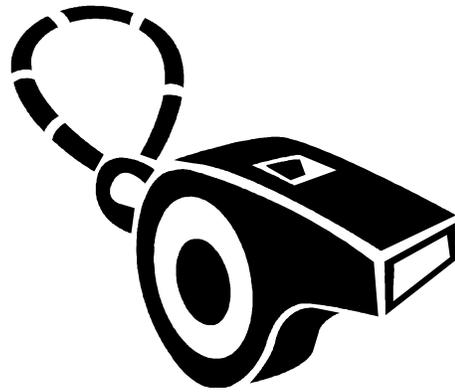
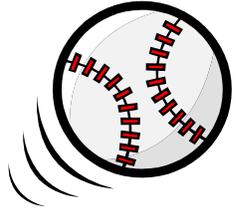


# T-BALL COACHES

## MANUAL



## Why Parents Sign Kids Up for T-Ball

1. Have Fun
2. Get Exercise
3. Learn the Sport
4. Make friends

## Basic Equipment

Players: Tennis shoes (Cleats Preferred)  
T-shirt provided by program  
Glove  
No jewelry  
Water bottle  
Bug Spray

Team: RIF Balls  
Tee's (adjustable)  
Helmets (one size fits all)  
Helmet bags  
Throw Down Bases  
Bats  
Spots (for positioning kids)  
Medical Kit



**Team Meeting:** Have everyone attend first practice/game to introduce self and coaches and philosophy of the program. Ask for volunteers.



### Coaching Notes:

- Be enthusiastic; use positive talk and reinforcement.
- If the player makes a mistake, use the 3 R's of instruction: Remove, Re-teach, Re-enter.
- The re-teaching technique: say their name, give compliment, explain mistake, offer correction.
- Organize before practice. Write down a practice schedule. If it isn't working on a particular day, move on to something else.

## First Day Practice Schedule

- Parent Meeting- coaches split- one coach takes the kids to start their warm up, the other coach has meeting with parents to hand out and go over picture day, etc.
- Run/stretch.
- Catch (about 10 minutes)
- Rotation (15-20 minutes)
  - Diamond, Left Field, Right Field
  - Communicate with other coaches on rotation schedule

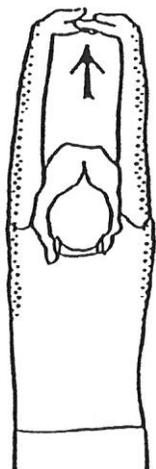
## Suggested Warm-Up Plan & Stretches

- **Run first** - go around the boundary areas and go through the names of each line (goal line, sideline, midline). Play “Catch Up” - have the last person in line try to catch up to the first person in line.
- **Circle with Arms** - big to little/little to big, forward to backward/backward to forward.
- **Butterfly Stretch** (groin stretch) - sit on ground, bottom of feet should touch each other, push legs down with elbows. Fly it out after done with stretch.
- **Straddle Stretch** - on ground legs in straddle position and stretch to each leg and then to the middle.
- **Jumping Jacks**
- **Stretch Up** - on tippy toes
- **“Washing Machine”**- basic hip twists, kids put hands on hips and twist
- **See other handout for other stretches**

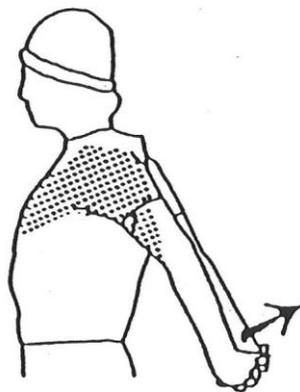


# GENERAL STRETCHES

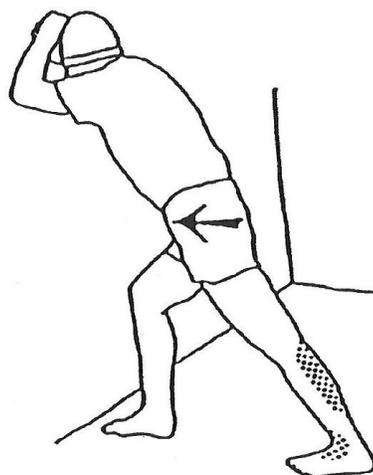
- Hold for 30 seconds, 2-3 repetitions. Do **NOT** Bounce.
- Hold for pulling sensation, but **NOT** pain.



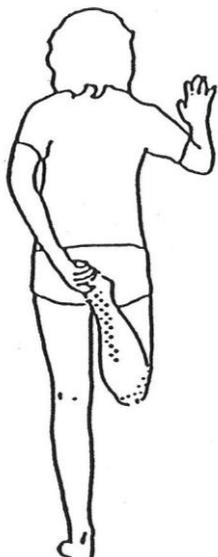
TRICEPS STRETCH



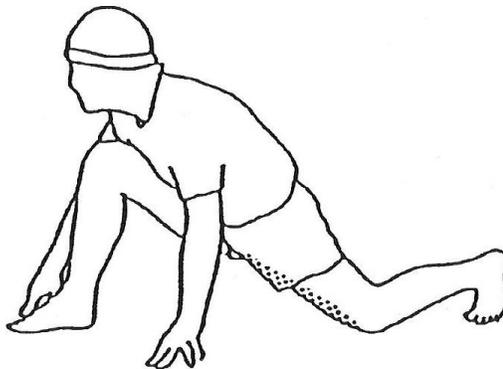
CHEST STRETCH



CALF STRETCH



QUADRICEPS STRETCH



HIP FLEXOR STRETCH



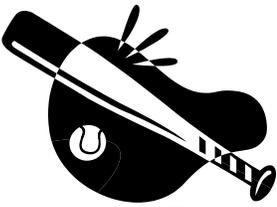
GROIN STRETCH



HAMSTRING STRETCH



BUTTOCKS, BACK STRETCH



## TEACHING BATTING SKILLS

Just because T-ball rules have taken away the guessing game from the batter by eliminating the pitch, the challenge of hitting the ball still exists. The challenge is gaining control of the bat in order to hit the ball where and how it should be hit in the circumstances. Hitting either on the fly, or on the ground; hitting through the hole instead of at someone; or hitting it with power and authority instead of weakly, are all elements of performance that can be accomplished once the fundamentals are learned and applied.

With this in mind, here are some helpful hints to help the youngsters become better hitters:

- **Hand Grip:** Some may not know how to bat properly. A right-handed batter (one whose shoulder faces away from the field), must have his left hand wrapped around the bat closest to the nub of the bat. The right hand is then wrapped around the bat above but not on top of the other hand. Top left hand should be touching bottom of right hand.
- **Introduction to Batting:** Get the kids in a group and explain to them in chronological sequence most of what they have to know about batting. Start introducing them to the "tee", and how it is positioned over the plate; and how it is adjustable. Show them the batter's box and how they will position themselves in relationship to the ball on the tee.
- **Foul Ball Rules:** Show them the foul lines from the view of a batter, and explain all the related rules of a fair and foul ball.
- **Where to Hit the Ball:** Place the ball on the tee and show them the "sweet" spot toward the end of the bat where it is best to hit the ball. Also show them where the surface of the ball should be hit with the bat. Show them the general nature of the swing, and then let them show you what they can do. Any more time spent in demonstration and you'll lose them in fantasy land.
- **Stance:** Feet should be comfortably placed under the shoulders, with good body balance, knees bent a little for control and balance, body also bent at waist. Make sure their stance in relationship to the plate and ball is set-up so that they are several inches back and to the right of the tee for a right-handed batter. You do not want the ball directly in front of them as they face the plate from the batter's box.
- **Step Toward the Pitcher:** Before placing bat in hands of ball players have them all practice stepping toward the pitcher or toward the direction you want them to hit the ball - this will give them more power to their swing.
- **Choke-up:** This helps youngsters to obtain greater bat speed. If they have a heavy bat and a lighter bat is not available, have them choke up. You will find that their swing is more powerful and accurate when they use a lighter bat, so encourage the use of the lighter bats; (even if they brought their own heavier one).
- **Weight Shift:** Their weight should be on the back foot as they are striding into the swing. Many children shift too much of their weight on to their front foot as they swing, the back foot should not be lifted off the ground during any part of the swing, but pivoted. The sensation for the back foot would be as if the batter is twisting his foot to squish a bug.

- **Arm Position:** Their arms and hands should be up and away from their chests in their stance position. The hands should be to the right of the rear shoulder; elbows up slightly.
- **Pushing the Bat:** Make sure the children are swinging the bat, not "pushing" it. If they are "pushing" the bat, their wrists will be stiff, and little bat speed will be attained. Children that push the bat are typically thinking about running to first base too soon.
- **Directional Hitting:** Most players will hit the ball directly back to the pitcher, to avoid this teach directional hitting. If you want a right-handed batter to hit the ball to left field, they must bat square in the batter's box with their left foot striding a little toward the third base line. Their feet should be deep in the box and close to the plate. If you want them to hit the other way, (right field) move the batter up in the box, front foot toward the inside line closest to the plate and the back foot about 12 inches away from the inside of the line. As the batter strides, they will step a little toward right field, keep the bat open faced and swing away. Directional hitting should only be taught to more advanced children. Worry about hitting the ball first.

**NOTE: You may find a child doing eight things wrong. Just concentrate on correcting one of them. That's about all the batter will be able to concentrate on...and you may find that by correcting that one thing, three other improvements will come along with it.**

## BATTING DRILLS



- ALWAYS DEMONSTRATE THE DRILL FIRST

### 1. PUSHING THE BAT PROBLEM

- To correct a child who is pushing the bat, have children hit the ball off the tee using mostly wrist action with very little action from their arms. Have them set up in the batter's box with their arms and bat pointing in a direct line toward the ball on the tee. The wrists should be cocked back. First have them wave the bat back and forth without the ball on the tee, then place the ball on the tee and see how far they can hit it using wrist action only. It often helps to explain to the child that they should swing "all the way around" or "through the ball."

### 2. HIT OFF TEE & RUN AFTER

- This drill combines hitting and running, the child hits the ball off the tee and then runs after his/her own ball. You need to make sure that everyone else is safe by having the rest of the group behind the batter.



## TEACHING FIELDING SKILLS

There are a few key fundamentals that all players must learn if they are to become good fielders. The biggest mistake youngsters make in fielding is that they try to get too fancy or cute. Your role as a coach is to **instill basic fundamentals** into your players. These tips can help.

### INSTRUCTION

Instructions should always be given prior to the play if possible, and repeated several times before the ball is actually batted. Remember the children are really not thinking ahead for the next play. Most have all they can do to figure out how to field the ball if it should come to them, let alone figure out what to do with the ball once they have it.

### INFIELDERS

- **Ready Position:** Ready position is standing with eyes fixed on the ball, knees slightly bent and both hands resting on knees. This helps in protecting players and allows for quick body movement when pursuing grounders. All players should be in ready position to begin each play.
- **Catching Fly Balls:** Make sure that they catch fly balls over their head and run up on the fly balls, it is easier to run up then run back after them. When pursuing fly balls, have them try to keep their eye on the ball as much as possible and if it is hit to their right, have them turn right and look over their left shoulder. If hit to the left, turn left and look over their right shoulder. Gloved hand should be above head with other hand resting behind glove. Teach players to use both hands.
- **Grounders:** When fielding grounders, have the kids go after the ball and try to stay in front of it. Don't wait for the ball to come to them. Use both hands when fielding the ball, have kids **make a "Y"** with their hands so to use two hands when fielding the ball, glove on the ground **"get your glove dirty"** Have them watch the ball into the glove, and if it is a "hot" grounder, just try to stop the ball to prevent extra bases. Encourage players to keep the ball from getting past them.
- **Tagging:** When tagging the runner, keep both hands on the ball. Ball in bare hand covered up by the glove
- **Throws:** Keep throws low, for T-ball especially, stress running the ball to base the child is closest to. This should only be done when throwing is too difficult. Remember the ultimate goal is to throw a base runner out.
- **Back Up:** Make sure to teach the kids how to back up other players in case they miss the throw, catch or grounder.

### OUTFIELDERS

- **Stance:** All players should be in ready position. Don't let the outfielders stand flat-footed when the batter comes to the plate. Have them watch the ball closely as it is hit. Outfielders have the tendency to lose interest or become distracted by other surroundings.

- **Cut-off Man:** After fielding the ball, have the kids always look to their cut-off man for instructions on where to throw the ball.
- **Catching Fly Balls:** Make sure that they catch fly balls over their head and run up on the fly balls, it is easier to run up then run back after them. When pursuing fly balls, have them try to keep their eye on the ball as much as possible and if it is hit to their right, have them turn right and look over their left shoulder. If hit to the left, turn left and look over their right shoulder. Gloved hand should be above head, with other hand resting behind glove. Teach players to use both hands.
- **Grounders:** When fielding grounders, have the kids go after the ball and try to stay in front of it. Don't wait for the ball to come to them. Use both hands when catching. Have them watch the ball into the glove, and if it is a "hot" grounder, just try to stop the ball to prevent extra bases. Stress the importance of keeping the ball in front of you.
- **Back Up:** Make sure to teach the kids how to back up fellow outfielders in case they miss the catch or grounder.

### **BASIC REQUIREMENTS OF THE DEFENSIVE POSITION:**

Here are some things to look for in the players to start off the summer games. As the summer goes on, you will want to rotate all the players so they can experience all positions.

#### **PITCHER:**

The pitcher must stand in the pitching circle until the ball is batted from the tee and then make the best defensive move in retrieving the batted ball, or controlling a ball thrown from the other fielders into the circle. The pitcher should have at least a general understanding of the rules, and should have the required skill level to play the position. Although the goal is to allow all players a chance at every position, it is unsafe to put someone at pitcher who hasn't shown the skill level required.

#### **CATCHER:**

The catcher should always wear a helmet. The catcher is responsible for covering the plate when necessary. The catcher is also responsible for placing the ball on the tee. The catcher should stay at least 8-10 feet back while the player is batting.

#### **INFIELDERS:**

Infielders should be placed accordingly. For example, a child who has trouble throwing the ball should not play third base because of the long throw required to first base. Also, a child who has not shown the ability to catch the ball should not be placed at first base.

#### **OUTFIELDERS:**

The coach and players should not look at the outfield positions as degrading or a form of punishment, but many children who are fearful at first or not mature enough to handle the infield positions should start here. The humiliation of playing a strategic position and failing is much more destructive. The outfielders must have the ability to throw back the ball, and have a good fielding range.

# FIELDING DRILLS

ALWAYS DEMONSTRATE THE DRILL FIRST

## FIELDER STRATEGIES



- Place the players in infielder positions, run situations with real or imaginary runners. For example, there is a runner at first and a batter up, where is the play and what does each position do with the ball if it comes to them. It's effective to use coaches as base runners in these situations.

## TEACHING HOW TO THROW

### GRIPPING THE BALL:

- A child's hand may be too small for the two-fingered grip, depending on the strength and size of their hands you may have to allow them to use a three-fingered or four-fingered grip.

### THROWING OVERHAND

- **Stance:** The player must hold the ball firmly, the body should be in balance with the knees bent, anticipating a stride directly toward the target. If they have just fielded the ball, small quick steps should be used to put the player in position of balance for the throw. (Left, right pick the ball up, Left, right throw).
- The player should raise his throwing hand up over their shoulder, away from the head. Many will have the tendency to push the ball instead of throw it, raising the ball above the shoulders, and away from the head makes it easier to throw the ball, not push it.
- **Release:** The baseball should be released by the thumb and allowed to roll out of the hand up toward the finger tips, and then from the ends of the fingers it is slung toward the target. The last part of the motion makes the wrist break into a flipping action.
- **Body Position:** The thrower should turn their body away from the target, quickly twist or pivot toward the target followed by the swinging of the throwing arm toward the target. Make sure their right shoulder faces away from the target as they pivot and face target during throw.

## THROWING DRILLS



ALWAYS DEMONSTRATE THE DRILL FIRST

### PARTNER THROW/CATCH

- Set up your players in two lines facing each other, (for Jr.'s have them 5 feet apart, Sr.'s 10 feet. Make sure everyone is spread out sufficiently. Have one partner throw over or underhand to the other. Progress to greater distances.

### FIELDING PRACTICE

- Set up the players in infielder positions (2nd, 3rd, shortstop and pitcher) and practice throwing to the first baseman.



## TEACHING HOW TO CATCH

Catching is only going to progress through practice, experience and maturation. Don't get frustrated at the players in this aspect of the game. Until the players have the ability to judge where the ball is going, your coaching effort won't pay off yet. There are some fundamentals you can teach in the game of catching that can help your players improve their performance and put them in a position ready for rapid movement.

### THE GLOVE:

- Make sure the glove fits the player properly, if it is too heavy or large it will be difficult for them to control or catch with it. Watch the length of the fingers, if too long it is harder to control. A vinyl glove will cause the ball to repel more than a leather glove. Also check to see that the players are wearing their gloves properly.
- **Pop-ups:** Have the players catch infield "pop-ups" over their head so you can keep an eye on them. Make sure the players keep their glove hand out away from their body, and high so that they can see the ball and glove at the same time upon making the catch. Make sure they do not run with arm extended to catch the ball until it is in catching range, or else they will be slower in running. Always call pop-ups to avoid collisions. Teach your players not to instinctively run up on the balls hit in the air. Stress to players that they should "call it" if there is multiple players going for the same ball.
- **Grounders:** When fielding grounders, have the players go after the ball and try to stay in front of it. Keep the body and glove low. Make sure they bend their knees. Even have them slap their glove right on top of the dirt infield. Balls most frequently go under their gloves than over their gloves. Don't wait for the ball to come to them. Use both hands when catching. Establish a wide base, with the left foot a little forward of the right. The arms should extend the glove and hand out away from the body so that the eye-hand contact can have a positive influence, keeping the ball and glove on the same plane. Have them watch the ball into the glove, and if it is a "hot" grounder, just try to stop the ball to prevent extra bases.

## CATCHING DRILLS



DEMONSTRATE THE DRILLS FIRST

### PARTNER THROW/CATCH

- Set up your players in two lines facing each other, (for Jr.'s have them 5 feet apart, Sr.'s 10 feet). Make sure everyone is spread out sufficiently. For Jr's have them start by rolling grounders back and forth first and work up to throwing over hand. For Sr.'s Have one partner throw over while the other partner tries to catch it. Progress to greater distances.

### FIELDING PRACTICE

- Set up the players in infielder positions (1st, 2nd, 3rd, shortstop) and practice

## GROUNDERS PRACTICE

- Set up your players in two lines facing each other, (for Jr.'s have them 5 feet apart, Sr.'s 10 feet). Make sure everyone is spread out sufficiently. Have one partner throw grounders while the other partner tries to catch it. This can be done after practicing catch.

## GROUNDERS BATTED

- Set your players up so you have 4 or 5 out in front of you, bat grounders to them for them to call and catch.

## FLY BALLS

- Set your players up to have 4 or 5 out in front of you, then throw pop ups to them for them to catch.

# BASE RUNNING DRILLS



ALWAYS DEMONSTRATE THE DRILL FIRST

## 2ND/HOME RELAY

- Set one group on 2nd and another group on home plate. Have players run all the way around the bases, placing emphasis on touching all the bases. Players should go one at a time and should tag the next person in line, before that player is allowed to start. When players are done with their turn have them sit on the ground. First team to have all players sitting wins. It helps to have coaches run against each other as well.

## TIMED TO FIRST BASE

- Time the runners to first base, have them practice “over running” the base. Have them try to beat their own time and also the fastest player’s time.

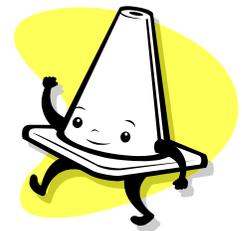
## HIT AND RUN TO FIRST

- Have the players hit the ball and then practice running to first, or have them hit an imaginary ball and run to first. The coach can also be at first base urging them on to second or stopping them using general signals (i.e. both hands out to stop, one arm motioning to go on).

# SAFETY RULES

Review the safety rules of T-ball with the players frequently, especially when you see them doing things that may be dangerous. Some of these rules are:

1. Always look where you are throwing the ball.
2. Never stand near someone who is swinging the bat.
3. Only swing a bat in designated areas, at designated times.
4. Look around before you swing a bat to make sure nobody will get hit.
5. Do not throw your gloves into the air.
6. Do not throw rocks, dirt or other things.
7. Do not slide (T-ball only).



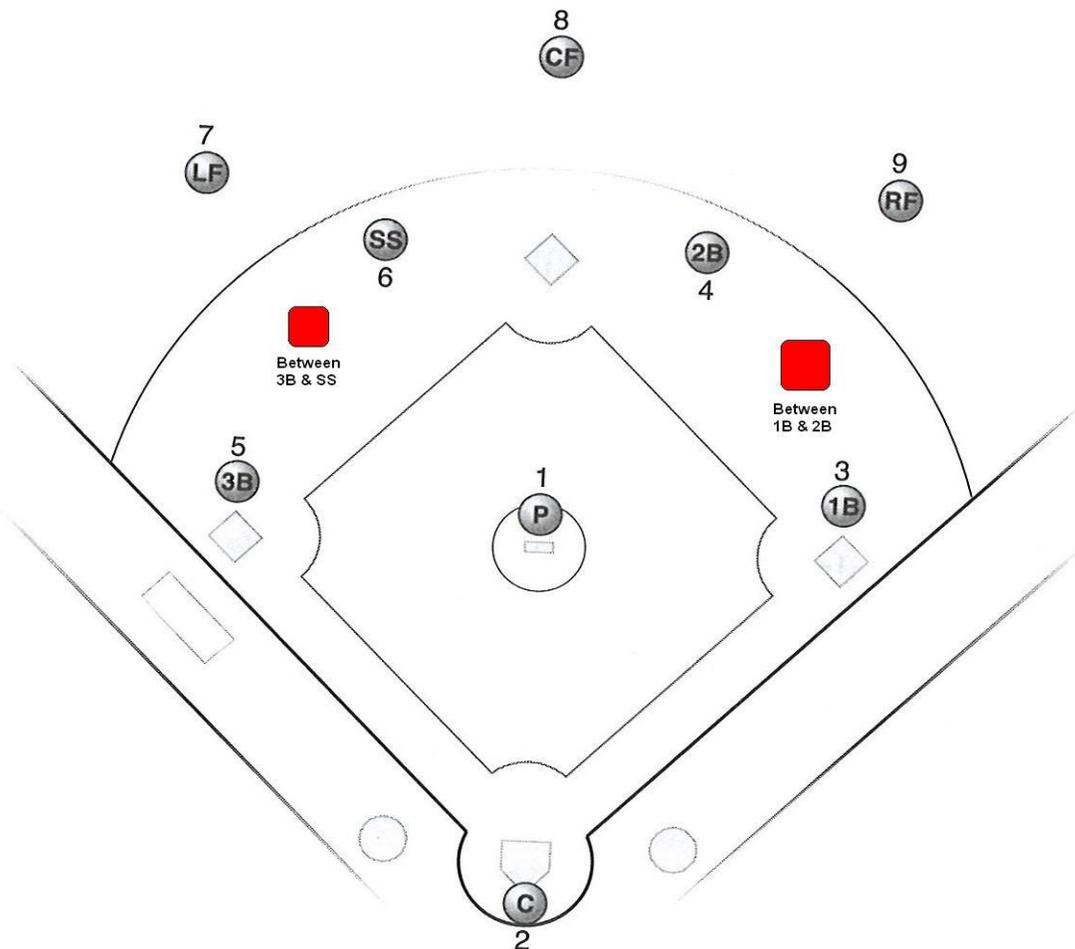
# Other Notes

## Positions

- Figure out your infield line up first and then place the rest in the outfield positions. Then flip flop next inning.
- Pitcher Position - the coach should stand behind them to keep them informed of the game. The player plays at this spot but does not pitch.
- Catcher Position - this player is responsible for putting the ball on the tee every time. When the batter is up to bat, the catcher stands back at the fence. Coaches will have to deflect any thrown bats from the catcher. A coach should always be behind the plate with the catcher.

## 12-13 person team fielding positions:

- 7-8 infielders: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> base, shortstop, person in between 1<sup>st</sup> & 2<sup>nd</sup> base, pitcher, catcher, optional player between 3<sup>rd</sup> and shortstop
- 5-6 outfielders
- We don't want a crowded outfield, spread them out, but we want everyone to play
- If there is not enough players there for you to have a full outfield, take away positions in the outfield first. Always have a full infield if possible.



## **Innings**

- You will usually get in 2-3 innings for Jr. T-ball, Sr. T-ball maybe 3-4 innings.

## **Score sheets**

- Use for your batting order.

## **Bat Throwing**

- To stop bat throwing remind the kids to keep 2 hands on the bat all the way around. You can warn them first and then charge them with an out there after if it keeps occurring. It's a good idea to draw an "X" on the ground where they would have to drop the bat. If the player is throwing the bat 1<sup>st</sup> time it's a reminder, 2<sup>nd</sup> time it's a warning, 3<sup>rd</sup> time they are called out.

## **Last batter rule**

- In Jr T-ball you will go through the entire batting order. Once the last batter is up, call out "last batter" and that batter will run all the way around the bases until he/she scores or is tagged out. In Sr. T-ball play to 3 outs or to the last batter. When your last player comes to bat (so if you have all 12 players show that night, the person batting 12<sup>th</sup> will be the last batter), you will institute the last batter rule.

## **When at Bat**

- Jr. T-ball - it's better to have them all out in the field rather than sitting on the bench.
- Sr. T-ball - you can rotate players and sit 2 on the bench. Everyone should sit once, at this age they have a better concept of the game and can handle sitting on the bench
- While players are batting you want to make sure all the players remain on the bench. You may want to assign a parent volunteer to help with this.
- Helmets should be worn by the catcher, batter and on deck hitter. If a player continually wants to throw their helmet off you may have to call them out so they understand the concept.

## **Fielding Tips**

- Make sure all your players are in "ready position" while they are on the field. You can have the loudest player scream this out to the others. You can also keep them in the game by having everyone point to where the ball is. Another tactic is to have the coach ask, if their team in the field is ready. Example: (Coach yells) Pirates are you ready?!?! (Kids respond) Yea!

## **First Day Practice Tips**

- The first teams that play can put out spots to where the players should stand for their fielding positions.
- Flexi-balls are used for play. You can have one coach have a ball thrown at them to show that the ball does not hurt if they would get hit.

## **Throwing Tips**

- You don't want players throwing underhand. You can repeat the saying "step & throw". If the player is right handed they will lead with their left foot. The only time that they should throw underhand is if they are too close to the base runner.
- Encourage players to throw the ball to 1<sup>st</sup> base instead of beating each runner.

**Coaches placement on the field:**

- All coaches will end up helping both teams. You will have to be constantly reminding the players to watch the ball in order to keep everyone involved.
- When team is batting you should have one coach near the dugout (could be first or third depending on which dugout you pick), another coach at third base and the other coach at home plate (may have to help other team's catcher).
- When team is in the field you should have one coach behind the pitcher and the other one or two spaced in the field helping different players.
- Have a parent volunteer keep players in batting order, if needed

**Schedules**

- Have your players come at the time the schedule indicates. The only day you may want to meet early is the first day in order to hand out T-shirts and have a parent meeting. For picture day we have some teams coming early, please remind parents of the different times or just write it on their schedules for them.
- Jr. T-ball times: you will either play at 5:45 - 6:45 p.m. or 6:45 - 7:45 p.m.
- Sr. T-ball times: you will either play at 5:45 - 7:00 p.m. or 7:00 - 8:15 p.m.

**Storage Box at field**

- First teams should get out the equipment, last teams should put it away.
- We will try to fit diamond dry and rake in the box in case it rains just before you play and you need to take care of a puddle.



# COACHES 8 WEEK LESSON PLAN

## Week One

- Gather up team, get to first practice a little early and make sure to have shirts out because many parents will know what color their team is not the name
- Hand out shirts and get name on them right away. Bring a permanent marker.
- Then have coaches split up, one coach is to conduct the parent meeting, talking about goals and objectives for the season. The other coach is to take the kids for their warm up.
- Warm up includes a lap around the field & stretching (basic body stretches) and proceed to where the First Day Practice Rotation Schedule indicates.
- After warms up, pair kids up and play catch, start with grounders back and forth first (for the younger levels) and work up to the actual throwing.
- After catching break up into 3-4 groups, coaches are to run 3-4 stations depending on number of coaches and number of players. Any combination of drills will do: coach throws grounders, coach throws pop-ups, hitting (off a tee or coach pitch in cage, depending on level), base running, catch again (sometimes a good idea with younger levels to work on throwing.)
- If time is left, break kids into two teams. And have a relay race. One group on second base and the other on home plate. Each kid runs all the way around the bases back to his team and tags the next kid in line. Team to finish first wins.

## Week Two

- Get practice started on time if possible to take advantage of time given for each practice.
- Start with usual warm up, add rule/pointer of the week while warming up. **RULE/POINTER OF THE WEEK: When tagging runners out, hold the ball with two hands.**
- Pair up and play catch, same as week one.
- If game, start play or break into groups for stations again, be sure to use at least one station that was not used the week before. Hitting and at least one fielding station should be in the rotation every week.
- Rotate groups until the practice is over.

## Week Three

- Start with usual warm up. **RULE/POINTER OF THE WEEK: No matter where you are in the field or at bat, eye always on the ball.**
- Play catch, start with throwing to partner overhand this week.
- If you have a game this week, do the basic stations (hitting & fielding).
- Combine stations to save time and mix things up- example: rotate hitting off the tee, with each player getting to hit around 5 balls. Have the rest of the group in the field, fielding the balls hit (working with them on throwing to first at this time is optional).

## Week Four

- Warm up. **RULE/POINTER OF THE WEEK: Base runners tagging up on caught fly balls/ line drives.**
- Play catch
- Break team into groups and rotate stations (Same as week three).
- Play game
- End a little early and have a relay race (same style as described in week one) between the two teams.

### Week Five

- Warm up. **RULE/POINTER OF THE WEEK: When in the field, glove on the ground, get that glove dirty.**
- Play catch. (not as long this week)
- Use practice time to get team set up in positions on the actual field if possible. Concentrate on kids fielding the ball and throwing to first base. Move on to the force out at second base if team is ready to handle force outs.
- Play game
- Can either have relay race or continue playing game until time is up.

### Week Six

- Warm up. **RULE/POINTER OF THE WEEK: Force outs at second base, third base & home plate.**
- Play catch
- Group Stations, Vary stations as best you can to keep things exciting and interesting for the kids.
- Play game
- Relay race (optional)

### Week Seven

- Warm up. **RULE/POINTER OF THE WEEK: When hitting chin should go from front shoulder to back shoulder**
- Play catch
- Stations
- Play Game if practicing Parents VS. Kid's game. It's the end of the season relax and have some fun with the kids parents VS. Kid's games are always a great way to end the year.
- Relay race (optional)

### Friendly Reminders

- When playing the game, have your catcher try to tag out the runners on the last batter, its fun for the kids.
- Dots- please use the dots for all field positioning (Use Page 12 Diagram). **IT'S IMPORTANT TO GO BY THE DIAGRAM** because if the dots are moved up closer towards the pitcher's mound and home plate, there will be too much bunching of the kids when the ball is hit. This can cause kids fighting over who get the ball, not staying in their positions/area they were assigned, and the kids will not learn what to do if the ball isn't hit to them (example: Learning to cover the base or backing up the fielder).
- Equipment- last teams on the field, please remember to help put away the equipment at the end of the night.
- Make sure each kid is wearing their helmet when batting and running the bases.
- When kids are hitting make sure other kids (esp. catcher) are far enough away from the batter. Kids let go of the bat and the bat goes flying, keep this in mind when behind the plate
- **Finally, Have Fun!**