

# Kindergarten T- Ball

2013

**Games ARE NOT played at this level. Modified "games" (T-Ball) may be introduced during the last two weeks of the Season.**

*This is to be used as a general guide for the K Coordinator to set up the station training format*

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

**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

**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

## Catching

Review catching

Use two hands

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

