



Version: 2026-01

## COACHES OVERVIEW – T-BALL

This overview is intended to give T-Ball Coaches a simple starting point for the season, including:

- High level objectives for the season
- A consistent warm-up routine (“The Highlands Way”)
- Practice structure and basic drill ideas

Gameplay guidelines and rules can be found on our [website](#).

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### A. SEASON OBJECTIVE: Introduction to T-Ball

At this age, baseball is still a new sport to many players. The focus should be on fun, confidence, and introducing basic concepts rather than mastery. Over the season, aim to introduce:

- Baseball field layout
- Proper batting stance and safe swinging
- Making contact with the ball off a tee, progression to hitting soft toss from a Coach
- Running to first base and running through the bag
- Introduction to fielding ground balls
- Introductory throwing and catching
- Introduction to catching a fly ball
- Understanding that “the play is to first base”

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### B. THE HIGHLANDS WAY: Warm-Up Routine (10 minutes)

This warm-up should happen at the start of every session and always look the same. Consistency is key at this age.

At the Blastball level, we are not trying to teach “perfect fielding.” Instead, we want players to become comfortable with:



- Making glove contact with the ball
- Getting their glove on the ground
- Pushing the glove **forward, through the ball**

If players learn only one defensive habit this season, it should be glove to ground and through the ball.

This routine should be the **first 10 minutes** of every practice or game.

Warm-up focus:

- Glove starts on the ground and works forward through the ball
- Staying low with good balance
- Rolling the ball rather than throwing

A fun option is to set up cones as a “goal” and have players work together to stop balls from rolling through.

## Set-Up

- Pair players up
- Partners stand about 10 feet apart
- Players roll the ball to each other (no throwing)
- Athletic stance: knees bent, back straight, glove able to touch the ground

## Core Fielding Positions

Each drill should be done **10 reps per player**, then switch.

### ⇒ **Ground Ball – Straight On**

Feet slightly wider than shoulder width  
Glove starts between the toes  
Push the glove forward through the ball  
Emphasize staying low and balanced

### ⇒ **Forehand Position**

Stand at a 45-degree angle to partner  
Glove-side leg is back  
Glove starts on the ground near the back foot  
Swipe the glove forward through the ball

### ⇒ **Backhand Position**

Stand sideways with glove side closest to partner  
Glove starts on the ground near the back foot



Swipe the glove toward the front leg  
Elbow points toward the partner

At this age, success is **getting the glove on the ground and touching the ball** — not clean transfers or throws.

### Activity

Set up cones as a net and have athletes try to save baseballs from being rolled past them using these mechanics. Send them rapid fire and keep it fast-ish. You can set up multiple nets side by side and have athletes work as a team to save as many as possible.

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## C. PRACTICE STRUCTURE

Young players learn best when practice stays active and fun. Aim for a 50/50 split between skill work and game play.

Suggested structure:

- Highlands Way warm-up – 10 minutes
- Skill stations – 25 minutes
- Game play – 25 minutes

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## D. SKILL STATIONS

Divide players into small groups (2–3 kids per station). Rotate every 6–8 minutes. Keep expectations light — repetition and familiarity matter more than technique at this age.

### Hitting

- Tee work with an adult at each station if possible
- Emphasize stance, eyes on the ball, and safe swings
- As the season progresses, light soft toss with wiffle balls can be introduced
- Adult soft toss (<https://www.youtube.com/watch?v=jUDsOkGwPHk>)

Focus on proper stance. As a Coach, you will often be next to the player, adjusting how they are standing:

- Front foot is even with where the plate stats to angle back
- Stand one bat length from the tee
- Straight line from back toes to front toes to the 'pitcher'
- Feet to be slightly wider than shoulder width apart



- Hands back across the chest, knob of the bat pointing down towards the 'catcher'
- Hands together on the bat
- Eye on the ball

## Fielding

- Rolling ground balls (no bats)
- Encourage running to the ball, slowing down, and getting low
- Focus on effort and movement rather than "outs"

Defend the castle (<https://youtu.be/xc-l7B0PGcs?si=6lU1DVuMVAebBe07&t=52>)

## Throwing

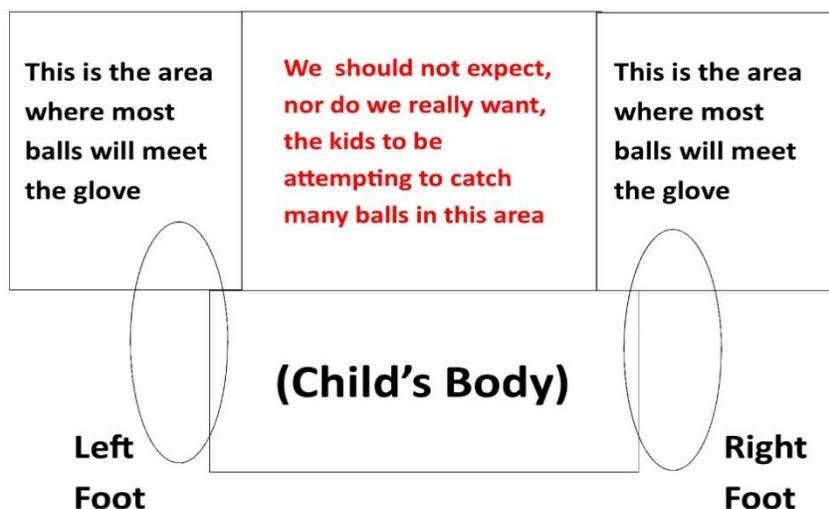
- Throwing to a target (bucket, tee, or adult)
- Emphasize sideways body position and stepping toward the target
- Do not worry about grip — focus on motion

Clean Up Crew ([https://youtu.be/-KVspl\\_fnc?si=BpMeGRn9nTfdz8Ie&t=393](https://youtu.be/-KVspl_fnc?si=BpMeGRn9nTfdz8Ie&t=393))

## Catching

- Adult soft toss only
- Start without gloves if needed
- Avoid throws at the body until players show comfort

Coach soft toss (<https://www.youtube.com/watch?v=jUDsOkGwPHk>)





## Baserunning

- Running through first base
- Turning away from the field after touching first
- Group “run the bases” activities to reinforce movement and fun

Place 2-3 kids at each base. Holler ‘go’ and the first player at each base runs. A second or two later yell for the next player at each base to go, and so on. After they are all running, let them run around the bases 2-3 times.

Teach the kids the fundamentals of running to first base after making contact with the ball, with an emphasis on running through the bag (i.e. not stopping on first base) and turning out away from the field after stepping on first base. **Run THROUGH the base.**