearly communicate your goals and expectations to the parents. Most will be concerned only if they perceive your coaching style as "the win at all costs type". If they know you will help your child get somewhat better, that you will treat him/her fairly, and that you will provide a positive influence, they will be absolutely thrilled.

### **COMMUNICATE**

#### **Get Help**

No, we're not saying as in "professional Help" **INVOLVE YOUR PARENTS**. Get as many parents as you possibly can have involved in the practice and game process. When a person accepts a position of Team Helper or Assistant Coach, two things happen:

- 1) You will have more help
- 2) They are less likely to be critical

### **PROMOTE PARTICIPATION**

#### **Laugh a Lot**

Laugh with them, not AT them. If the kids see you enjoying yourself, changes are pretty good, they will too. An uptight, screaming coaches does little to foster a positive attitude. It does nothing to improve their skills and develop them as a player. **ENJOY THE OPPORTUNITY YOU ARE GIVEN.**



### Promote Good Sportsmanship

Do not permit temper tantrums on your part, on the kid's part, on your Assistant Coaches part or your parents part. **TEACH BY EXAMPLE**

### Be the Person They Remember (Positively) Twenty Years from Now.

Chances are, each of us remembers a coach or teacher from our past, that we recall fondly. It is also highly likely that we can recall at least one individual that causes us to inwardly cringe when we remember our experiences with them. Strive to be a pleasant memory, and a positive influence. **BUILD MEMORIES**

## Rules

### Coach Pitch Div 2

**Each player is to receive 5 pitches from their Coach and then they will receive a walk to first base.**

**If the Player hits the ball – They will run only to first base before the next player comes to bat.**





COACH PITCH  
PRACTICE PLANS  
AND DRILLS



## **PREPARE FOR PRACTICE BEFORE YOU ARRIVE TO THE BASEBALL FIELD:**

Once you arrive at the practice location, you will be bombarded with kids, parents, other coaches, along with the task of setting up. Once you arrive, you will not have time to prepare activities drills etc.

## **PRACTICE PLAN # 1 (BASED ON 60 MINUTE PRACTICE):**

**10 Minutes** – Warm Up – It is important to start each practice with a warm up. This provides the foundation for an organized practice and gets the players prepared to start the day.

- Spread out with enough room to do an exercise.
- Lite stretching exercises – touch touches, hip rotations, arm circles, etc.
- Calisthenics exercises – Jumping Jacks, High highs, etc.
- Lite jog around the baseball field to conclude.

**27 Minutes** – Station Drills (focused on the fundamentals)

- Divide the team into three groups (if possible) Rotate every 9 minutes.
  - Station 1 – Hitting (see list of drills)
  - Station 2 – Fielding – Infield/ Outfield (See list of drills)
    - The First couple practices should be focus on infield only.
    - After a couple practices introduce the outfield, and start to combine infield and outfield into practice (i.e. Throwing to 2<sup>nd</sup> base, backing up 1<sup>st</sup> base, etc.)
  - Station 3 – Throwing / Catching (See lists of drills)

**3 Minutes** – Water Break

**20 Minutes** – Batting & Infield Practice

- Team takes the field in various positions
- 10 pitches per player – run on final ball
- Rotate players into bat. Recommendation - 3 players batting (remainder in the field)
- Although this is batting practice, the fielders should be taught to make the correct play batted ball

**END** – Water Break / Snack Break (Arranged by Team Parent) – Closing  
Comments



# PRACTICE PLAN. I

Here is a sample practice plan utilizing drills from the Practice In A Pocket® System. (You can order this unique Practice system at our website [www.teeball-to-a-tee.com](http://www.teeball-to-a-tee.com). Simply click on the "Order Now" link.) *This Practice Plan assumes a one-hour practice. Adjust accordingly for longer or shorter time availability. Length of drills should be approximately 5-10 minutes each. Run these drills simultaneously in different "stations" around the field.*

<b>PRACTICE PLAN</b>		<i>(Put player initials in boxes above areas to be used for writing in number of repetitions of each drill. Use check boxes to indicate you did this drill.)</i>											
<b>Drill</b>	Player Initials ←												
<input type="checkbox"/> Bounce It To The Bucket													
<input type="checkbox"/> Have A Catch With A Coach													
<input type="checkbox"/> "No Dropsies" Contest													
<input type="checkbox"/> Catching Flies													
<input type="checkbox"/> Who Can Catch The Coach?													
<input type="checkbox"/> Home to 2nd/2nd to Home Relay													
<input type="checkbox"/> Crab Drill													
<input type="checkbox"/> Crow Hop													
<input type="checkbox"/> Action-Distracton-Reaction													
<input type="checkbox"/> Stretching The Play													
<input type="checkbox"/> Just Block It													
<input type="checkbox"/> One And Two Pointers													
<input type="checkbox"/> Run Down But Not Out													
<input type="checkbox"/> Scoop-Up And Throw													
<input type="checkbox"/> To First Base And Beyond													
<input type="checkbox"/> "Bulls-Eye" Drill													
<input type="checkbox"/> Hit For Distance Drill													
<input type="checkbox"/> GO! or NO! Drill													
<input type="checkbox"/> Catching Fly Balls Drill													
<input type="checkbox"/> Advancing Baserunners On Hit Balls													
<input type="checkbox"/> "No Swarm" Outfield													
<input type="checkbox"/> Fielding Balls Hit to Outfield													
<input type="checkbox"/> Running To First Base Drill													
<input type="checkbox"/> Rounding The Bases Drill													
<input type="checkbox"/> Point To Da Man													
<input type="checkbox"/> Hip-Plasion Batting Drill													
<input type="checkbox"/> Fielding FUN-damentals													
<input type="checkbox"/> Fielding Bouncing Ground Balls													
<input type="checkbox"/> Moving Ground Balls													
<input type="checkbox"/> "Bulls-Eye" Wall Toss Drill													
<input type="checkbox"/> "Under & Over" Catching Drill													



# STRETCHING EXERCISES

## 1. Arms/Neck

- ☑ Roll arms around in a 'windmill type' action. First rotate right arm forward 10 times, then switch to left arm. This can be done using both arms at the same time. Then, change to rotating arms backwards using the same sequence.
- ☑ Move head up and down holding each position for 8-10 seconds. Move head from side to side holding each position for 8-10 seconds.

## 2. Quadriceps

- ☑ These muscles are the big muscles that cover the front of your thigh. Stand straight. Bend one leg and hold your ankle or the top of your foot. Pull your bent leg until your heel is close to your bottom. Use a wall or a teammate to balance. Hold for 10 seconds. Switch legs. (*Diagram 1*)

## 3. Hamstrings

- ☑ These are the muscles at the back of your thigh. In a sitting position with your left leg straight, place the sole of your right foot against the inside of your left thigh. Bend your trunk toward your extended leg, keeping your knee straight and foot in a relaxed position. Hold for 10 seconds. Switch legs. (*Diagram 2*)

## 4. Groin (Butterfly stretch)

- ☑ In a sitting position with your back straight, bend your knees and place the bottoms of your feet together. Pull your feet towards your groin. Place your elbows on your knees and gently push the knees toward the floor. Hold for 10 seconds, rest and repeat. (*Diagram 3*)

## 5. Calves

- ☑ In a sitting position with legs straight, place right heel on top of left toes. Pull right toes towards body with hands. Hold for 10 seconds. Switch legs.

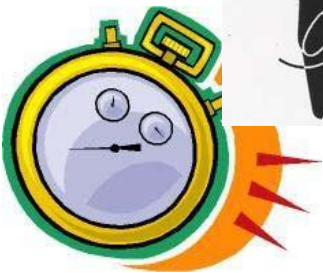
Quadriceps



Hamstrings



Butterfly



*Diagram 1*

*Diagram 2*

*Diagram 3*

## **PRACTICE #1**

### **Team Meeting**

1. Introduce all coaches
2. Attendance
3. Announcements
4. Explain the basic rules of the game
5. Show your kids the baseball field and all the positions

### **Warm-up and Stretching**

#### **Skill Stations**

1. If possible, divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals (page 6-7) within each activity.
4. Evaluate and note individual skill level, attention span and personality.

#### **Throwing and Catching Activities**

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.
2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

#### **Fielding Activities**

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.
2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.



## **Batting Activities**

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow-through and dropping the bat). Coaches should watch and correct any bad habits.
2. Practice Swing 2: Each player swings a real bat at a tee without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence.
3. Batting Practice: Each player should get at least 5 hits off a tee. A coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

## **Running Activities**

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.
2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

## **PRACTICE #2**

### **Team Meeting**

1. Re-Introduce all coaches
2. Attendance
3. Announcements
4. Review the basic rules of the game
5. Review the baseball field and all the positions

## **Warm-up and Stretching**

### **Skill Stations**

1. If possible, divide the team into 2-4 groups and send to a station with a coach.
2. All groups should rotate to each station.
3. Teach the fundamentals (page 6-7) within each activity.
4. Evaluate and note individual skill level, attention span and personality.



## Throwing and Catching Activities

1. One-Knee Throws: Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.
2. Bounce to the Bucket: Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

## Fielding Activities

1. Left or Right: Throw or hit the ball to one side of a fielder, who has to run to get in front of the ball.
2. Fast Fingers: Line up fielders side by side facing home plate. Place a tee ball 10 feet in front of each player. On the coach's whistle or call, the first player charges the ball, picks it up with their bare hand and throws it to the coach. A coach can count out loud the time it takes to throw the ball to add competition. Repeat for the other players.

## Batting Activities

1. Coach Says: This game is similar to Simon Says. Coach rapidly calls out one of five commands:

**Hands**: players grip an imaginary bat

**Feet**: players jump with feet apart facing an imaginary tee

**Stance**: players stand in batting position with arms raised toward rear shoulder  
**Squash the bug**: players step, swing and rotate on the ball of their back foot  
**Swing and drop**: players do a full swing, including dropping the "imaginary" bat

2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.



## Defense and Running Activities

1. Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

2. Team Race: Two players start at home plate. One runs to 3<sup>rd</sup> base, the other to 1<sup>st</sup> base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

## PRACTICE #3

### Team Meeting

1. Attendance
2. Announcements
3. Highlight the positives from the previous game

### Warm-up and Stretching

### Skill Stations

Teach the fundamentals (page 6-7) within each activity.

### Throwing and Catching Activities

1. Catching Contest: Line the team up in two lines a few feet apart, facing a partner.

Each pair should have one ball. Partners should throw the ball back and forth, taking one step back after each successful catch. See how many successful catches the players make (and how far apart they get).

### Fielding Activities

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.

2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.



## **Batting Activities**

1. Practice Swing 2: Each player swings a real bat toward an actual tee, without a ball. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence, using the teaching tips on page 6.
2. Batting Practice: Each player should get at least 5 hits off a tee. The coach should help adjust the tee for each player and make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

## **Running Activities**

1. Run to First: A player swings a bat, drops it and then runs from home plate to first base. The next player does the same with the first runner running from first base to second base after the swing. Teach your players that they can only overrun first base.

They must stop on all the other bases. Continue the batting and running sequence with the entire group.

2. Catch the Team: This drill is the same as Catch the Players from practice #1 except the coach runs after the entire team.

## **PRACTICE #4**

### **Team Meeting**

1. Attendance
2. Announcements
3. Highlight the positives from the previous game

### **Warm-up and Stretching**

### **Skill Stations**

Teach the fundamentals (page 6-7) within each activity.

### **Throwing and Catching Activities**

1. Catching Flies: Throw fly balls to fielders to catch and throw back. If possible, start off with a rubber ball or tennis ball before moving onto a tee ball.



## Fielding Activities

1. To Second Base: Position a coach or a more experienced player at second base. Divide the players into three lines at right field, center field and left field. Hit or throw a ball to the first player in the right field line. The player throws the ball to second base. Repeat through each player in each line, teaching the outfield to throw the ball to second base after fielding.

## Batting Activities

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

## Defense Activities

1. Team Defense: Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out. Before the coach throws each ball, the defense should shout out the next situation, such as “The play is at third base!” Be sure each fielder receives a ball to field.

## PRACTICE #5

### Team Meeting

1. Attendance
2. Announcements
3. Highlight the positives from the previous game

### Warm-up and Stretching

### Skill Stations

Teach the fundamentals (page 6-7) within each activity.

### Throwing and Catching Activities

1. Catching Contest: Players are in pairs and stand about 10 feet apart. Coach yells, “Throw!” and one partner throws the ball to the other. See what pair can throw the ball back and forth the most times without dropping it. The distance can be increased if needed.



2. Diamond Throwing: Place one player at each base and one at the pitching area. Players throw the ball in a diamond shape (Pitcher-First-Second-Third-Pitcher). After this sequence, rotate players and/or reverse direction of the throw.

### **Fielding Activities**

1. Infield Practice: Place players at the infield positions and hit ground balls to each fielder. Instruct players to make plays at different bases.

### **Batting Activities**

1. Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

### **Running Activities**

1. Team Race: Two players start at home plate. One runs to 3<sup>rd</sup> base, the other to 1<sup>st</sup> base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

## **PRACTICE #6**

### **Team Meeting**

1. Attendance
2. Announcements
3. Highlight the positives from the previous game

### **Warm-up and Stretching**

### **Skill Stations**

Teach the fundamentals (page 6-7) within each activity.

### **Throwing and Catching Activities**

1. High and Low: Two players play catch. The thrower scores 3 points if ball is caught above the shoulders, 2 points if caught between waist and shoulders. No points are awarded if the ball is not caught.



## Fielding Activities

1. First Base-Third Base: Line a group near first base, with the first fielder to the right of the base facing home plate. Throw or hit a ground ball toward the first fielder. The player fields the ball and then runs to step on the base, simulating a tag out. The player drops the ball to the side and prepares for the second part of the drill. Now, throw a ball in the air to the fielder who should have one foot on the base, practicing lunging to the ball to get a runner out by a throw. The same drill can be done simultaneously at third base.

## Batting Activities

1. Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each “zone” is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

## Running Activities

1. Run Down: Place two more experienced players (or two coaches) at first and second base. Runners try to run from one base to another (back and forth) without getting tagged out by the fielders.

## PRACTICE #7

### Team Meeting

1. Attendance
2. Announcements
3. Highlight the positives from the previous game

### Warm-up and Stretching

### Skill Stations

Teach the fundamentals within each activity.

### Throwing and Catching Activities

1. Back and Forth: Line the players in two lines facing each other. The first player in one line throws to the first player in the other line. After throwing, the player runs to the end of the line and all other players move up one spot. The player with the ball now throws it to the new first player in line and goes to the end of his or her line. Continue the drill

until every player has thrown and caught a ball.



## Fielding Activities

1. Shortstop-Second Base: One player is in position between 1<sup>st</sup> and 2<sup>nd</sup> base and another player is in position between 2<sup>nd</sup> and 3<sup>rd</sup> base. Throw the ball on the ground toward the second-base player. That player fields the ball while the shortstop runs to second base. The fielder throws the ball to the shortstop for the out. For the second part of the drill, reverse the activity. Throw the ground ball to the shortstop. The shortstop throws to the second-base player for the out.

## Batting Activities

1. Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

## Running Activities

1. Team Race: Two players start at home plate. One runs to 3<sup>rd</sup> base, the other to 1<sup>st</sup> base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

## PRACTICE #8

### PLAYER'S PRACTICE!

Pick the player's favorite games and activities for the final practice of the season. Or play a Kids vs. Parents game!



## **THE BASICS OF COACH PITCH DIV 2:**

### **LEARNING THE POSITIONS:**

- Walk each player to their position.
- Start with 1<sup>st</sup> Base, 2<sup>nd</sup> Base, Short Stop, 3<sup>rd</sup> Base, Pitcher, and Catcher.
- Discuss important point of each position.
  - Communicate name of each base and position
  - Where the actual position stands in relation to the base
  - Area to cover when ball is hit
    - Boundaries to cover
    - Over emphasis to only cover their area.
- Important factors to teach as the year progress
  - What to do if ball is hit to their position. Assume the play is throw to first base – other situations will come later
  - What to do if the ball is “not” hit to the player. What do they do? Where should they go?
  - Importance of always paying attention to the batters and runners
  - Return back to position after each play.
  - Discuss backing up other positions when ball is in play
  - Where to go when runners are running.
  - When to hold the ball.

### **DISCUSS THE BASIC CONCEPT OF BASEBALL:**

- Team on Defence – Team in the field
  - Objective is to stop the batting team from scoring runs.
  - Various ways to get outs.
- Team on Offense – Team Batting.
  - Objective is to hit the ball so the defence can't get
  - Get to the bases before the defense gets you out
  - Importance of running fast to the bases and staying on the base.
- Review basic rules (including local league rules) that are specific to your league.



## **FIELDING TECHNIQUE AND PRACTICE DRILLS**

### PROPER STANCE:

- Feet shoulder width apart
- Knees bent – weight should be forward on the balls of feet
- Their head is up facing the ball
- Keep eyes on the ball until ball is in the glove

### PROPER GLOVE / HAND POSITION:

- Glove hand should just be touching the dirt at a 45-degree angle.
- Throwing hand should be above the glove with the palm facing the ball.
- Once the ball reaches the glove the top hand should cover the ball inside the glove.

## **INFIELD GROUNDER DRILLS**

### BASIC GROUNDER DRILLS:

- Form one line just behind shortstop position
- Have one player at a time step up into the SS position
- Roll grounders to the player and have them field ball and throw back to you
- Emphasis the importance of proper stance, keeping glove on the ground, and making a quick but accurate throw back.

### SIDE TO SIDE GROUNDER DRILLS:

- Same as basic but roll the ball left and right of the player to make him move to get in front of the ball.
- Emphasis the importance of moving to get in front of the ball instead of reaching out with the glove.

### PLAYS AT FIRST – GROUNDER DRILLS:

- Form one line just behind 2<sup>nd</sup> base
- Have one player at a time move into the 2<sup>nd</sup> base position and have a coach / parent stand at 1<sup>st</sup> base.
- Roll the grounder to 2<sup>nd</sup> base. The player should field the ball and make throw toward 1<sup>st</sup> base.

### PLAYS AT FIRST – SIDE TO SIDE GROUNDER DRILLS

- Have one player at a time move into the 2<sup>nd</sup> base position
- Have a coach / parent stand on 1<sup>st</sup> base
- Roll the ball left and right of the player to make him move to get in front of the ball.
- The player should field the ball and make throw toward 1<sup>st</sup> base
- Emphasis the importance of moving to get in front of the ball instead of reaching out with the glove.



## PLAYS AT SECOND – GROUNDER DRILLS:

- Form one line just behind shortstop position
- Have one player at a time step up into the SS position
- Have another player in the 2<sup>nd</sup> base position
- Have another player in the 2<sup>nd</sup> base position
- Roll grounder to the player at SS and have them field the ball and make the throw to 2<sup>nd</sup> base
- Make sure the player at 2<sup>nd</sup> base moves to the base to make the catch

## HANDS DRILLS

- Put the glove down and have the kids field the ball with their bare hands
- Roll the ball have them focus on using their hands to get the ball
- Using a softer ball or tennis ball usual works great

## ALLIGATOR DRILL

- Roll grounders to the kids and have them make an alligator out of the arms
- Bottom arm with glove is the jaw and the top arm without glove is the head
- When the ball rolls in, have them act like the alligator is biting or eating the ball.
- Both arms come together.

## TRIANGLE DRILL

- With 2-4 player have them form a quarter circle.
- Each player should stand with their feet just outside shoulder width
- In the dirt draw a triangle using their feet as the base
- Have them put their hands together and extend out in front of them touching the dirt. This will create the triangle.
- You roll the ball to each player and have them field the ball and toss back to you. Keeping the triangle intact (feet in place with hands in front)
- Attempt to roll the ball quickly and request a quick return
- Continue around the group for about 5 minutes.
- Finish with everybody fielding correctly and throwing correctly
- Speed this drill up as the players advance



## THROWING TECHNIQUE AND PRACTICE DRILL

### PROPER THROWING MOTION

- Players start by facing the target
- The foot of the glove hand should be closer to the target with the foot of the throwing hand in the stance
- Reach back with the throwing hand with elbow bent hand up and wrist straight
- Glove hand should be in front of the body (and move forward around the body as the ball is thrown)
- Once in position to throw the ball the glove hand foot should take a step toward the target and back foot should pivot
- Release the ball at the point the arm reaches extended point
- After release the body should bend forward, with the throwing arm following through to the outside of the glove hand knee. The back foot should step forward as the throw is complete leaving players square to the target.
- It is real important that the player sees the target, gets into proper throwing position, makes the throw toward the target while still keeping eyes on target, then continues with follow through.

### PROPER FORM DRILL

- Without a ball – have the players get into throwing position and talk them through each step.
- Repeat with the ball. Do not be concerned with where the ball goes. During this drill the form is most important

### THROWING DRILL # 1 – HELMET DRILL

- Use a basic grounder drill but set up a t-ball T with a helmet on it. Once the player fields the ball have them make a solid throw to hit the helmet
- The helmet is used because it gives the player a small target at their level which helps with their accuracy.

### THROWING DRILL # 2 – KIDS THROW TO COACHES / PARENTS

- Get a bucket of ten balls and have the player stand with the bucket
- Start at 10 feet away and have the players throw all tens balls to the coach. The coach should reinforce the proper technique during this drill. The goal is to get the player to throw a straight ball toward the coach/parent.
- In order of importance. Technique, on target versus left or right, straight versus lobbed. Eyes on target is very important
- Extend the distance based on skill level.

### THROWING DRILL # 3 – KIDS THROWING TO KIDS

- This is a great drill to do as the players improve. This provides them with experience both catching throwing the balls from other players.
  - Have the players start at distances which they can be successful. 10 feet away is a good starting point
  - Tennis balls work well when starting



## THROWING DRILL # 4 – FIELDING GROUNDERS AND THROWING

- Line up a small group of players facing the coach – pick a distance that is suitable for the group
- One at a time have the players receive a grounder and stand up to make a proper throw
- Roll 3 balls to the player before rotating
- The player should work on the proper technique while throwing
- Extend the distance as the players improve
- Increase the pace of the drill as players improve

## BATTING TECHNIQUE BASICS

### PROPER STANCE:

- Feet - shoulder width apart
- Square the feet to home plate – you can draw a line in the dirt to show the players where to stand
- Bend the knees slightly
- Grip the bat with the fingers, not tightly with the palm of hand. A relaxed grip is preferred.
- Square the shoulders to the feet, chin should be closer to the front shoulder
- Elbows should be slightly bent with the hands just outside the back armpit

### PROPER SWING MOTION:

- Load and transfer – begin the swing with a little to no step toward the pitcher. Do not pick the foot up high. It's a very subtle lift and move forward
- The stance should remain closed – do not step out towards third
- Throw hands toward the ball, bringing bat through the hitting zone to hit the ball.
- Squash the bug. As the hands come through, turn hips at the same time. The player should turn on the ball of back foot. Squashing the bug.
- Eyes should remain on the ball through impact
- Proper stance and swing should be balanced.

### HITTING FORM, THE “T”

- Tee should be belt high
- Kids should not hit up on the ball
- Hit through the ball – driving the ball toward the pitcher's feet

### FENCE DRILL

- Place T Ball stand 4' from the back stop
- Line up players so they would hit the ball into the back stop
  - Place a ball onto the Tee ball T
  - Have the batter drive the ball straight into the fence
  - Focus on fundamentals of the swing
    - Good stance, proper hand positions, good swing through contact and correct finish
    - You can use waffle balls or tennis balls
    - Set up 2 or 3 stations to allow multiple batters at once.



## DOT ON THE BALL

- Draw a DOT on the ball about the size of a quarter
- Place the ball on the T so that the DOT is pointing straight back but visible by player
- The player should be able to see the DOT on the ball
- When batting have the player focus on hitting the DOT while driving the ball forward
- This drill can be done either facing a face or in the standard baseball field.

## DIRECTIONAL HITTING

- This drill is done in the baseball field.
- Once the players have progressed and are making good swings direction is the next step
- Have the player line up to the plate (t) with proper stance.
- Provide the batter with a direction to hit the ball – 3<sup>rd</sup> base, 1<sup>st</sup> base, etc.
- Make sure they rotate their body around the plate and square their hips and should to the direction they are hitting
- Have the player hit to each position once before rotating

## THE CONE CONTEST

- Game / Contest to help improve batting while having FUN!
- Place 4 cones at 4 different positions in the field.
  - First cone – Just in front of the pitches mound – 1 point
  - Second cone – at the front grass just before the dirt in the infield – 2 points
  - Third cone – at the back of the infield dirt – 3 points
  - Fourth cone – ten yards past the third cone – 4 points
- Each player gets 4 hits and records their score based on the point system
- The player with the highest total wins
- This can also be played in a team format – record points from each player – use team total to declare winner

## BATTING / INFIELD PRACTICE

- Each player takes a position on the field – with remain players going to bat – need 4 batters
- One batter makes 4 hits – on fourth hit the batter will run to first
- Next batter comes up and complete his/her at bats and runs to first (player at first runs to second)
- Continue with batters until the first batter comes into home
- Once complete the batter which just cam home will rotate into the infield pitcher, the pitcher will move to first base, first to second, etc....
- This drill gives all players a chance to bat and play a different position



## CATCHING TECHNIQUE AND DRILLS

### PROPER CATCHING POSITION

- Players start by facing the target
- The foot of the glove hand should be closer to the target with the foot of the throwing hand back in the stance.
- The glove hand should be eye level and out in front of the body
- Fingers up and palm facing the target
- Elbow should be bent slightly and arm should be in position to make a full circle in front of the body
- Other hand should also be up and close to the glove to close the glove once caught
- Earlier stages of Tee Ball the player will want to catch the ball with the palm up and fingers down this is okay as they develop
- The goal is to practice above the belly should be caught with fingers up, below the belly fingers are down

### PROPER FORM DRILL

- Without a ball – have the players get into catching position and talk them through each step.
- Show the players by making a full circle in front of your body with your catching hand
- Have the players copy you

### COACH TO PLAYER CATCH

- With younger players it is important to start slowly with catching. Confidence is key to the kids developing into good catching players
- Have player stand in the proper stance about 10 feet from the coach
- Line up 2 or 3 players per coach / parent
- Coach throws ball at the glove and the player is asked to watch the ball into the glove.
- With a successful throw and catch – plenty of congratulations is needed – encourage the players
- Important for coach to throw accurately. Tennis ball can also be used.

### SOFT TOSS CATCH

- Players start by facing the target with out a glove
- Coach softly toss a ball to the player which attempts to catch with bare hands
- The player should attempt to catch with two hands away from the body
- Fingers up and palm facing the target
- This drill is done at close distances
- After a few successful tosses and catches, conclude this drill with a glove on
- Encourage player to catch as they did without the glove
- Drill can also be done with a tennis ball.



## **BASE RUNNING**

### BASE RUNNING – HOME TO FIRST

- Runners should learn to run as fast as they can when running from home to first
- They can over run the base and should turn towards the fence (left) when returning to first
- Players should learn to run through the base
- They should not slide – no matter what the circumstances are
- Players should be taught to touch the bag every time.

### RUNNER TO FIRST BASE FOR A SINGLE

- Line up the players at home plate
- With a bat (no ball) have the players take a swing and run to first
- Make sure they do not throw the bat
- They should place the bat down and run as fast as they can to first base
- Make sure they run through the base and return to first properly

### RUNNER TO SECOND FOR A DOUBLE

- Line up the players at home plate
- With a bat (no ball) have the players take a swing and run to first
- Coach at first base will instruct player to turn and run to second
- Player should start to angle outside the runner lane so they can properly turn to second without slowing
- Make sure to step on the base at first
- Player may slide or stop at second base
- Make sure they do NOT run through the base

### FIRST TO THIRD BASE

- Runners leave first base should start to look at the third base coach at 2/3's the way to second
- The coach will indicate to stop (HANDS UP) or continue to third (LARGE CIRCLES WITH ARM)
- Players will need to learn to look for coach and react accordingly

### FIRST TO THIRD BASE DRILL

- Line up the players at first base
- Coach at home plate will hit ball into field
- Runner should start toward second and begin to look at third base coach
- Coach will use either command and runner will react accordingly
- Continue to run players around to home using the same concept
- Player will return to first base and get back in line to run again
- Coaches will work to ensure players understand the signals and are executing accordingly.





# Awards, Incentives & Motivational Helpers

Here's a selection  
of easy-to-use  
awards and  
motivational  
handouts to help  
spur your team on  
to greater success  
while recognizing  
their  
accomplishments.

A  
Dynamic Youth  
Baseball  
Publication



# EVERYBODY LOVES RECOGNITION.



Everybody. Kids. Parents. Coaches. Everybody.

People love to get patted on the backs, and people love to see others get recognition for a job well done. *Especially* if those people are parents and the others getting the recognition are their children.

Sometimes as a coach it is difficult to cover all the demands of coaching while attending to the countless other details as well. This section of your Coaching Handbook will make you a **SUPERSTAR** in your own right.

We've done the hard part - creating the artwork for the specific awards. You simply print out as many copies of the following awards and motivational helpers as you need on your printer, fill in the appropriate blanks, hand them out to the appropriate individuals, and **PRESTO - INSTANT RECOGNITION!**

## ★ **BIG-TIME IMPORTANT COACHING TIP** ★

Keep a record of any awards that you give over the course of the season. It is especially important in TeeBall that you distribute praise and awards fairly equitably. Use your imagination (and these awards and motivators) and you'll be able to give recognition to the truly deserving as well as the struggling player who needs a boost.

## ★ **BIG-TIME IMPORTANT COACHING TIP #2** ★

While you're at it - you can never give too many awards in TeeBall. Giving a game ball to a player (or two - keep a couple extra going during the game) is a great motivator for the players.

# TEEBALL SUPERSTAR

## Defensive Player of the Game



This is to certify that

\_\_\_\_\_  
Player Name

played an awesome game displaying exceptional defensive skills  
to help his team on

\_\_\_\_\_  
Game Date

while playing for

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Coach Signature



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I Made The

**TEEBALL**

# Play of the Day



This is to certify that

\_\_\_\_\_

Player Name

made the **OUTSTANDING PLAY OF THE DAY**  
to help his team on

\_\_\_\_\_

Game Date

while playing for

\_\_\_\_\_

Team Name

\_\_\_\_\_

Coach Signature



# TEEBALL SUPERSTAR

## Offensive Player of the Game



This is to certify that

\_\_\_\_\_  
Player Name

played an incredible game displaying awesome  
offensive power to help his team on

\_\_\_\_\_  
Game Date

while playing for

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Coach Signature



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# TEE BALL HUSTLER AWARD

This is to certify that

\_\_\_\_\_

*Player Name*

displayed **OUTSTANDING HUSTLE**  
to help his team on

\_\_\_\_\_

*Game Date*

while playing for

\_\_\_\_\_

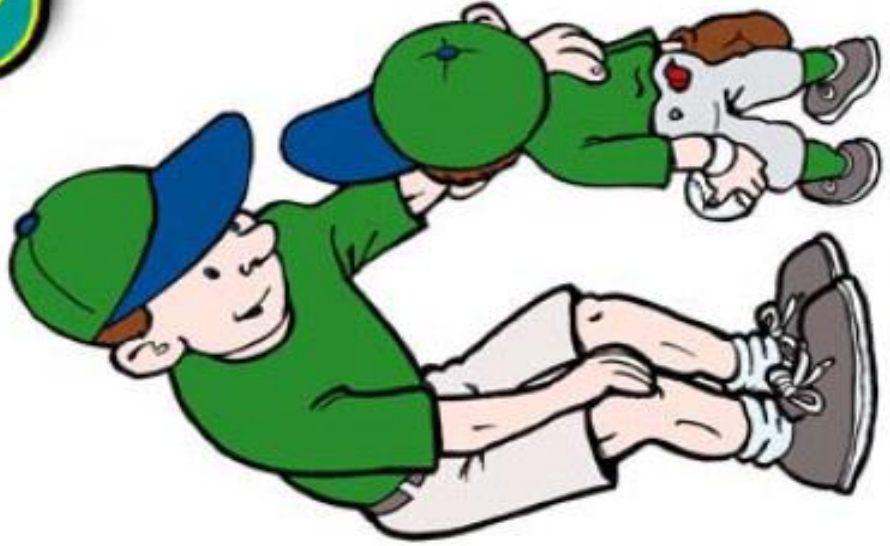
*Team Name*

\_\_\_\_\_

*Coach Signature*



# TEEBALL LISTENING TO DA COACH!



This is to certify that

\_\_\_\_\_

Player Name

did an excellent job of **LISTENING TO THE COACH**  
to help his team on

\_\_\_\_\_

Game Date

while playing for

\_\_\_\_\_

Team Name

\_\_\_\_\_

Coach Signature



LOCK CODE  
FOR SHED -  
1436

