Litchfield Park

Tee Ball

Volunteer Coach
Skill Development Packet

Created By
City of Litchfield Park
Community & Recreation Services Department
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THROWING the BALL

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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)

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)

POP-UPS ("Camera')

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

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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

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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