



### Rookie League T-Ball & A League Coach Pitch: Ages 5-8 - Outcome Goals

The primary purpose of tee-ball/coach pitch is to develop a love of the game and create an environment that leads to participants seeking additional opportunities to practice and play. The ultimate goal is to get participants to stick around until age 9-10, when the game begins to resemble something like 'baseball'. Coaches should focus on enhancing gross motor skills, learning basic baseball concepts, building social relationships with teammates, identifying opportunities to develop team concepts, and having fun competing.

#### Non Sport Specific Outcomes:

- Understand the importance of teamwork, sportsmanship, and being a positive and supportive teammate
- Demonstrate respect for coaches, teammates, and opposing players
- Remain engaged throughout practices and games
- Understand the flow of practices and games
- Dress properly for practices and games
- Be responsible for personal and team equipment
- Positively respond to negative outcomes

#### Baseball IQ Outcomes:

- Understand basic baseball rules—the right direction to run when the ball is hit, touching the bases; how to record outs (catch the ball in the air, throw to first, or tag the runners); running past first base, staying behind the lead runner when advancing to the next base, and scoring a run.
- Identify the 9 positions on the field and their basic responsibilities, including covering bases and backing a teammate up
- Understand safety rules – not swinging bats around teammates and throwing the ball only when teammates are looking

#### Skills Development Outcomes:

- Demonstrate Tracking Skills — following the ball with the eyes into the glove, using two hands to catch and field, trying to catch the ball out in front of the body, and hit a pitched ball
- Demonstrate where to stand in the batters box, how to correctly grip the bat, and swing through the baseball
- Learning positional play—if the ball is hit to a teammate, let him or her field it