

T-Ball

Offense

Batting

- Swing
- Don't throw bat

Base running

- Names of the bases
- Which direction to run
- Run through 1st and home
- Stop on 2nd and 3rd
- 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