

Welcome to Bloordale Baseball's 2004 T-Ball Season!

The following manual is intended to help you, our houseleague coach, make this a great season for the players, parents and coaches. It should give you some basic instruction on how to coach the main skills required for your players to be successful and have a Great Summer On The Field!



SKILLS

Each team will have players with a wide variety of skills and abilities.

Our goal as coachescoaches is to motivate and assist each individual player to play to the best of his ability!



"Baseball is 90% mental, the othe half is physical" Yogi Berra

FIELDING FOR T-BALL

GET READY

Pay attention to the hitter.

Stay low on a wide base - feet apart, knees bent, butt down, arms hanging relaxed between knees.

REACT

Move to the ball.

Keep head down; sneak up on the ball using soft strides.

Try to get there early, to face the hit (on all but the most out of reach hits.)

CATCH

Establish triangle - wide leg base, arms out In front, maintain balance. Bend at the knees and waist but don't get your butt on the ground.

Stay soft - light feet, relaxed hands loose shoulders.

Glove below the ball - arms can pull up easier than push down.

Keep feet directly under your body to be ready to throw.

THROWING FOR T-BALL

THROW ON TARGET

Get your feet under you.

Line yourself up facing the target. Find the target early - with both eyes.

STARTER STEP

Start with a small step forward with the same foot as your throwing arm.

As you take your starter step the throwing hand drops down and back.

STEP AND THROW

Leg opposite throwing arm moves forward for balance, keep it pointed at the target, knee relaxed.

Throwing arm comes up with elbow about shoulder high, angle between arm and body between 90 degrees and 110 degrees.

RELEASE

Glove side elbow tucks in and pulls back.

Weight shifts forward over bent landing knee.

Arm comes forward and down, wrist delivers back spin.

Throwing arm sweeps across body to opposite hip.

Glove side still tucked in.

BATTING BASICS

SOLID BASE

Start with feet Just over shoulder width apart and knees slightly bent for balance.

Bat is gripped in the fingers with hands together and held at shoulder height.

Both elbows bent and away from body.

Don't hide your hands - hands should be visible to the pitcher from the mound.

LOAD UP

Shift weight to Inside of back foot. Back knee will bend a little more.

Hands go back about three to five inches ready to spring forward.

RELEASE

Front foot makes small stop forward.

Hips turn through the ball.

Hands swing bat forward on a slightly downward to upward plain.

KEEP YOUR EYES ON THE BALL!!!!!!

GAME AND PRACTICE TIPS

1. **MAKE SURE EVERYONE KNOWS HOW IMPORTANT IT IS TO ARRIVE EARLY.**
2. **HAVE A SET ROUTINE.** Warm up and play catch in the same manner every single time your team is at the field. Soon the players won't have to be told what to do and you can concentrate on getting ready while they are getting warmed up.
3. **GET PREPARED AT HOME.** If it's a practice **MAKE A SCHEDULE AND FOLLOW IT.** If it's a game have your starting lineup and inning by inning substitutions prepared before you arrive. If you have to make changes they are easy to do when you're there.
4. **TEACH YOUR TEAM THE IMPORTANCE OF FIELD MAINTENANCE.** Take ten minutes at the end of every game or practice to fill holes on the mound, around the bases and in the batters boxes. If we get in the habit of maintaining the field every day, we will all benefit as the season goes on. We can't rely on the City to take care of our fields.

HA VE FUN!!

REMEMBER, IT'S EASIER TO HAVE FUN WHEN EVERYONE IS CONCENTRATING ON BEING THE BEST THAT THEY CAN BE. IT'S WRONG TO EMPHASIZE WINNING, BUT IT'S ALSO WRONG NOT TO CHALLENGE YOURSELF AND YOUR PLAYERS TO GIVE 100% EFFORT ALL THE TIME!

AND BE SURE THAT COACHES, PLAYERS AND PARENTS ARE CONCENTRATING ON BASEBALL WHEN THEY ARE AT THE PARK!

Sample Practice Schedule:

April 21, 2001.

5:30 to 5:40 Short Run and Stretching – Coach Miller

5:40 to 5:50 Catch with a partner — Coach Miller and Coach Ferracuti

5:50 to 6:05 Grounders

Group 1 – Coach Miller

Bobby
Amanda
Franky
Alisha
Michael
Marcus

Group 2 – Coach Ferracuti

Stephen
Joey
Vincent
Nicholas
Robert
Kristen

6:05 to 6:30

Group 1 - Batting Practice

Group 2 - Pop Flies

6:30 to 6:50

Group 1 - Pop Flies

Group 2 - Batting Practice

6:50 to 7:00 Equipment Pack up – Group 1 Coach Miller

Field Maintenance – Group 2 Coach Ferracuti

7:00 SNACK!

SAMPLE POSITIONING SPREADSHEET

PLAYER	1ST INNING	2ND INNING	3RD INNING
Bobby	SS	OF	OF
Amanda	1B	OF	SS
Franky	2B	OF	OF
Alisha	3B	OF	2B
Michael	P	OF	OF
Marcus	C	OF	3B
Stephen	OF	C	OF
Joey	OF	P	P
Vincent	OF	3B	OF
Nicholas	OF	2B	1B
Robert	OF	1B	C
Kristen	OF	SS	OF

THIS SHOULD ALWAYS BE PREPARED BEFORE
COMING TO THE FIELD.

GOALS

If we are to have a successful season we must set some guidelines to follow throughout the year. These are some suggestions, but you may want to add some of your own. Please make a list yourself and give a copy of your list to your players and parents. Use these guidelines throughout your season; you'll be surprised at how much more enjoyable a practice or game can be if you have set out your goals and rules beforehand.

1. **Excel in effort. Give your best, 100% effort always,**
2. **Hustle. Nobody walks on a baseball field. A team that hustles is a team with great spirit and all you or your players require to hustle is commitment and desire. Hustle is the one skill that your opposing team cannot control. The only one that can stop you from hustling is you!**
3. **Develop Loyalty. Put the team first. Be a team player.**
4. **Think Baseball. Concentrate. Whether in a game or at practice, while you are at the field keep your mind focused on task at hand.**
5. **Make every mistake a part of your development. Learn from adversity. Instead of lowering your head and giving up when you make a mistake, use it as an opportunity to learn what you did wrong and don't do it next time. Forgive yourself!**

Value Sportsmanship. Be a good sport. Show respect for opponents, officials, and fans. Most of all demonstrate your respect for your team and the great sport of baseball by conducting yourself with honor on the field.

7. HAVE FUN!