



# T-Ball Stations: Game Day-By-Game Day

## Station 1: Live Hitting - Center Field Area (Using 2nd Base)

All stations switch when the 'live' hitting station (station 1) is complete (approx 4-5 minutes)

Batter uses '2nd base' to line up the hitting stance. Use orange footprints to assist in the batting stance. When stations are done, return 2nd base.

Coach takes a knee and underhand front tosses to the hitter. Or have the hitter use a tee. 5 swings per batter and rotate in the next batter. Hitters waiting to hit, field the hit balls and return balls to the coach when the batter is done hitting.

Game	Throwing Style	Distance Away from Pitcher If Pitching	Batting Rotation
1	Knee Toss Pitch or Use Tee	10 ft away	5 swings
2	Knee Toss Pitch or Use Tee	10 ft away	5 swings
3	Knee Toss Pitch or Use Tee	10 ft away	5 swings
4	Knee Toss Pitch or Use Tee	10 ft away	5 swings
5	Knee Toss Pitch or Use Tee	15 ft away	5 swings
6	Knee Toss Pitch or Use Tee	15 ft away	5 swings
7	Knee Toss Pitch or Use Tee	15 ft away	5 swings
8	Knee Toss Pitch or Use Tee	15 ft away	5 swings

## Station 2: Throwing - Pitching Area

All stations switch when the 'live' hitting station (station 1) is complete (approx 4-5 minutes)

Each player stands behind a cone for game 1 only. Games 2-8, players will straddle the cone.

Players will flip the ball or throw the ball to the coach. The coach receives the throw from each player, moving down the line and back in a typewriter fashion.

Game	Throwing Style	Distance From Athlete to Coach	Throwing Rotation
1	Elephant Trunk Toss	10 ft away	Typewriter
2	Trunk Toss/Step w/correct foot (glove side)	10 ft away	Typewriter
3	Scarecrows	10 ft away	Typewriter
4	Scarecrows	15 ft away	Typewriter
5	Scarecrows	20 ft away	Typewriter
6	Step-Catch-Throw	10 ft away	Typewriter
7	Step-Catch-Throw	15 ft away	Typewriter
8	Step-Catch Throw	20 ft away	Typewriter

### **Station 3: Fielding - 3rd Base Area**

All stations switch when the 'live' hitting station (station 1) is complete (approx 4-5 minutes)

Each player stands behind an orange cone, lines up in the middle of the cone (belly button).

Coach tosses the bean bag or ball and then receives throws from players, moving down the line and back in a typewriter fashion.

Game	Fielding Style - HANDS ONLY so athletes learn to use both hands	Distance From Athlete to Coach	Equipment
1	Catch-Clap (Playing catch)	10 ft away	Bean Bags
2	Catch-Clap (Playing catch)	12 ft away	Bean Bags
3	Catch-Clap (Fly Balls)	10 ft away	Bean Bags
4	Catch-Clap (Grounders)	10 ft away	Baseballs
5	Fly Balls, Grounders	15 ft away	Baseballs
6	Playing Catch, Fly Balls, Grounders	15 ft away	Baseballs
7	Playing Catch, Fly Balls, Grounders	20 ft away	Baseballs
8	Playing Catch, Fly Balls, Grounders	20 ft away	Baseballs

### **Station 4: Tee Hitting - Right Field Area (Using 1st Base)**

All stations switch when the 'live' hitting station (station 1) is complete (approx 4-5 minutes)

Batter uses '1st base' to line up the hitting stance. Use orange footprints to assist in the batting stance. When stations are done, return 1st base.

5 attempts per batter and rotate in the next batter. Hitters waiting to hit, field the hit balls and return balls to the coach when the batter is done hitting.

Game	Throwing Style	Batting Rotation
1	Hit off tee	5 Attempts
2	Hit off tee	5 Attempts
3	Hit off tee	5 Attempts
4	Hit off tee	5 Attempts
5	Hit off tee	5 Attempts
6	Hit off tee	5 Attempts
7	Hit off tee	5 Attempts
8	Hit off tee	5 Attempts

