

Core Skills for T-Ball Players

Practice goals

T-Ball players should concentrate on learning the basics of the fundamentals of fielding, throwing, and swinging the bat.

Fielding Skills

- Get in ready position when the ball is placed on the T
- Field ground balls with two hands
- Throw with good technique
- Be able to name all the positions on the field
- Only go after the ball if it is close to your position
- Throw the ball to first base if bases are empty
- Throw the ball to nearest base if there is a runner

Hitting Skills

- Stand at the plate in proper position
- Hold the bat and swing level

Running Skills

- Run the bases in the proper order
- Watch the runner on the next base

Practice Skills

- Teach two hand grounding with "Alligator hands"
- Teach throwing with three steps - point to target, step toward target, throw overhand
- Practice should not be longer than 30 minutes
- Try not to work any drill more than 10 minutes
- Focus mainly on core skills of fielding, throwing, and swinging a bat
- Keep all the kids busy and having fun!

Game Skills

- Players should be able to take turns and watch the game
- Players should learn about getting 'out' and making 'outs'
- Batting is always in a continuous rotation so everyone gets to play