



5U Tee Ball Curriculum LYBO

Mission

To involve young players in our LYBO community by encouraging spirit and cohesiveness. Our primary goal is to create an environment where these players have fun while learning the basic skills and etiquette of Tee Ball. We hope to empower participants to do their best, and to have our volunteer coaches' model and teach good sportsmanship and healthy competitiveness.

Objectives: (Player Goals)

- Have fun playing on an organized ball club
- Develop basic bat handling and hitting skills
- Develop a mechanically sound throwing motion
- Learn to catch a thrown or batted ball
- Develop basic base running knowledge and skill
- Implement the practice of good sportsmanship
- Experience the thrill of sport participation and competition

Skills & Knowledge: There are four main areas of focus for Tee Ball instruction

1. Throwing
2. Bat handling & hitting
3. Catching the ball & fielding
4. Base to base running fundamentals

Throwing:

- How to grip the ball
 - Focus mostly on getting players to grip the ball with their fingertips rather than with their palms.
 - Gripping the seams correctly at this stage is **less** important than developing proper arm angle, mechanics, and gripping with fingertips. Some players will be able to use a 4 seam grip with 3 fingers but most will require all 4 fingers
- How to throw overarm in proper position (glove side elbow pointing to the target)
 - Use "ball to the thigh, ball to the sky, knocking on the door"
- When to throw underhand
- Look at and step to target
- How to release the ball correctly
- Proper follow through with arm and leg

Catching and Fielding



- Catching a ball above the waist (fingertips up, preferably two hands)
- Catching a ball below the waist (fingertips down, palm facing up)
- Receiving the ball with “soft” hands.
- Start the season teaching to catch without a glove and then gradually incorporate a mitt
- It’s important to partner up players based on ability
- Encourage movement of feet to position body behind the ball when possible
- How to field a ground ball
 - Fielders head should be low
 - The glove needs to be out in front of the players body so that they can see the ball into the glove
 - You should be able to see the button of the players cap, which suggests they are watching the ball into their glove
- How to field a pop-up
 - Calling the ball
 - Discourage “back pedaling”
 - Encourage catching the ball above the waist with fingertips up and two hands
 - Watch the ball into the glove
- Tag plays versus force outs
 - Teach the meaning of a force out
 - Increase awareness of when a tag is necessary

Base to Base Running Fundamentals

- How to run from home plate to first base
 - Running through first base correctly
- Encourage sprinting to each base
- What to do if the ball is caught on the fly
- Teach baserunners about the base coaches’ role
- Teach baserunners to be aware of what the runner ahead of them is doing

Bat Handling and Hitting

1. Grip and hand position
 - Bat in finger tips
 - Line up knocking knuckles
 - NOT in palm
 - Loose hands
2. Stance and Position in box
 - There is no wrong position
 - Feet shoulder width apart (athletic position)
 - Preferably a straight/neutral stance
 - Balanced position achieved by “getting rhythm” (light bounce in knees)



3. Stride and weight transfer

- Slow take back – “bow and arrow” approach
- Reach with front foot – toe first (DON’T move weight forward) Power transfer thru hips
- Stay Straight – head & eyes level
- Transfer weight – hands go straight to ball
- KEEP FRONT SHOULDER DOWN ON BALL (chin to shoulder)

4. Swing & follow through

- Level swing (for liners and grounders)
- Do NOT look up! Again, shoulder down!
- Head Down.



Other Resources:

Little League University:



- http://www.littleleagueu.org/#user_type=league_official:
- Sections for:
 - Parents
 - Umpires
 - Coach
 - League Officials
- Categories for all ages
- Topics from hitting to fielding to communication to fun drills and skills

Social Media:

- Facebook
 - CoachLisle.com

The Matheny Manifesto:

- <http://mikematheny.com/sites/default/files/docs/MathenyManifesto.pdf>

Videos:

- Power Stance Throwing
 - <https://www.youtube.com/watch?v=f3pvKlkjSKY>
- Infield Fielding Drill
 - <https://www.youtube.com/watch?v=xbZDmXPgRWE>
- Beginners Catching Drill
 - <https://www.youtube.com/watch?v=2mRuWPJS64E>
- Hitting for youth (More Advanced)
 - <https://www.youtube.com/watch?v=73Ljh3gELfg>