

Kindergarten Baseball

Kindergarten Boys & Girls, Ames St. Friday Evenings - 90 min.
Strictly Instructional/Station Work Only

Outline of Baseball Player development

1st step in the development of our baseball program.
Understand the proper way to throw, catch and swing a bat.
Understanding the areas of the field & positions on the field.
Must keep enthusiasm for the game - make it fun.

Outline of Spring Season

Eight week season:

Season Starts: April 24, 2009

Season Ends: June 12, 2009 (Allows June 19th for rain make up)

Station work for full timeframe for all 8 weeks.

Coordinators' responsibilities

Mandatory Parent Attendance

CORI/SORI from Coaches

In charge of making sure the grade guidelines are adhered to.

Determining the number of teams

Determining the head and assistant coaches for all teams

Assigning each player to a team - skills do not matter at this level

Determining who will run each station - the more skilled/experienced/
knowledgeable about baseball, the better.

Coaches' responsibilities

Mandatory Parent Attendance

CORI/SORI from parents that volunteer

Call all players on the team concerning the start date, equipment, etc.

Wear your team shirt and hat - great team pride

Keep all players together at all times

Keep all players focused throughout the practice

Teach the players to respect the coaches and each other

Instill good listening skills

Calling all players in the event of bad weather

Training from SYBSA

Pre-season coaches training - TBD

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Equipment

Bats, helmets and balls will be supplied by SYBSA in an equipment bag prior to the first practice.

The balls used are an RIF ball and tennis balls

Coaches must return all equipment at the end of the season -
Time/Date: TBD

Uniforms

A team hat and shirt will be supplied for every player on the team.

A team hat and shirt will also be supplied for coaches.

They will be available prior to the start of the first practice date.

The hats will be a MLB team hat.

The shirts will have a sponsor name and will be numbered.

Any extra hats and shirts, please return to SYBSA.

Rules / Terms / Concepts

General concepts of baseball terms & rules should be introduced, covering at least the following:

As outlined at our coaches training:

Proper throwing

Fielding skills

Fundamental batting skills

Also:

Number of bases and names of each.

Foul lines

Infield / Outfield positions

of outs, strikes & balls

Equipment care

Bats are not to be picked up unless a player is instructed by a coach to do so.

Umpires

No umpires are needed for the Kindergarten program.

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Game Times/Cancellations

Friday nights - 6 - 7:30 PM at the Ames Street fields.

It is the coordinators responsibility to contact all coaches by 4PM on Friday, if Kindergarten baseball is cancelled due to weather.

Field Preparation

Setting up of stations as outlined on attached page. The stations should be set up prior to the players arriving by the Coaches.

Kindergarten T- Ball

Divide the Ames street field in half - with half the teams on each side.

Set up five (5) stations and each side: Hitting, Fielding, Catching, Throwing, Running

Assign two station coaches to each station - 16 in total

Assign each team to a station for each week - coaches go to their assigned station each week.

Players arrive - meet with coach - team stretching

Station descriptions:

Hitting	Determine Lefties and Righties Review safety issues - Do not pick-up a bat unless a coach says Review Hitting off a Tee is very important - even the "Pros" Grip - In fingers, not palms & "knocking knuckles" Bat - rest on shoulder, then pick-up Stance - feet shoulder width, toes pointed in Hips ahead of hands "Squish the bug" Three stations - two Tees and one review station Practice and critic all players swing without the Tee Make sure they have the general concept at first and progress as needed based on each player Hit off Tee - two stations
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Running	Move your arms Turn out at first base Cut the corner - touch the corner of the bag Sliding Hit of a Tee and run to first base Hit of a Tee and run to second base
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Throwing	Determine Lefties and Righties Review the three steps of throwing Holding a baseball - in fingertips, hold ball away Swing down and away - "Stand like a scarecrow" Throw arm & throwing leg are attached by a string Line all up - have kids throw to coach Set up several lines and throw to targets No players throwing to players Have a competition - points for hitting or through the target
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Catching	Review catching Use two hands
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Move your feet and your glove

Catch above your shoulders and between your shoulders

Divide into 3 groups

Catch with no glove - catch a tennis ball with two hands

Catch with glove - catch a tennis ball with two hands

Fielding

Review fielding

Wide stance, low to the ground, glove in front,

No hands on knees, head down, rear down, alligator

Bring ball up to belly - then into Throwing

Divide into 3 groups

Roll balls straight

Roll balls to left, then right

Have a competition - cleaning fielding a ball

