



Tee Ball & Minor League Coaching Objectives

Be Positive and stress team work!

1. Fielding

- a. 2 Hands
- b. Ground balls – butt down
- c. Attack the ball
- d. Set feet before throwing
- e. Proper throwing motion
- f. Fly balls – Proper feet placement
 - Drop step
 - Catch ball between shoulders
 - Knee down for ground balls
 - Running through fly balls
 - Communication between outfielders and infielders
 - Hit cut-off

2. Base Coverage

- a. Foot work around 1st base
- b. Receiving ball and covering bases
- c. Introduce basic foot work around 2nd 3rd base
- d. Run downs (1 throw MAX)
- e. Middle infielders know when to cover 2nd base and also know who is the cut off

3. Hitting

- a. Proper Hands, feet, head
- b. Keep eye on the ball
- c. Proper swing / follow through

4. Catchers

- a. Proper stance
- b. Throwing motion
- c. Proper target
- d. Proper blocking drills
- e. Positioning for plays at the plate

5. Base Running

- a. Running through 1st base
- b. Rounding Bases
- c. Pick up 3rd base coach when running to 2nd base
- d. Tagging up
- e. The importance of sliding

Respect your coaches, team mates, umpires, and opponents.