



T-Ball Coaching Guide

Division Goals

- Fun
- Teamwork
- Skill Development
- Game Basics

Coaching Responsibilities

- Help to fulfill each of the Division Goals
- Communicate information from the league to your team (parents and players)
- Set-up and take down of the playing field prior to and after each game. Tee's and Bases will be stored in the equipment box behind each back stop. Please return Tee's to the box after each game.
- Ensure each game played follows the rules outlined by the organization, and fulfills the Division Goals

Distances

- Base distance: 40' (see figure 1)
- Ball size: 11" trainer (soft)

Game Flow

- Each game proceedings will begin promptly at 6:00pm on scheduled nights
- The total run time for each game will be no more than one (1) hour
- The first fifteen (15) minutes will be dedicated to skill development
 - Each team will separately as a group work on skills such as throwing, catching, and other basics of the game. This time will otherwise be known as "Practice Time"
- The structured game will begin by 6:20pm
 - The designated visiting team will bat first, every player will bat and get on base.
 - The home team will bat once the visiting team has completed their turn, every player will bat and get on base.
 - The final batter in each lineup will hit, and get a "Home-Run", clearing the bases so that each player remaining on a base has a chance to touch home plate.
 - This process will repeat twice (three times if time permits)
- When a team is not batting, ie on the field playing defensively, the goal is to have the player who receives the batted ball make a throw to first base in the air (ie not rolling the ball), regardless of the position of other base runners. The goal here is to develop the basic defensive play in softball of throwing to first base. Each batter will be safe as they reach each base, regardless of the outcome of the throw. A base runner will not advance another base as the result of a "wild throw", ie, one base at a time.
- Coaches may have up to three (3) additional parents on the field
- Base runners may only advance one base per hit ball. (Otherwise known as "Station-to-Station" play)
- No Back-Catcher will be used during game play



Best Practices

- Have a plan for the 15 minute Practice Time
 - Keep it simple, focus on one skill per practice time (ie throwing or batting etc)
- Prepare your batting order prior to each game
- Prepare your fielding positions for each inning prior to each game
- When your team is batting, have each player on the bench have their helmet on so that they are ready for their turn to bat
 - When one player is batting, have the next batter in order in the “On Deck” circle
- Request assistance from other parents on your team. You may find assistance from parents helpful:
 - During Practice Time
 - When your team is in the field (defense)
 - When your team is at bat (helping to prepare players for their at-bat) (ie, getting helmets on, ushering them to the on-deck circle)
- When your team is batting, you as the coach, should be home plate helping each player with their batting stance and swing, as well as receiving and putting the ball onto the “Tee”
- Create a “Snack Schedule”. Although not a requirement, past teams have found having a scheduled snack after each game is a great team bonding experience. As an example, this schedule could assign a parent to bring a snack on their designated game night for the team. (If possible, seek out a parent to organize this!)
- Have your team decide on a fun Team Name!