

RAMMS T-ball league (revised 2007)

T-Ball is an instructional league. The purpose of the league is to introduce youngsters to "baseball" and provide basic skill instruction.

The coaches and parents are an integral part of the success of the T-Ball format. We do not keep score. There are no umpires. Rules are at a minimum. Learning and having fun are the expected outcomes for the T-Ball league.

It is critical that coaches and parents remember that T-Ball is in many cases a youngster's introduction to team sports. **You are the role model!** Make this a fun and enjoyable time with the children.

The T-ball league will meet on Tuesday evening and (Thursday evening or Saturday morning) for approximately 1 ½ hours.

In the first part will consist of the parents and coaches running drill stations for the players. Stations will be designed by the coaches and commissioner to develop the players skills. Drills will help to develop fielding, hitting, throwing, running and understanding of the rules of the game. Drills will be adapted to the skills of the players present.

The second part of the session will be for a controlled scrimmaging. These games will be scheduled by the league. Each team will play at least one game per week.

Players will occupy defensive fielding positions while each member of the opposing team bats. Once all of the players have batted, offensive and defensive positions are switched.

Play continues for two complete innings.

As the season progresses some players may have the ball thrown to them by a coach instead of using a tee. Players will only advance one base per at bat. We could add a double as the season advances.

Some coaching guidelines.

Listed below are some basic organizational tips and teaching expectations.

1. Practice patience! These are young children and learning basic skills is not always fun.
2. Have fun. Teach basic skills as games. Make the learning enjoyable.
3. Get on their level...Kneel down when you speak to younger children. Big people are scary!
4. Teach each child to run the bases, catch the ball, hit the ball and throw the ball. This is a lot in one season. Manage everyone's expectations.

5. Ensure that the kids are not afraid of the ball. This is the time to teach them that the ball will not hurt (much).
7. Involve your parents in practice and accept helping hands.
8. **Teach sportsmanship !**
9. **Cheer all successes and Cheer some more. Make this fun!**

On the Field

1. Each team bats around to complete one inning.
2. Flip-flop the batting order each inning. The easiest way to set the order is by uniform number. First inning go #1-#12. Second inning #12-#1 and so forth.
3. Early in the season allow the children to run the bases even if they were "out". We want the children to score runs and learn base running. Each hit will be a single.
4. Limit the number of adults on the field. Usually two coaches are plenty. Encourage the other adults to cheer and support both teams.
5. Players should only hold a bat in their hands if they are approaching or leaving home plate or in a designated on-deck position.
6. A ball must travel three feet from the plate to be considered a hit.
7. There are no strikeouts. Each child gets to hit the ball.
8. Do not make the games a grind. Look for ways to improve the pace or excitement of your games with the opposing coach. **Be flexible and make it fun.**