

Kindergarten Goals

1. Throwing: Able to throw to a partner from 10 ft.
2. Receiving: Able to play catch and field ground balls thrown from 10 ft.
3. Fielding: Able to get in the "Ready Position".
4. Hitting: Able to hit balls 30 ft (on the ground or in the air) off a tee.
5. Running: Know where to run after hitting the ball and the progression of bases.
6. Basics of the Game: Know basic baseball terminology, and good sportsmanship.

Progression of Kindergarten Goals

Throwing

1. Teach the proper way to hold a ball with a **four seam grip**. Fingers are across the "horse shoe". The thumb is directly below the fingers.
 - a. Smaller players may need to hold the ball with three or four fingers on top of the seams instead of standard two fingers. As the players get older and grow, they will be able to use two fingers.
2. Players pick the ball off the ground, and show the proper grip to a player or parent.
3. **Throwing from one knee.** Players kneel on their throwing side knee. Glove side knee is pointed to their partner. Make a "T" with their arms, their glove pointing at their partner. Turn their hips as they throw to their partners. Tuck the glove to the body as the hips turn.
4. **Throwing from a standing position.** Make a "T" with their arms, their glove pointing at their partner. Glove side foot is pointing at their partner. Step with the front foot and turn their hips as they throw to their partners. Tuck the glove to the body as the hips turn.
5. Throw from a standing position to their partner. Goal is to be able to consistently throw a ball to their partner that is catchable from a distance of 10 feet.



Four Seam Grip



Throwing from a Knee



Make a "T"



Turning the Hips

Receiving

1. Teach players to follow the ball with their eyes into their hands or glove, using two hands to secure the ball.
2. Teach players to catch the ball out in front of their bodies for both ground balls and thrown balls.
3. For thrown balls, start by catching the ball with the glove turned up. Progress to catching with the glove turned out.
4. At a distance of 10 feet, roll a ball between partners. Catch with two hands and without a glove.
5. At a distance of 10 feet, roll a ball between partners. Use a glove and throwing hand to catch the ball. Goal is to be able to consistently catch a ground ball using two hands.
6. At a distance of 10 feet, throw a ball between partners. Catch with two hands and without a glove.
7. At a distance of 10 feet, throw a ball between partners. Use a glove and throwing hand to catch the ball. Goal is to be able to consistently catch a thrown ball using two hands.

Fielding

1. Teach players the **“Ready Position”**: feet slightly wider than shoulders, knees bent, hands between the knees with glove pocket facing up.
2. At a distance of 10 feet, roll a ball between partners. Have players start in the Ready Position, then use their glove and throwing hand to catch the ball.



Ready Position



Fielding a Ground Ball

Hitting

1. Help players determine if they bat right or left handed.
2. **Bat grip** – Front arm hand on the bottom, back arm hand on top. “Knocking knuckles” for both hands should line up.
3. **Stance**
 1. Feet slightly wider than the shoulders. Knees bent.
 2. Hands a little lower than shoulder height, and 4 to 6 inches away from the body. Hands are offset from the center of the body towards the back shoulder.
 3. Elbows bent about 90 degrees and below the hands.
 4. Start with the bat on the ground, have players pick up their bat and get into a good stance. Adjust players' stance as necessary. Repeat multiple times until players can consistently get into a good stance.
4. **Swing Mechanics**
 1. Step/Stride: Step forward with the front foot. Small step, foot barely comes off the ground. Knees remain bent.
 2. Twist: Lift the back heel, turn the hips. Back foot should pivot or move forward as the hips rotate, i.e. “Squish the bug” or drive forward with the back foot. Back elbow comes toward the body to bring the bat into the swing plane as the hips rotate. Knob of the bat should be pointing at the ball. Hands are close to the body.
 3. Snap: Batter snaps the wrists to swing the bat through the plane of the ball. End of the bat should be pointing towards the pitcher. Hands are extended away from the body.

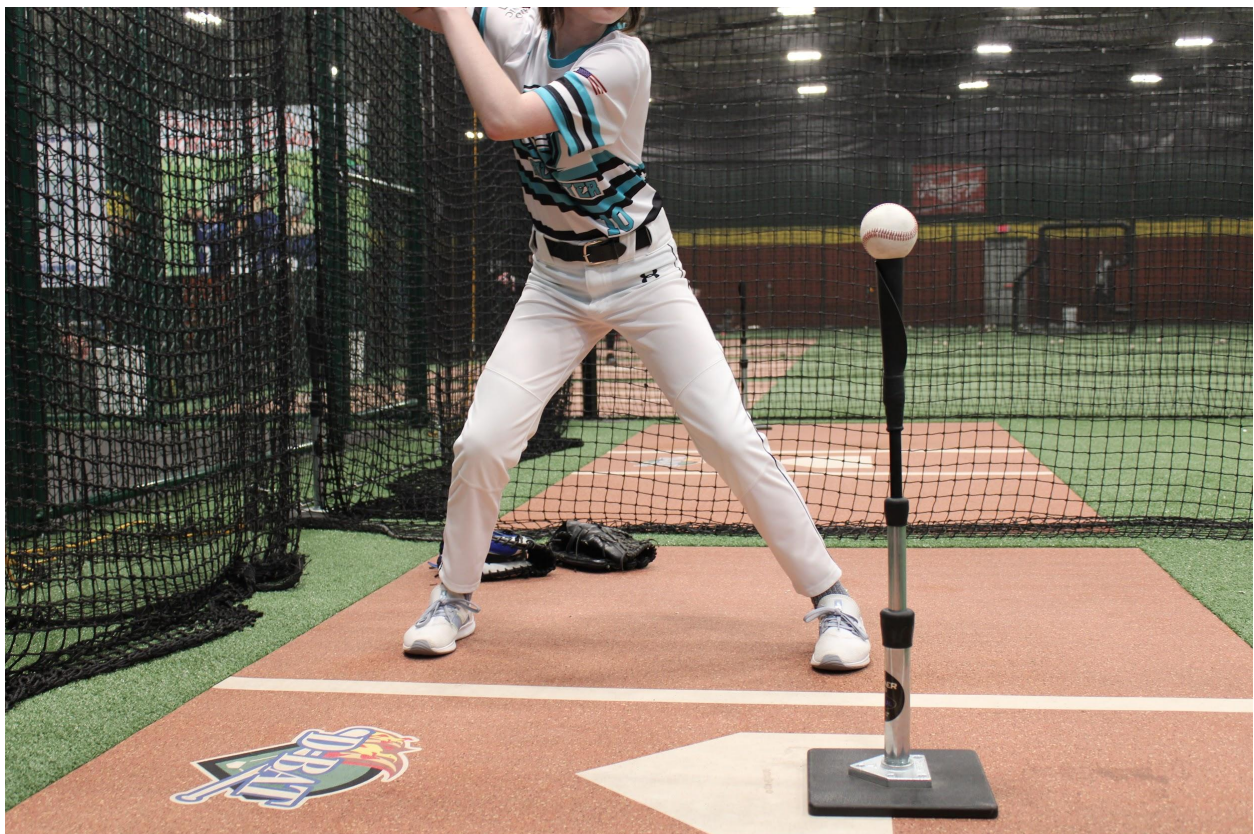
4. Finish: Arms continue through the swing with the bat “folding over” the front shoulder.
5. Starting from the Stance position, have players take a step. Repeat until players consistently take a controlled step.
6. Starting from the end of the Step position. Have the player Twist, getting the bat into the swing plane. If the hips don't properly turn, check that the back heel is being lifted. Repeat until the hips fully turn consistently.
7. Starting from the Twist position, have the player Snap the bat through the swing plane.
8. Starting from the Snap position, have the player Finish the swing.
9. Put more of the steps together until the players can take a full swing consistently.
10. **Hit off a tee:**
 1. The toe of the front foot should be three or four inches behind the tee, and a little under a bat length away from the tee.
 2. When the batter steps, the front foot should be just behind or even with the tee.
 3. Starting in the Stance progress through the Step and Twist without hitting the ball. Repeat until the player can get the barrel of the bat consistently to the position of the ball.
 4. Take a full swing. Goal is to contact the ball with the barrel of the bat and out in front of the player.



Knocking Knuckles Lined Up



Stance with Tee



Stance with Tee from the Side



Stride



Twist the Hips



Snap the Wrists



Finish

Running

1. Starting at home plate, walk the players through the bases in order.
2. Have the players **pretend to hit the ball and then run to first base**.
3. Let players stay on base after they pretend to hit. Have them advance one base after the player behind them pretends to hit. Make sure they don't leave the base early.
4. Have the players **hit the ball off the tee and run to first base**.
 - a. Teach them to run through first base.
5. Let players stay on base after they hit off the tee. Have them advance one base after the player behind them hits. Make sure they don't leave the base early, don't touch a hit ball and stay in the baseline.

Basics of the Game

1. Teach basic baseball terminology: inning, out, infield, outfield, fair ball, foul ball.
2. Teach players good sportsmanship and remind players to have fun.
3. Starting at the pitchers mound, walk around the field with the players naming each position on the field.
4. Give each player a position and have them run to it. Repeat several times giving them a different position each time.
5. Teach the players where fair and foul territory are at on the field. Throw a ball into the field and have them yell out if it is fair or foul.
6. Teach that an out can be achieved through either touching the base while holding the ball or by tagging a runner with the ball.
7. Teach the players the concept of an inning and that each team gets three outs in an inning.