



2023 T-Ball Game Play and Practice Format

Game Play & Practice

Start @ 6:30 pm and end at 7:45 pm

- Warm-up for 15 min
- Everyone plays in the game
 - Each team has their players hit twice
 - 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 and 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