

Ashwaubenon Youth Baseball

T-ball Skills

Skills to be Reviewed:

None

Skills to be Taught and Practiced:

Fielding -

1. Ready Position
 - A. Glove down and open out in front
 - B. Head up
 - C. Knees bent
 - D. Feet shoulder width apart
 - E. Weight slightly forward
 - F. Eyes on the batter
2. Ground Balls
 - A. Move to the hit ball
 - B. Glove open and on the ground
 - C. Watch the ball into the glove
3. Fly Balls
 - A. Move to the hit ball
 - B. Glove open and out in front of your face
 - C. Watch the ball into the glove

Making outs –

1. Tagging the runner while not on base
2. Catching a fly ball
3. Touching a base when you have a ball before the runner

Throwing – (only throw when no other players are in the way)

1. Gripping the Ball
 - A. Window
2. Step and Throw
 - A. Step at your target
3. Arm Position
 - A. Elbow Up
 - B. Arm Motion
 - C. Follow Through

Hitting - (do not swing the bat when other players are in the way)

1. Proper starting position
 - A. Bat extension to hit the ball off the tee
 - B. Feet wider than shoulder width
 - C. Bat held back with elbows away from body
 - D. Weight slightly back on the back foot

2. Swing
 - A. Move hands/arms forward moving weight from the back foot to front
 - B. Bat should be level
 - C. Eyes on the ball
 - D. Follow through
3. Not throwing the bat
 - A. Hold on to the bat dropping it on the way to 1st base

Base Running -

1. Direction to run around the bases
2. Running through 1st base on a ground ball
3. Watching and listening to base coaches
4. Running when the ball is hit
5. Stay on the base when the ball is hit in the air