

# BLASTBALL (Ages 3-5) COACH'S QUICK GUIDE



## Core Coaching Principles

- Safety First – Foam bats & balls, gloves aren't required by encouraged
- Fun Over Competition – No scores, no outs
- Keep Kids Moving – Everyone bats every inning
- Keep It Simple – Focus on basics (hit → run → field)

## Equipment & Setup

### Equipment:

- Foam bat & balls
- Tee
- BlastBase (“Honk” base)
- Regular base
- Cone + Line Marker

### Field Setup:

- 2 bases (1st base & outfield) are used
- Base & cone form foul line (~30–40 ft)
- Fielders stay back (~20 ft) until ball is hit

## Gameplay Basics

### Batting:

- Hit ball off tee
- Ball must travel forward past line

### Running:

- Run to 1st base → step hard → **HONK!**
- Encourage running *through* the base

### Fielding:

- Field ball → hold it up → yell “BLAST!”
- This stops the play

Rotation: Every player bats, switch sides after every player hits

## Coach Tips

- Avoid “swarming” - spread kids out
- Rotate all positions
- Keep instructions short & active
- Use lots of positive reinforcement
- Encourage throwing back to coach (not base)

## Practice & Skills

### Session Structure (45 - 61 min)

- **Warm-Up** (2–5 min) – fun movement (tag, relay, etc.)
- **Practice** (20–25 min) – basic skills
- **Game** (25 - 30 min) – 2 - 3 innings
- Early in the Season = More Practice
- Later in the Season = More Game Play

## Key Fundamentals

### Hitting:

- Feet shoulder-width, balanced stance
- Hands together, swing level
- Do not throw the bat

### Throwing:

- Step with opposite foot
- Throw over shoulder
- Aim toward coach

### Catching & Fielding:

- Use 2 hands always
- Ground balls = “alligator” (hands low)
- After fielding → yell “**BLAST!**”

### Base Running:

- Run straight to base
- Step hard → make it honk
- Run *through* the base

## Practice Ideas

- Rolling ground balls
- Simple relay races
- Tee hitting reps (lots of turns)
- Catch with soft balls / bean bags
- Throwing at targets (buckets, hoops)

## Coach Mindset

- Keep it fun, fast & simple
- Minimize standing around
- Encourage parents to help on field
- Focus on confidence, not perfection

Our goal is to create a **positive** first sports experience that builds confidence & keeps kids excited to come back.