

# CO-ED T-Ball

League Rules 2023



# General T-Ball Rules

- All players in Valpo Parks Co-ed T-Ball are to be between ages 4 and 5 prior to April 30th, 2023.
- Games will be played following the suggested format below.
  - Valpo Parks believes that all athletes learn and develop at their own pace. With this being said, all coaches should be flexible on game day to adhere to the ability of the team they are playing.
- Game times will last either 4 innings or 1 hour, whichever comes first.
- All athletes will bat each inning with the last batter running all the way around.
  - Encourage kids to only run 1 base at a time and not all the way around except on the last batter.

## Games 1 - 4:

- All batters will use the tee to bat. Coaches should focus on correct swinging format, even if a player is hitting the ball well. This is a great time to develop good habits while playing.

## Games 5 - 6:

- Batters will be given 3 coach pitches to try and hit the ball and if they do not, they will be allowed to use the tee.

## Things to remember as coaches:

- We want all players to have a positive experience during the season.
  - Positive experiences start with you as coaches. Remember that this is the first season for many of your players and their first real experience doing an activity with other kids.
- All players will be at different abilities, so don't be afraid to split them up (if you have parent help) and work on what makes sense for everyone in the group.
- This league is more about getting the athletes excited about baseball and less about competition.
- All athletes deserve to be praised for positive behavior and positive skill development throughout the season.

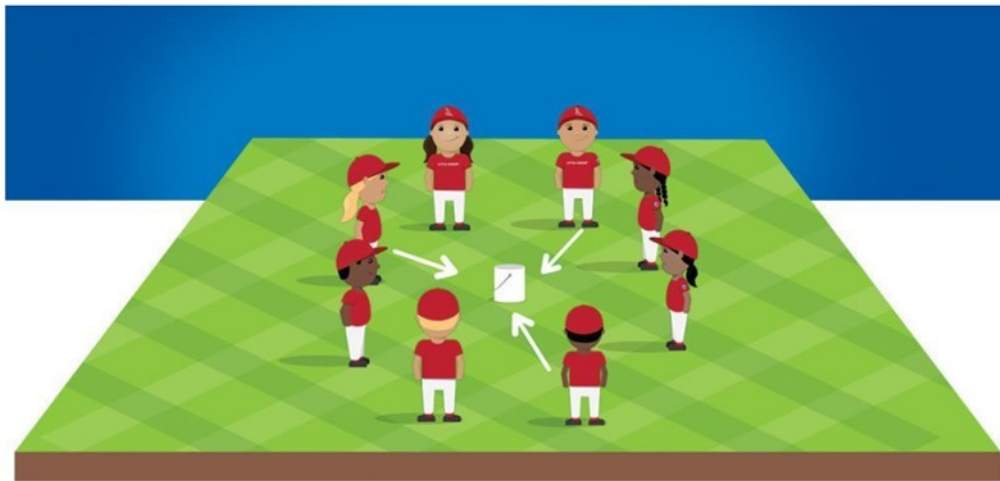
# Coaching Resources and Practice Tips

## Team Throwing



Players are grouped into teams. On "go" the first player from each team begins by trying to throw their ball through or into the hoop.

## Hit the Bucket



Have players create a giant circle. Go around the circle and have each player take a turn to throw their ball at a bucket.

[More Resources Here](#)

# Coaching Resources and Practice Tips

## Run the Bases



Starting at home plate, everyone jogs to first, second, third, and home following the coach calling out the bases as they go.

## Tee-Hitting

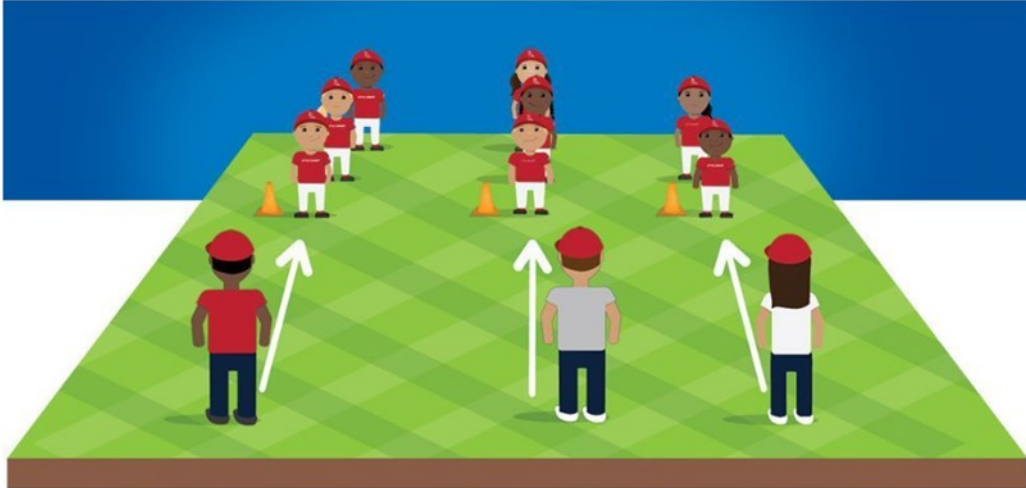


Break the players into 3 or 4 groups. Have them stand behind a tee and take turns swinging.

[More Resources Here](#)

# Coaching Resources and Practice Tips

## Fielding



Have players line up behind a cone. Demonstrate using two hands how to “scoop up” a ball.

## Offense & Defense – Progression 3



Separate players into two groups. Send half out into the field behind a line of cones and the other half to home plate.

[More Resources Here](#)