



ROCKINGHAM RAPTORS TEEBALL ASSOCIATION

COACHING GUIDE

How to use this guide

Use this guide as a practical coaching reference throughout the season. It provides guidance on planning training sessions, teaching fundamental skills, supporting players and preparing for game day.

Competition rules, Club requirements and contacts may change, so always check the Rockingham Raptors website, TBAWA rules and official Club communications for current information.

The role at a glance

Area	What the Coach does
Player development	Teaches fundamental skills and provides age-appropriate opportunities to learn
Training	Plans safe, active and enjoyable training sessions
Game day	Leads player rotations, positioning and on-field coaching decisions
Positive culture	Models respect, encouragement, fair play and good sportsmanship
Teamwork	Works with the Team Manager and families to support players
Safety & wellbeing	Provides a safe, inclusive environment and follows Club safeguarding and reporting requirements

Need coaching support?

Chief Coach and Team Support

Josh Musto
0424 366 231

For coaching advice, training support and general team coaching questions.

Welcome & the Four Fs

Your role is to help children develop skills, confidence, teamwork and a love of tee-ball. This guide identifies four foundations:

FUN	Create enjoyable, encouraging experiences
FAIR PLAY	Model respect, sportsmanship and appropriate behaviour
FUNDAMENTAL SKILLS	Build catching, throwing, batting, fielding and running progressively
FAMILY INVOLVEMENT	Work with families and other volunteers to support the team

As a general guide, allow approximately 45 minutes for younger children and 60 minutes for older groups. Adjust the session length to suit the players' ages, experience, confidence and needs.

Coach responsibilities & conduct

- Learn players' names and create a positive, inclusive team environment
- Plan age-appropriate training and give every player opportunities to learn and participate
- Model respect for umpires, opponents, parents, players and fellow volunteers
- Use calm, constructive feedback; never humiliate or intimidate a player
- Communicate practical arrangements clearly with the Team Manager and families
- Apply current Club Codes of Conduct, safeguarding requirements and applicable competition rules
- Refer serious or repeated behaviour, welfare and safety concerns through the Club reporting pathway; do not investigate complaints or decide disciplinary outcomes yourself

Working with your Team Manager

Agree who will manage team messages, attendance, volunteer roles, equipment, player availability and parent questions. Coaches focus on coaching and on-field decisions; Team Managers coordinate the practical team arrangements.

First training session

- Arrive early and inspect the training space, bases and equipment
- Introduce yourself and invite players to learn one another's names
- Confirm the team's communication method, training time and attendance expectations with families
- Explain simple ground rules: listening, taking turns, encouragement, safe equipment use and respect
- Discuss the Club Code of Conduct and explain where families can find the reporting pathway
- Invite suitable parent volunteers to help with drills, scoring, umpiring and game-day tasks
- Run a short, active session that lets you observe confidence and skill levels

Safety and inclusive coaching

- Safety comes first: check footwear, playing surface, weather and equipment before training
- Do not permit unsupervised bat swinging or throwing; ensure receivers are ready before balls are thrown
- Keep equipment and bases clear of walkways and ensure safe spacing around batting activities
- Never allow bats or helmets to be thrown
- Follow current Club and governing-body requirements for jewellery, protective equipment, weather, first aid and child safety
- Offer demonstrations, simple instructions, small-group practice and adjustments for different abilities
- For any immediate danger, prioritise safety and contact emergency services on 000 when required

Planning a training session

This example totals approximately 60 minutes and can be shortened or adapted.

Warm-up and movement - 5 min	Easy movement game, active mobility and readiness
Throwing / catching - 10 min	Partner work and age-appropriate distances
Fielding - 10 min	Ground balls, ready stance and safe retrieval
Batting - 15 min	Tee set-up, controlled swing and rotation
Team / diamond drill - 10 min	Covering bases, communication or relays
Mini-game and wrap up - 10 min	Apply skills, praise effort and review learning

Avoid long queues. Use small groups, rotate stations and give players frequent touches of the ball. Keep instructions brief and demonstrate the skill.

Teaching fundamental skills

Throwing

- Grip the ball comfortably with fingers over the ball and thumb supporting underneath
- Stand balanced, side-on to the target where appropriate
- Step toward the target, transfer weight and follow through naturally
- Prioritise control and accuracy rather than force; avoid over-throwing

Catching and ground balls

- Begin in a balanced ready stance with knees bent and eyes on the ball
- Move into the ball's path where safe; stay low for ground balls
- Watch the ball into the glove and secure it before preparing to throw
- For high balls, teach players to communicate clearly and avoid collisions

Batting

- Stand balanced with feet comfortably apart and eyes on the ball
- Hold the bat with a controlled, relaxed grip
- Practise a level, controlled swing with a clear hitting area
- Teach safe bat placement after contact; never throw the bat

Base running

- Run through first base when permitted under the current rules
- Teach players to look and listen for base-coach instructions
- Practise rounding bases, touching each base and making safe decisions
- Teach sliding only when age-appropriate, permitted and safely supervised under current rules

Practical drills

Modify group sizes, distances and complexity to suit the players. Ensure safe spacing and supervision.

1 Underarm throws

Two lines near home and third base. A player rolls a ball toward the opposite line; the receiver moves to field it and makes a controlled underarm return. Players follow to the opposite line.

Coaching focus: Fielding low balls; accuracy; movement.

2 Single out

A coach rolls or safely hits a ball to a fielder near the pitcher's area. The fielder throws to first base; players rotate positions. Vary the fielding position as skill improves.

Coaching focus: Fielding and throwing to a base.

3 Double play

Set up runners and infielders. Practise fielding a ground ball, making the force play at second and transferring toward first. Begin without runners and add movement gradually.

Coaching focus: Communication; decision-making; team coverage.

4 Star drill

Pass the ball around the diamond in a sequence: catcher → shortstop → first → third → second → catcher. Players move to the next position after throwing.

Coaching focus: Accurate throws; catching; rotation.

5 Relay

Form small lines of players. Pass the ball down the line and back, turning safely toward the next receiver. Rotate positions after each round.

Coaching focus: Relays; communication; safe transfers.

6 Chase the runner

Place fielders at the key bases and a runner at home. Fielders pass the ball through a prearranged pattern while the runner circles the bases. Rotate roles.

Coaching focus: Throwing under pressure; base running; teamwork.

Game day, rotations & teamwork

- Arrive with sufficient time to check equipment, players, positions and volunteers
- Confirm player availability and the batting order with the Team Manager
- Use a fair rotation plan that gives players opportunities across positions, subject to current competition rules and safety
- Explain positions and expectations positively before each innings
- Respect umpire decisions and use approved channels for rule queries
- Thank volunteers and reinforce effort, learning and sportsmanship after the game

Concerns, GDO and MPIO reporting

Which pathway should I use?

Routine team question	Coach or Team Manager privately, at an appropriate time
Game-day minor conduct concern	A calm reminder if safe; GDO may assist and record an appropriate factual note
Serious, repeated or unresolved concern	Contact the Club's Member Protection Information Officer (MPIO), or use an appropriate safeguarding/authorised pathway
Immediate safety or child-wellbeing risk	Protect safety first; call 000 when necessary and follow mandatory safeguarding or external reporting obligations

Role boundaries

The Game Day Official (GDO) supports appropriate behaviour on game days, gives safe reminders and records and reports concerns. The MPIO listens, provides information and support, and helps direct concerns to the correct authorised person or process. Neither the GDO nor MPIO ordinarily investigates or determines disciplinary outcomes. Formal decisions rest with the appropriately authorised Club, Committee, governing body or external authority.

MPIO contact: rockinghamraptors@outlook.com

Use the Club's current Reporting Pathway, Coach/Official/Volunteer Decision Tree, Club Code of Conduct and Behaviour Response Forms for full instructions. Handle sensitive information discreetly; do not circulate complaint details in team Facebook groups.

Coach checklist & quick reference

- ☐ Know player names, needs and appropriate adjustments
- ☐ Have a session plan with simple learning goals
- ☐ Check equipment, space, weather and safety
- ☐ Give clear demonstrations and constructive feedback

- ☐ Rotate players fairly and keep everyone involved
- ☐ Confirm team communication and volunteer support
- ☐ Know where to find the Code of Conduct and reporting decision tree
- ☐ Know the MPIO contact and the GDO's game-day role
- ☐ Check current competition rules before relying on older technical guidance

Teeball terminology

These are introductory descriptions, not substitutes for the current official rules.

Batter's box	Marked area where the batter stands
Base coach	Person guiding runners from the coach's box
Dead ball	Ball not in active play
Double play	Two outs recorded in one continuous play
Fair / foul ball	Ball classified by its position under the current rules
Force play	A play when a runner must advance because another runner is entitled to their base
Infield / outfield	Fielding areas nearer to / farther from the diamond
Relay	A sequence of throws used to return the ball to a target
Tag	Touching a runner with a ball or ball-held glove under the rules
Tee	Support holding the ball for the batter to hit

Thank you

For helping make Rockingham Raptors a fun, safe, inclusive and respectful club for every player and family.

Useful links

[Rockingham Raptors website](#)

[Committee contacts](#)

[TBAWA rules and resources](#)