

Harrisburg Township Park District
T-BALL
Pre-K & Kindergarten
Coach: What to Teach

1. Proper way to Catch with TWO hands (alligator)
2. Proper way on how to hold glove, rotating left to right.
3. Proper way to throw a ball, step toward target, point front shoulder, throw across body, arm motion reaching back, and follow through.
4. Proper way to field with arms out front and rear end down.
5. Practice fielding and throwing ball to first base.
6. Teach how to run to each base. Make sure you teach them to run through first base. Do not have them run to the base and stop but RUN through the base.
7. On defense instruct them about all nine playing positions. Also make sure that they play every position during the season.
8. When playing defense make sure they are taught to stay in the area of their position and not run after any ball hit.
9. Show them proper batting stance. Feet only as wide apart as their shoulders. You will need to adjust batting tee for each player as sizes will vary. Make sure they are swinging level or even in a downward way. DO NOT have them swing up on any ball. Eyes on the ball.
10. Show them proper way to hold a bat with knuckles aligned from bottom hand to top hand.
11. CHANGE batting order every game.
12. Make sure your players stay in dugout when you are batting and keep parents out of your dugout unless you ask for their help. Make sure your players are not running in and out of the dugout as they need to stay with their teammates.
13. Make sure all players and parents are aware of where the restrooms are located.

Have FUN !