



Jr. Tball (Instructional) – ages 4.5 & 5 yrs

The Jr. Tball program is an initiative to enhance a players' and coaches' first experience with the game. The program helps teams teach players the five Fundamentals of baseball in a fun and safe environment. The program is designed for young baseball players.

Tuesday - 6pm to 7pm Starts (first week of June)

Focus: Developments of baseball skills

- Throwing
 - able to throw a ball 5 feet
 - able to throw 7 out of 10 balls to partner at 10 feet
- Catching
 - able to catch a ball at 5 feet (beginning)
 - able to field 10 of 15 balls from 15 feet (midseason)
- Hitting
 - able to hit a ball of a tee
 - able to hit 10 of 15 balls off a tee
- Fielding
- Base running – know what direction to run after hitting ball/know what the bases are called

Run 10 minute stations based on Baseball Canada's [Rally Cap program](#)



Sr. Tball – ages 6 & 7 yrs

The Sr. Tball program is our introduction to baseball where we start teaching the basics of the game. Tuesday nights will be spent practicing basic skills, running the bases, hitting, throwing and catching. Thursday nights will involve a game in which the batter hits from a tee and runs the bases. Two to four innings will be played, and score is not kept as the focus will be on basic baseball skills, team play, sportsmanship and having FUN. Hitting off a pitching machine will be introduced the second half of the season. Information below is a general guideline of our program and may be adjusted accordingly.

Tuesday - 6pm to 7:15pm – (first week of June)

Focus: Continuation of skills development, introduce rules to game.

Segment 1 – runs all of June (Run 10 minute stations based on Baseball Canada's [Rally Cap program](#))

- Able to throw ball at 50 feet
- Able to catch 12 of 15 fly balls not directly hit to player (tracking baseball)
- Able to hit 12 of 15 balls at 75 feet distance off tee
- Able to run from 1st to 2nd and slide into 2nd base
- Still using tee

Segment 2 – runs all of July / 1st week August (Run 10 minute stations based Baseball Canada's Rally Cap program) (kids eligible to be called up to 9U)

- Throwing
 - Able to throw a ball at 25 feet (beginning)
 - Throw 10 out of 15 balls at a 4x4 target (midseason)
- Catching
 - Able to catch 10 out of 20 fly balls (beginning)
 - Able to catch 5 out of 5 ground balls, fly balls (midseason)
- Hitting
 - Hit 7 out of 15 balls thrown underhand (beginning)
 - Hit 7 out of 15 balls off tee (beginning)
 - Hit 7 out of 15 ball past base path (midseason)

WEST MOUNTAIN



BASEBALL ASSOCIATION

- Baserunning
 - Able to run around bases without stopping (beginning)
 - Know how to run through 1st base

- Knowledge
 - Know how to get a player out
 - Know where to throw ball when player fields it
 - Learning how to slide properly
 - Learning rules of rookie ball – how to stop play
 - Start using pitching machine

Kids in the Sr. Tball program also have the opportunity to participate in the World Tball Tournament in Ancaster July 31st to August 3rd.