

## **6U or T-BALL – Coaching Guidelines**

Hitting	Discuss safety – not swinging when others are around Must use helmet Use Tee Proper stance Even swing Keep eyes on the ball Step to hit Run to first base
** Don't forget to yell " <u>ball on Tee</u> " so everyone is aware someone is about to hit	
Fielding	Proper stance "ready position" Pay attention Glove down Head up Place your body behind the ball Throwing to first base Teach all positions
Throwing	Step towards target when throwing Throw on a line Where to throw
Catching	Proper stance Show them the ball is soft and if they catch it, it won't hurt Start close and work away Start with the basics and work up to "pop flies"
Game / Practice	Run bases correctly What is and "out" Switching sides Safety Everyone bats and fields Players should learn all positions Make practices fun Learn rules Down play winning and losing Proper behavior on bench Sportsmanship (other team cheer and hand shake)

**HAVE FUN!**