

GCAA Softball T-Ball Guidelines

The main purpose of the softball t-ball program is to introduce girls age 4 to 6 to the game of fastpitch softball and to begin teaching them basic fundamentals. Here are the main areas of focus for fundamentals at the t-ball level:

- Proper throwing mechanics – arm high, elbow up, point glove to target, proper foot positioning, etc.
- Proper fielding of ground balls (“Softball Ready”) – bend at the knees, butt low, alligator arms (following the ball into the glove with the throwing hand), shuffling into throwing position, etc.
- Swing mechanics - basic level items such as proper positioning in the batters box (toes pointed toward home plate), eyes on the ball all the way to the bat, etc.
- Fielding positions - teach them where to stand when playing all the positions (this includes catcher, although we do not field a catcher in this age group)
- Running through first base
- Rounding the bases properly - banana, hitting the inside corner, etc.

The Game

- Each team will bat and field an equal number of times
- Games are 1 hour (do not start a new inning after 55 minutes)
- All players for each team bat one time per inning
- The batting order may be changed each inning
- There is no keeping score
- The batter will hit from the tee. The tee will be placed on Home plate. There are no strike-outs.
- If the defense gets a player out, the runner is removed from the base. Coaches call players out, as there are no umpires. Making defensive plays at this age is somewhat difficult, so give lots of praise to the players, especially if it involves more than one player (e.g. a player throws to first base to get the runner out).
- Generally, the last batter will hit and run all the way home. The defense should be taught to stop the lead runner by tagging them (and all subsequent runners) anywhere prior to home plate.
- Runners should not advance to the next base unless forced when the defense has possession of the ball, even if the player has the ball in the OF. If the defense does not have possession of the ball, runners are free to advance to the next base. As long as the runner has taken 1 step toward the next base before the defense has possession of the ball, they are free to advance to the next base. Do not use more than one player at a particular position (e.g. have 2 pitchers).
- Defensive players should be placed in proper positions in the field (i.e. P, 1B, 2B, SS, 3B, LF, LCF, RCF, & RF). We do not field a catcher. If there are not enough players for all positions, adjust the OF positions accordingly.