



## **2022 T-Ball Game Play & Practice Format**

### **Game Play & Practice:**

Start @ 6:30 pm

- Warm-up for 15 min
- Half the team comes plays a short game, while the other half practices skills and having fun in the outfield
  - Each team has their players hit twice o First kid hits runs to first base and stops; the second kid will hit and runs to first, while the first kid runs to second, etc.
  - There are no outs
  - Each hit is always a single
  - Last batter on each team gets to be the homerun hitter (switch this role from game to game) and all the kids run home
  - Foul balls must be called
  - No leading off and no stealing
  - No catcher
- Groups Switch
- Three Cheers / Shake Hands
- Snack (Manager Choice)

### **Safety & Equipment:**

- Only bats stamped with USA BASEBALL may be used at practices and/or games
- Players must wear a helmet when batting or playing in the pitcher position
- Hitter must drop the bat instead of throwing the bat, this must be monitored and reinforced by the coaching staff
- No metal cleats
- All players must wear a Jock/Jill
- All diamonds are to be left clean after each game Skills/Drills
- Keep it fun, keep it moving
- Catching and throwing, skill development should dominate much of activity
- Refer to the Big Al Baseball Tools for ideas on teaching skills
- Include games that develop the players' physical literacy, coordination, and help keep it fun

### **Skills/Drills:**

- Keep it fun, keep it moving
- Catching and throwing, skill development should dominate much of activity
- Refer to the Big Al Baseball Tools for ideas on teaching skills
- Include games that develop the players' physical literacy, coordination and help keep it fun