

## T-Ball

### Offense

#### Batting

- Swing
- Don't throw bat

#### Base running

- Names of the bases
- Which direction to run
- Run through 1<sup>st</sup> and home
- Stop on 2<sup>nd</sup> and 3<sup>rd</sup>
- Watching base coaches

### Defense

#### Throwing

- Mechanics- grip, elbows, pivot, release, follow through

#### Fielding Ground Balls

- Set position
- Stay off the ground

#### Fielding Pop Flys

- Introduce mechanics

#### Fielding Concepts

- How to get batters and runners out
- How to stop the play
- Covering bases