

Tee-ball Coaching Tips

Warm-up first

- jumping jacks
- stretch
- arm circles
- run the bases

Throwing

Should be able to throw the distance of one base at each little league level (tee-ball is 50ft) – by end of season

Throw from one-knee (a good starting exercise)

- ensure knee is “closed” or at least a straight line to target to ensure proper shoulder-turn during throw

Four-seem grip is preferred

- tee-ballers should use 3 or 4 fingers and try to hold ball with as much fingers as possible (not the palm)

Feet should be positioned perpendicular to target

- sideways running drill can help (and I forget the name of this drill)

Initiating throw

- touch the ground to initiate throw if needed (during one-knee exercise)
- point to target with glove hand
- alternative method is to do the “scare-crow” initiating the throw by pushing both hands down and out with the glove hand pointing to the target and the throwing hand moving in a circular motion back then forward

Throwing motion

- arm motion is circular (not bow-and-arrow)

Ideal rotation is 12-6 vertical rotation (dad’s should throw this way for them to copy).

- Thumb under the ball will help vertical rotation

Catching

- practice without a glove at first
- use a tennis ball to eliminate fear of being hit by ball
- practice throwing the ball in the air to yourself and catching it without a glove, and eventually throw from one hand to the other
- start catching with glove hand down and use off hand to cover the ball (“alligator”)

Fielding

- practice catching ground balls without a glove at first
- bend knees to get as low to ground as possible
- use “alligator” to catch grounders
- turn feet before throwing
- drill: use cones to create 3 lanes and roll ball to kid and have roll back, last lane can throw to 2nd base and rotate

Base running

- run through 1st base
- run outside upcoming base to prep turn
- touch inside of bag during turn

Hitting

- safety 1st
- tee positioned in front of the batter (align tee with front foot)
- tee height at waist
- align small knuckles (to ensure elbows in) batter can check knuckle alignment by resting bat on shoulder
- hands ear height (after checking knuckle alignment just move hands out near ear in comfortable position)
- feet perpendicular to pitcher
- follow through “high” with bellybutton towards pitcher

Practices

- Keep fun and moving
- Cover warmup, throwing/catching, outfield, infield, hitting, and perhaps base running
- 1 hr max
- Get as many parents to participate as possible

Fun drills

- Run bases in sequence chasing the person in front
- Run to first before coaches throw you out

Other resources

www.webball.com