

Upper Township Baseball T-Ball Expectations

T-Ball is the player's introduction to baseball, and often their first experience with organized sports. Coaches should strive to teach players the fundamentals of the game through instructional practice and supervised game play. T-Ball is an opportunity for players to learn the game, while having fun.

Elements of the game

Field positions and bases

Batting, base running, scoring

Fielding, throwing, making a defensive play

Fielding

Proper glove position

Use two hands (teach alligator technique/helper hand)

Glove work for ground balls and fly balls

***A great drill to start the season out with is to use tennis balls to play catch and build the kids' confidence. ***

Throwing

Proper footwork

Throwing technique (elbow above shoulder)

Point-Step-Throw—Point your glove where you want the ball to go; Step in the direction of your throw; throw the ball and follow through

Batting

Stance in the box

Hand positioning

Proper swing

Small step with front foot, rotate the hips, back foot "squashes the bug"

Base Running

Station-to-station (base-to-base)

How to run through first base