



YMCA Tee Ball League Season Plan

YMCA GOAL

- The YMCA goal is to give every participant an equal chance to learn and play tee ball. We want to teach skills, sportsmanship, working together as a team, promote new friendships, positive family interactions, and have FUN!

YMCA FACILITY POLICIES

- All YMCA facilities, game, and practice locations are smoke, tobacco, and alcohol-free zones. All facilities and locations are pet/animal free zones for the direct safety of the kids.

SPORTSMANSHIP

- Coaches are directly responsible for team members (including parents/guardians) before, during, and after games.
- If the referee or supervisor witnesses any acts of unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Any trash talking or taunting which is intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. First offense is a warning; the second offense is ejection from the game.

COACH'S CONDUCT

- Coaches are expected to adhere to YMCA philosophies, coaching guidelines, codes of conduct, and hold themselves with the utmost integrity.
- As a coach and umpire, you are a role model for your players and coaches. It is expected that coaches demonstrate great sportsmanship 100% of the time.
- Praise and encourage all players, be consistent with YMCA values, try each player at each position, do not show favoritism.

LEAGUE INFORMATION

- League Organization: Practices and games are scheduled in the same hour and will start at "game time." For the first 20 minutes, 2 teams will practice on one field, splitting however coaches can agree. Practice time will begin at the time shown on the schedule. For the remainder of the hour, teams will then play a game against the other team on the field.
- Coaches are to be on the field of play with your team in order to provide hands-on coaching.
- Coaches will also be the "umpires" and call the game as necessary.
- There will be a supervisor on site available to answer questions and keep the games running smoothly.
- Contact team immediately to let them know who you are and how to get a hold of you. Communicate league information, team name, schedule, picture info, etc.
- Players will hit strictly off a tee.
- There's a week by week practice plan that is encouraged to be used. Coaches may structure practices however they feel comfortable depending on skills or techniques that work best for the team.

PRACTICES

- 20-minute practice begins at the time listed on the schedule. Practices may begin early if players are present.
- Coaches are expected to schedule and execute practices every week. If a coach is unable to attend a practice or game, it is expected the coach informs the team and asks a team parent to fill in.

GAMES

- Each team bats through the entire line up a minimum of 2 times- considered 2 innings.
- Games are limited to a total of 40 minutes.
- ALL players will bat on offense every inning and ALL players will field on defense.
- ALL players must play every position (including pitcher) throughout the season. Rotate players equally.
- Base path: 40 feet.
- Pitcher distance: 20 feet.

EQUIPMENT

- All players will be given a YMCA jersey to keep! Players must have a glove. Rubber cleats are allowed (no metal).
- YMCA baseball caps may be purchased at the 18th St Y for \$15 (optional)
- All practice and game equipment will be provided (foam baseballs, bats, helmets, tees, and bases).

START/END OF GAME

- The game is started with the players/coaches meeting at home plate to discuss how the game will go and any details that need to be communicated.
- After the meeting, players will join coaches to go over the sports pledge. Coaches will lead the pledge while players will repeat after every few words.
- The team listed as the visitor will bat first while the home team will begin the game in the field.
- Games may consist of as many innings within the maximum of 40 minutes.
- After the game, teams will line up and shake hands.

Tee Ball Rules

PLAYER POSITIONING

- 6 in the infield (including catcher) and remaining players in the outfield (remember to rotate positions).
- Infielders should be positioned 5 feet in front of the base paths while outfielders 5 feet behind base paths until the ball is hit.

FIELDERS

- Fielders are encouraged to make an attempt at a base (to get an out).
- Fielders cannot be in the base paths when base runners are advancing.
- Fielders cannot stand on base prior to ball being hit.
- Time should be called once the ball has been thrown in from outfielder, does not have to be controlled, just in the infield.
- Fielding positions: Right, right center, center, and left center field; catcher, pitcher, 1st, 2nd, 3rd base, and shortstop.
- Remember: all players will be out in the field on defense. Make room for fielders wherever needed.

BATTERS

- Batters must wait until coach places ball on tee and is ready, then batter may swing at ball.
- After any hit off the tee, a batter may only go to 1st base.
- Batter must lay bat down, no throwing the bat.
- On deck batter must wear helmet and be a minimum of 20 feet from batter at the plate.
- Batter may not strike out.
- There will be no outs, every team will bat through the lineup.
- A different lineup is mandatory for each game. Every player needs to be given a chance to bat at the top of the order.

BASE RUNNERS

- Helmets must be worn by all base runners.
- A base runner is only allowed to advance one base after the ball has been hit. Base stealing is not allowed.

COACHES/UMPIRES

- While your team is up to bat, you will be the home plate umpire responsible for putting the ball on the tee, helping your batter get ready, and keeping the catcher from getting hurt.
- Coaches should help direct players where to go and what to do to help teach the game.
- All base runners remain on the base regardless if an out is made. Meaning, runners will stay on the base and advance when the ball is put into play via the batter. All runners will touch every base and make their way around the bases, regardless if an out has been made.
- Prepare in advance what position players will be at for next inning to keep the game moving at a good pace.
- Safety should be a major priority. Make sure players are out of the baselines and base runners have helmets on.

Tee Ball Coaching Tips

CHECK POINTS FOR GOOD HITTERS

- Get set in a good stance.
- Head down, eyes level with the ball.
- Good arm extension through hitting area and follow through.
- Weight on back leg (behind point of impact), good balance (over center of stance).
- Level bat through hitting area.

CHECK POINTS FOR A GOOD STANCE

- Front foot opposite the front portion of the plate.
- Feet a little wider than shoulder width apart.
- Knees and waist slightly bent.
- Well balanced, on the balls of both feet.
- Weight slightly emphasized over back foot.
- Lead shoulder under chin and pointing forward toward the mound.
- Head level, eyes parallel to the ground.
- Front forearm parallel to the ground.
- Hands up, just off the shoulder.
- Comfortable, alertly relaxed.

BASERUNNING

- Teach players to run on toes, pick up knees, and drive hard with arms.
- Make sure arm movement is by sides and not across the body.
- Have runners run through first base like a sprinter. Remember 2nd and 3rd base they must stop on the base.
- Do not let players lunge or jump at the bag. Remind runners to stand on base until the ball is hit.

TEACHING TO OVERHAND THROW

- A player faces target with a ball in the throwing hand.
- Then player steps with opposite ball side leg to begin forward momentum.
- The player's glove-side shoulder should be pointed toward target, the throwing arm extended back, and wrist cocked.
- As the throw is made, the player shifts the weight to the front foot, and throwing arm is brought up with the elbow passing the head, just above the ball-side ear.
- The shoulders rotate back, square to the target, allowing the throwing arm to come through with the hand extended down by the glove side knee to follow through.

CATCHING THE BALL

- Maintain eye contact with the ball at all times.
- Whenever possible, position yourself behind the ball.
- Keep the hands down until in position to make a catch.
- Catch the ball in front of the head, with the arms almost fully extended.
- As the catch is made, give with the impact by bringing the glove down and in toward the chest.
- When possible, catch the ball on the throwing hand shoulder side. Doing this allows to make the throw quicker.

FIELDING A GROUND BALL

- Extend arms in front of the body to reach out for the ball.
- On balls with a little hop, place the back of the glove (not just the tip) on the ground.
- Watch the ball all the way into the glove. Give with the force of the ball for "soft" hands.
- When fielding the ball, take a small hop to extend the legs more than shoulder width apart, and bend the knees slightly.
- If a ball is dropped, always pick it up bare-handed, not with the glove.

Tee Ball Practice Plan

	Session 1	Session 2	Session 3	Session 4
Introductory Activity 2 minutes (supervise)	Play catch	Play catch	Play catch	Play catch
Warm up. Get everyone moving. Use bases and balls when possible. 2 minutes	Half-speed running around the bases. Stretch.	Position & catch/ fielding drills. Have other parents help with players.	Ready to hit? Stress batter safety. Helmets on.	Practice running bases. Review previous sessions.
Review previous session. 3 minutes.	Talk about team rules. Safety when batting and throwing.	What did you learn about throwing? Game recap.	What did you learn about catching and fielding?	What did you learn about batting? Safety with bat.
Practice through play. 10 minutes.	Introduce bases, batting, catching, and throwing. Talk about positions.	Catching/Fielding. Partner Toss.	Batting off Tee. Stance/Swing. Lay bat down.	Base running. Run through first base.
Wrap – up. 2 minutes. Introduce Y Value.	Honesty Review skills, get ready for games. Assign positions.	Respect Same as Week 1. Add good sportsmanship.	Caring Repeat. Add teamwork.	Responsibility Repeat. Add clean up own area.
Game time. 30-40 minutes.	Encourage. Have fun. Stress safety.	Be positive. Everyone plays. Stress safety.	Be fair to both teams. Stress safety.	Find something positive for each player.