

Chippewa Valley Fall Ball T-Ball Coach Guide

Warm-Up & Fun Movement

- Run the bases as a team.
- Play 'Simon Says' with baseball moves (throw, catch, swing, run).
- Stretch arms, legs, and do jumping jacks.

Throwing & Catching Basics

- Pair kids up (short distance apart).
- Practice underhand tosses first, then overhand throws.
- Emphasize 'step and throw.'
- Use soft balls for safety.

Fielding Drills

- Roll grounders to each player—teach them to get low, use two hands.
- Pop-up practice with soft balls.
- Set up stations if you have helpers (infield grounders, throwing to first base, etc.).

Hitting Stations

- Batting off a tee: focus on stance, swinging level, and running to first base.
- Divide kids into small groups—some hitting, some fielding, some running bases.
- Rotate so everyone gets turns.

Base Running

- Practice running one base at a time, touching the base with their foot.
- Fun races around the bases.
- Teach running through first base.

After the game, end with: Team Cheer & Wrap-Up

- Quick team huddle: highlight something each player did well.
- Do a fun team cheer.
- Remind them of the next practice/game.

Coaching Tips:

- Keep stations short—young kids have short attention spans.
- Always rotate positions so everyone learns different skills.
- Use lots of encouragement—celebrate effort, not just results.
- End on something fun so kids leave happy.