



DYBA

High T-Ball

Coaches Sheet



Expectations

1. Players: Have Fun, Grow Love for the Game and Cheering for the Team!
 - a. Expand skills from Low T-Ball
2. Coaches: Prioritize Fun, Sportsmanship and Expand basic baseball skills
 - a. Simplification in communication, utilizing games and fun to introduce instruction

Fundamentals Skills for the Age Group

1. Throwing & Catching:
 - a. Skills to Develop:
 - i. Front foot steps towards target in concert with throwing arm going back
 - ii. Begin to shuffle towards target vs static feet
 - iii. Attempting longer throws and not running towards target
 - iv. Tracking thrown balls with glove movement towards ball, catching not expected
 - v. Glove positioning with thumb-to-thumb above the belt & pinky-to-pinky below the belt
 - b. Challenges:
 - i. Players attempt to throw too hard and “spike” throws with low release
 - ii. Short armed throws without taking arm fully back
 - iii. Basket catching regardless of height of throw
 - c. Coaching Techniques:
 - i. Throw against a fence with target of middle horizontal pole, take step back with each hit
 - ii. Start close, throwing to a partner and take a step back each time they make a catch and take a step closer if they miss
 - iii. Use whiffle or soft-orange balls for throwing at longer distances with partners
2. Fielding
 - a. Skills to Develop:
 - i. Fielders in ready position; slight squat, eyes on batter and gloves at knee level
 - ii. Moving feet to get in front of ground balls with glove on ground & bare hand above
 - iii. Players should call for the ball, and other players do not chase called balls but cover nearest base
 - iv. Force out of base runners, when closer play, and if more than two steps throw to base
 - v. Learn each position on the infield, be able to run to position on their own if asked
 - b. Challenges:
 - i. Fielders falling to ground or using bare hand to field ball instead of glove
 - ii. More than two fielders chase hit ball and “fight” over ball
 - iii. Fielders run ball to base instead of throwing it
 - c. Coaching Techniques:
 - i. Coaches call-out whose ball it is when put in play and call-out base for out
 - ii. Introduce Prep-Step, to have players in ready position moving towards home plate
 - iii. Write numbers on balls for ground ball drills, players call-out number while fielding
3. Hitting
 - a. Skills to Develop:
 - i. Proper batting stance (feet apart, knees bent in balanced stance, hands back), starting to pivot back leg
 - ii. Eyes stay on ball either on tee or on coach
 - iii. Throw knob of the bat at the ball for level swing through the ball
 - iv. Learn to hit coach pitched balls, starting underhand and moving to overhand



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3. Hitting (cont)
 - b. Challenges:
 - i. Players swing top-handed and create a chopping action
 - ii. Use a bat that is too light creating over-swing when they swing as hard as they can
 - c. Coaching Techniques:
 - i. Hit into fence with tee at variable heights to introduce variable swing planes
 - ii. Introduce swing cue for “belt buckle to 2nd base” getting hips through

4. Baserunning:
 - a. Skills to Develop:
 - i. Learn to run through 1st base & Home Plate, but stop on 2nd & 3rd bases
 - ii. Force outs can happen at other bases, so need to run hard on contact
 - b. Challenges:
 - i. Players pass slower teammate in front of them when running the bases
 - ii. Players slowdown and stop at first base
 - c. Coaching Techniques:
 - i. Place a cone beyond 1st base in foul territory and practice running through the base and turning towards foul territory
 - ii. Turn baserunning into a game/race to catch BUT NOT pass player ahead and not get caught by trailing runner