



T-Ball Coaching Guide

What T-Ball Is

T-Ball serves as an introductory level to baseball. Children aged 5 to 8 practice hitting off a tee rather than facing a pitcher, thereby minimizing the risk of being hit by a pitch and ensuring that each participant makes contact with the ball.

The primary emphasis is on fundamental skills, including hitting, throwing, catching, and running, within an enjoyable and encouraging environment where equal participation is prioritized over competitive victory.

We do not currently keep score, though we're open to voting on it if a majority supports it. The goal is to create a steady stream of kids who know how to play when they move up to Rookie Ball.

Practice

Arrive 15 minutes early to set up before players arrive.

Warm-up Example (15 minutes):

The wide receiver drill works well. Kids line up. You call out “READY!” and they yell “YES COACH!” Then you say “GO!” and they run to a cone, cut right, and you toss them a ball. They probably won't catch it. That's fine. The point is they're engaged, listening to you, and having fun. It sets the tone.

Game

Games are basically controlled chaos. Here's how to manage it.

Helmets

- Players must wear a helmet while batting.
- Players must wear either their batting helmet or the team-designated pitcher's helmet while playing in the pitcher's position.
- All helmets must have chin straps.

Position Rotation

- Rotate positions every inning.
- If you see a kid picking grass or staring into space, that's on you; they need something to do.
- Leave your position chart on the bench, where players and parents can see it.

Coaches on Defense

- One coach in the infield, one in the outfield. The coach's job is to keep kids in a ready position and remind them where to throw if the ball comes to them.

Batting Order

- Everyone bats
- Rotate the order each game

Move the Tee

- Don't leave it in the same spot every time. Move it around a little, inside, outside, back, forward, so kids are not just hitting everything straight to the pitcher. This helps them learn to make contact in different spots.

Keep It Moving

- Be at the bench getting kids ready. helmet on, bat selected, ready to go.
- No player picks up a bat until it's their turn.
- Have an on-deck circle.

If You Remember Nothing Else

- Keep them moving. Keep it fun. If your entire team wants to play again next year, you did your job. That's the whole point.