



North Langley Trappers T-Ball

Overview

Players' first experiences in baseball should be filled with active and engaging activities that are developmentally appropriate for their age. The Trappers T-Ball Program was developed with the purpose of making baseball attractive to young players, and to ensure their first experiences with the game were positive and long lasting.

Program Goals:

The goals of Trappers T-Ball are:

- Create an environment in which children and adults can have fun with baseball
- Teach baseball skills, rules, and strategy to our players
- Model and teach competitiveness with an emphasis on good sportsmanship
- Promote increased self-esteem & structure among children and adults

Coaches will be provided with teaching materials and entire practice plans (to be used during T-Ball sessions) developed for this age group. North Langley Baseball will also provide support and training for new coaches through continually developed in-house programs.

Pin Program:

North Langley Baseball Association has created a PIN program as an incentive tool for kids to strive to improve their skills and knowledge of the game. The PIN program awards 4 PINs during a player's first two years in the sport (5U and 6U divisions). During each season, there will be two testing days, where players will demonstrate their skills learned to date and have an opportunity to achieve their PINs. There are 4 different colored Pins in the program that players will earn according to baseball skill levels.

Equipment

Players bring their own helmets and gloves. However, no personal bats or baseballs of any kind can be used by players during games. All players are required to wear athletic supporters.

Game Rules

- 1) Each session will last 75 minutes. The first 15 minutes of the session is dedicated for teams to warm up and prepare, the next 30 minutes it for skill development and practice plans leaving the last 30 min for actual playing time.
- 2) At each turn batting, all players will come to bat. The ½ inning will end when all players have completed their turn.
- 3) There are no walks, no strikeouts, no base stealing and runners can only advance on batted balls.
- 4) The hitter, and any base runners, may only advance one base on a hit ball.



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- 5) When the last batter in line up hits, the batter as well as any base runners occupying a base, must run to home. The coach of the hitting team must loudly indicate to the defensive team when the last batter is about to come up.
- 6) With hitting being the most fun part of the game, the program has been designed to help players hit the ball no matter what their skill level. Depending on their development stage two formats can be used for hitting:
 - a. Hit the ball off the Tee, or
 - b. have the coach pitch (underhand soft toss) to them. Coach pitch will not be allowed until after May 1 and a maximum of 3 pitches are allowed. If the batter does not successfully hit a pitched ball after 3 tries, then the ball must be hit off the Tee.
- 7) Each hitter will have a maximum of five chances to hit the ball off the Tee. If the tee is hit, and not the ball, it counts as one of his/her 5 chances but the player can try again. If the batter does not hit after 5 attempts, the coach will roll the ball into the playing field to allow the hitter to run the base paths and allow the defense to field the ball and make plays.
- 8) The batting order should be rotated every game so everyone has the chance to be the first batter and last batter.
- 9) Defensive positioning will change each time a team comes to bat. It is recommended that defensive positions shift alignment when the team up to bat gets to the half-way point of their batting order during each game. This will allow for each player to play 4 different defensive positions when the T-Ball session has concluded.
- 10) Base paths should be 45 feet apart.
- 11) Players at bat must hit the ball past a designated line in front of the plate in order to be considered a "fair ball". This line should be approx 5 feet directly in front of home plate, and can be marked with cones supplied to each coach by North Langley Baseball.
- 12) After each complete game, a dragon race can be run with the participating teams. A dragon race is like a relay. One team starts on home plate and the other team starts on 2nd base. The players run the bases making sure to tag each base and then the tag the next player on their team to complete their turn. If the teams are uneven, a player may have run twice. The race is over when all players have completed their turn at running around the bases.