

**NEIGHBORHOOD CLUB T-BALL
2019 LEAGUE**

LESSON PLAN, GAME RULES & OBJECTIVES

WEEKS 1, 2, 3 & 4

9:15 a.m. - 9:30 a.m. or 10:45 a.m. - 11:00 a.m. Take attendance. Pass out hats, shirts and socks. Introduce players and coaches to each other.

- Exercises:**
- Hop on one foot for 7 seconds; switch and hop on the other foot for 7 seconds
 - Stretch your side
 - Run in place for 15 seconds
 - Bend over touch toes, then reach for the sky
 - Jumping jacks

9:30 a.m. - 10:30 a.m. or 11:00 a.m. - 12:00 p.m. Two teams per diamond. During this time, there will be 30 minute drills on throwing, catching and fielding ground balls, and 30 minute drills on hitting and base running. A team will practice throwing, catching and fielding ground balls in a safe area, while the other team will practice hitting, and running the bases on the diamond. After 30 minutes, teams will switch drills and areas. Coaches should decide which team will hit or throw first.

DRILL #1 (30 Minutes)

Demonstrate throwing, catching and fielding ground balls (check instructional objectives on reverse side.)

1. Form two equal lines. Have players line facing the coach about five yards apart.
2. Have coaches roll grounders to the player, glove down on ground. Use two hands, stay in front of ball.
3. Now, form two, new equal lines. Have players facing each other about five yards apart.
4. Have players roll grounders back and forth to each other, glove down on ground. Use two hands, stay in front of ball.
5. Overhand throw back and forth. Step with opposite foot and follow through. Have glove pointed up, with pocket directed at thrower, use two hands to catch. Tell players to throw softly.
6. Move line 8 to 10 yards apart; repeat the above.
7. Continue as long as time permits.

DRILL #2 (30 Minutes)

Demonstrate hitting techniques and how to run the bases (check instructional objectives on reverse side.)

1. Have players form a single line behind the coach, and run the bases.
2. Now hit, while other players shag balls.
3. Give all players batting position by numbering each of them. Each player will hit in rotation. Give each player two or three practice swings. Check their form and assist.
4. Place ball on tee. Have players hit two balls. After hitting the second ball, have the players run to first base. **Stress dropping the bat at home plate.** Or if that is not working have them drop the bat at first and continue to run the remaining bases.
5. **Keep other players far away from the tee.**
6. Keep rotating players as long as time permits.

10:30 a.m. or 12:00 p.m. Wrap up & Praise REVIEW DAY'S TECHNIQUES

1. Ask questions of players. "How do you base run, throw, catch, and hit the ball?"
2. Stress that they practice on their own.
3. Pass out schedules, rosters, letters, etc.
4. Notify Neighborhood Club of all absent players who are continually not showing up.

The first four weeks are instruction only. During the last four weeks, an inning is over when all players have batted once (no matter how many outs occur). Coaches may choose to pitch underhand to their own players at the **last session of the season** (no strike-outs). If the player fails to hit the ball within **three** pitches, he/she must then use the tee. At this time, players may start dropping their bat at home plate or at least half way to first base. Please refer to your t-ball lesson plan for further details.

SEE REVERSE SIDE.

Weeks 5, 6, 7 & 8

9:15 a.m. - 9:30 a.m. or 10:45 a.m. - 11:00 a.m. 15 minutes warm-up/exercise and review previous throwing and catching instruction. Form two lines and have players practice catching ground balls, pop-ups and throwing. Repeat instructional objectives.

9:30 a.m. - 10:30 a.m. or 11:00 a.m. - 12:00 p.m. PRACTICE GAME, ONE TEAM TAKES INFIELDF; THE OTHER HITS

Rules:

1. Approximately 45' base path & 35' mound
2. Stress dropping the bat at home plate or carrying the bat to first base, dropping before. Do not throw.
3. Establish batting order by numbering all players. (Different each week).
4. Complete rotation of batting order in one inning.
5. Catcher must be ten feet back from tee.
6. No score is kept. All games end in a tie.
7. Outs are not counted. If a player is out, they return to the bench, if safe, remain on base.
8. Players must rotate positions every inning. Infielders play outfield, outfielders play infield.
9. Runners may not advance on any overthrows. No stealing, no lead offs and no sliding.
10. No strikeouts or walks.
11. If the batter hits the coach with a batted ball, the ball is dead. Batter continues to bat.
12. Ball must be hit, if the ball travels less than 10 ft, take over
13. Coaches may be on the field to help fielders play positions.
14. Infielders may not be more than 10 feet in front of base paths.
15. Outfielders may not be less than 10 feet behind the base paths.

COACHING TIPS

1. Verbally explain drill or technique.
2. Coach demonstrates.
3. Players do drills.
4. Coach positively - reinforce skills
5. Be repetitive. Explain and demonstrate over and over.
6. **MOST OF ALL, HAVE FUN!**

INSTRUCTIONAL OBJECTIVES

1. **Throwing** (Know right from left handers).
 - A. Overhand
 - B. Grip-two or three fingers across the seams with the thumb in opposition around the ball. The ball does not contact the palm.
 - C. Step with opposite foot toward target (right handers step with left foot).
 - D. Follow through
 - E. Throwing hand aimed toward target
2. **Catching**
 - A. Eyes must see the ball
 - B. Ball should be caught with two hands, in front or near the center of the body, whenever possible
 - C. The fingers of the glove point in the direction the glove has to move to make the catch.
 - D. The arms "give" to absorb the force of the ball.
3. **Fielding ground balls**
 - A. Position:
 - feet approximately shoulder-width apart
 - the glove-side foot is even with or slightly in front of the throwing-side foot.
 - weight is evenly distributed
 - knees are bent
 - B. Approach:
 - The ball should be approached so that it can be fielded on the centerline of the body whenever possible.
 - C. The Catch:
 - The glove is open to the ball with the finger pointing in the appropriate direction, and eyes are focused on the center of the ball until the ball has been secured.

SEE NEXT PAGE.

4. Running the bases
 - A. Gradually curve to the right 4 - 8 ft, 10-20 ft before 1st base
 - B. Hit inside front corner of the base with left foot, however don't break stride merely to use the left foot.
 - C. Continue to other base in the same manner.

5. Batting (Know right from left handers)
 - A. Grip top and bottom hand
 - B. Shake hands with bat
 - C. Level/downward swing
 - D. Small step with front foot
 - E. Anchor/rotate back foot
 - F. Contact ball in front of body with arms fully extended
 - G. Keep eyes on ball (watch it before the swing and during the swing)
 - H. Follow through
 - I. Before swing, feet parallel to plate
 - J. After swing, hang onto bat

RAINY DAYS

In consideration of participant safety, dangerous weather situations will cause play to be stopped. Safety is the utmost concern in any athletic activity. Usually, a decision to cancel games is not made until game time. Teams will be expected to show up unless otherwise notified by the Neighborhood Club. If you are in doubt as to whether or not the game will be played, check the Neighborhood Club's web site (www.neighborhoodclub.org) no sooner than one hour before your scheduled game to see a message of cancellation. **If the web site does not specify that your activity is canceled, you are to report to the activity site.**

Thunder & Lightning: The old adage "if you see it, flee it" is an important one. Baseball fields are big, open spaces, which are susceptible to potential lightning strikes. A strike can hit from up to 10 miles away, which means it could happen before you even see dark clouds in the sky. If a storm should strike, have everyone head to an enclosed space. Cars are also safe. Shelter houses without walls and dugouts are NOT safe places. Be sure to wait 30 minutes after the storm to begin resuming activities, being sure to monitor the weather anyway you can.

Use of dental guards is recommended in all Neighborhood Club sports programs.

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