

# JYSA 4u T-ball

## **1. How to Play:**

- a. T-Ball is played with a maximum of 6 players on the field. Positions will be numbered to help a smaller number, such 2-3 players per team work, equally well.
- b. The defensive players take an infield or outfield position. A Ball is placed on the Tee and the first batter hits the ball and runs to the Base. If the batter reaches the Base (the only base used) before a defensive player either catches the Ball in the air (an automatic out)
- c. You may end the (half) inning by batting once around the line-up.
- d. The Base is audible, emitting a loud “H O N K” that the kids love whenever the runner stomps on the base.
- e. When fielded, the defensive player can throw the Ball back to the coach who is positioned near home plate (safely away from the Tee).

## **2. Equipment:**

Gloves/mitts are not required but are suggested to get used to the traditional game of baseball. The fear factor of being hit is eliminated from the game with the size and softness of the ball. While batting helmets are not needed because the Ball is not being pitched or thrown to make the out, for optimum safety, helmets are recommended.

## **3. Season Progression**

- a. The 1st 3 weeks of the season will be practice-heavy, getting the kids used to hitting and running to the proper base.
- b. Beginning in week 3 or 4, the rest of the bases will be added to include running around the complete set of bases, advancing one base after each hit.

## **4. Field Set-Up:**

- a. Position your Tee/home plate so that hitting allows you a safe area of play. Like a regular ball diamond, from the Tee pace 40 feet to the right and position your BlastBase (note recommended base distance). This establishes your fair/foul line to the right.
- b. To the left of the Tee and perpendicular to your Base line, pace off an equal distance and position your cone. This establishes your fair/foul line to the left.
- c. Now pace off 15 feet directly in front of the Tee and lay out your Line Marker running between the (hypothetical) first and third base lines, this becomes the fair/foul line for play. If a ball is hit inside of that line, it is foul and should be re-teed another try. If it goes beyond the line, either in the air or on a roll, it is considered in play.

## **5. Game Tips:**

- a. Keep the game moving, with little or no standing around. As soon as the last batter has completed batting, hustle in and out. It is extra motivation for offensive players when changing innings, to have to touch the base on their way to their defensive positions in the field. Test leagues have found that kids love to “honk” the base.
- b. 15-20 minutes initially could be spent on basic fundamental work – i.e. BASIC DRILLS.
- c. Keep the fundamentals fun, basic, and simple. HAVE A BLAST!