

Harrisburg Township Park District
7U Coach Pitch
Kindergarten & 1st Grade
Coach: What to Teach

1. Review and make sure all areas on the T-Ball teach sheet are reaffirmed.
2. Instruct players about each position on the field and responsibilities of that position.
3. Teach outfielders where to throw ball on infield if ball is hit to them. Teach outfielders to stay in their area as well as show infielders where to be.
4. Playing pitch and catch is extremely important and must be done every practice and game. Teach them to play pitch and catch only in outfield grass area and to form two lines. Have them start out throwing 20-30 feet apart until they get consistent throwing straight or level and accurately. Introduce proper grip on the ball with finger tips on seams. Make sure they always catch with TWO hands. Teach them to step as well as swing arm back every time. THIS IS THE MOST IMPORTANT THING YOU CAN TEACH THEM.
5. Teach proper way to field ground balls and throwing to first base. Make sure hands are extended outward and rear end is down.
6. Teach first baseman proper way to place his/her feet before catching a ball from an infielder.
7. Teach infielders to NOT stand in base line when ball is hit so runners may advance.
8. Make sure all fly balls to every position are caught with TWO hands (alligator style).
9. Teach them to run entirely through first base when they hit a ball. DO NOT have them to run to first base but to run through it.
10. Teach them to always touch the inside corner on each base as they round bases, but make sure they touch every base.
11. Proper batting stance must be taught. Make sure they allow enough distance from plate that when they lean forward the bat can reach the furthest part of the plate.