



Coaching Tee Ball: **Skills and Player Development**

1. Coaching The Players

- a. Little League is devoted to fostering Good Sportsmanship, Teamwork and Fostering a Love for baseball while developing the players' skills
- b. Teams are expected to practice
 - i. At least 2-3 times a week leading up to the start of games
 1. Weather permitting
 2. A Division and Tee Ball at least once a week, but more are encouraged
 - ii. At least once a week during regular; twice a week is preferred
 1. Sharing of fields and facilities may be required
- c. Managers and Coaches are expected to treat all players, coaches, umpires and officials with respect
- d. Coaches must focus on developing every player, not just their child or the best players
- e. Players' skills and development should progress as they move up through the divisions

2. Tee-Ball Skill Development

- i. Instructional Division
- ii. Skills that must be introduced and practiced
 1. Holding a bat
 2. Batting stance and where to stand
 3. Hitting off a tee
 4. Not throwing the bat after a hit
 5. Bat safety
 6. Dugout safety
 7. Throwing a ball
 8. Putting on a glove
 9. Catching a ball
 10. Fielding a ground ball
 11. Basic base running; name and the order of bases run
- iii. By the end of Tee-ball a player should be able to
 1. Get in a stance at the tee and swing with minimal assistance
 - a. Step and swing
 - b. Drop bat without throwing it
 2. Understand that no one holds a bat unless it is their turn to hit
 3. Be able to put on and take off their own glove

4. Know where to run when a ball is put in play
5. Know the basics of throwing a baseball
 - a. Pointing shoulder and elbow at target
 - b. Stepping with front foot towards target
 - c. Throwing overhand to $\frac{3}{4}$ slot
 - d. Following through
6. Know the basic alignment of fielding a ground ball
 - a. Trying to make the Triangle with feet and glove
 - b. Fielding the ball not trapping it
7. Know that not everyone runs after a ball put in play
 - a. No one fights for balls in play
 - b. Only a couple players in area should be going after the ball
8. Know the basic glove position of catching thrown ball or ball hit in the air
 - a. "High five" the ball with fingers pointed toward the sky on ball above the waist
 - b. "Low five" the ball with fingers pointed toward the ground on ball below the waist
 - c. "Wind Shield Wipers" elbow to elbow to catch balls above waist but off the body's midline
9. Begin trying to hit off a coach pitched ball