

TBall Development Objectives.

While coaching TBall the main goal to make it fun. Using Games and trying to limit down time between drills.

For progression these are the fundamentals in which ball players at this age should focus on.

Batting

1. Stance/grip
2. Using Hips
3. Contact on ball

Throwing

1. Grip (four seam grip)
2. Glove toward target
3. Over hand throw.

Catching

1. Two hands in front of them thumbs together/pinkies together
2. Alligator (Baby Shark) two hand fielding ground balls

Running Bases

1. What base is what
2. Direction to run.

Baseball Strategy

1. Position names

I have some drill ideas for these if you need some.