

River Vale T Ball Program

Dates: Saturday April 28
 May 5, 12, 19
 June 2, 9

Time: 5-6pm; 1 hour session.

Depending on the number of children registered, a 2nd session may be added from 4-5pm.

Place: Upper Grove

Notification of Rainouts will be done via email.

The goal of this program is to teach basic fundamentals of baseball and get children interested in coming back next year.

- Each session would have a maximum of 50 children. If more than 50 children sign up, a 2nd session may be added.
- Each field has 25 children and a minimum of 7 coaches per field.
- Have 5 stations per field. Children are in groups of 5 and rotated to each station.
- The stations are:
 1. Throwing- teaching children how to throw the ball properly. Using a Tball.
 2. Fielding Ground balls- Using tennis balls, teach proper techniques for fielding ground balls. No baseball gloves for this drill.
 3. Catching- Using tennis balls, teach how to catch a ball, without a glove (2 hands).
 4. Hitting- Using the T, teach how to hold a bat, batting stance. Hit balls off the T. Would need T's set up, each with a coach.
 5. Running- Teach how to run the bases.
- The children would have 10 minutes at each station, plus 2 water breaks.

The first 4 sessions would be these drills. The final 2 sessions can be run in a game-like format.

Children will need sneakers, but do not need cleats or a baseball glove to participate.