



Tee Ball

Volunteer Coach Skill Development Packet

Created By
City of Peoria
Community Services Department ~ Youth Sports
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THROWING the BALL

JUMP on Your 'SKATEBOARD'

- Create a wide base with the feet
- The front foot should be the foot *OPPOSITE* the *THROWING HAND*

POINT at the TARGET

- Point the *NON-THROWING HAND* (Glove Hand) at the Target

MAKE a MUSCLE with the THROWING ARM

- Raise the throwing arm above AND behind the head so that the shoulder and elbow make the shape of an "L"

STEP FORWARD with the FRONT FOOT and THROW

- Step and throw with the throwing hand ending in the same location as the pointer hand (glove hand)

CATCHING the BALL

GROUND BALLS ("Alligator")

- Create a wide base with the feet (approximately shoulder width apart)
- Bend the knees, keeping the butt down and the head up
- Create the mouth of the Alligator with the hands:
 - Place the glove hand on the ground with the palm facing UP
 - Place the non-glove hand (throwing hand) above the open glove
 - When the ball comes to the player, have the Alligator 'EAT' the ball by snapping the non-glove hand (throwing hand) down over the ball inside the glove

POP-UPS ("Camera")

- Create a wide base with the feet (approximately shoulder width apart)
- Bend the knees, keeping the butt down and the head up
- Place the glove hand in the 'READY POSITION' by placing it at eye level with the palm facing out
- The glove should always be open with the palm facing out
- The glove hand should always move in a circular motion for balls above or below the chest
- When the player is ready to catch the ball, close the glove at the time they want to 'Take the Picture' with their camera (glove)

If the ball is above the chest...

- Keep the glove hand facing up (fingers towards the sky) and the palm facing the ball

If the ball is below the chest...

- The glove should be facing down (fingers towards the ground) and the palm facing the ball

BATTING

PLACEMENT of the FEET

- Create a wide base with the feet (approximately shoulder width apart)
- Slightly bend at the knees, not the waist

PLACEMENT of the HANDS on the BAT

- The TOP hand should be the hand farthest from the field
- The BOTTOM hand should be the hand closest to the field
- The HANDS should be together (one on top of the other)
- The ELBOWS should be 'UP' or in a position near the CHEST
- The TOP of the BAT should be ABOVE and BEHIND the HEAD

POSITION of the EYES

- The EYES should ALWAYS be focused ON THE BALL

SWING AWAY

- SWING the BAT at the ball, keeping the eyes on the ball

