

# T-Ball

# Continuous

*Lesson Focus: to strike off a T and throw, field and catch a ball while playing a cooperative game of T Ball. Can also be played as a kickball game.*

## What you'll need

Per group of five to seven students:

- One T cone.
- One bat.
- One covered fleece ball or low bounce ball.
- Five square shaped throw down poly bases.
- One to two poly spots.
- Three short cones.

## Skills to review and demonstrate

Throwing, catching and fielding a softball

Running the bases (in this case run outside and around the small cones , counterclockwise)

Striking a ball off a T cone

## Getting started

Create a diamond with square or round poly spots, and include one at the pitcher's mound.

Place the T cone behind the home spot.

Place the short cones several paces outside the 1st spots in the outfield.

Put a player on each square and/or poly spot. (One outfielder if there are six in a group, two if seven.)

Demonstrate the action with one of the groups before you send the rest to their prospective playing fields.



## Student performance objectives

**Psychomotor:** Students can demonstrate striking, throwing catching and fielding in the proper form 80% of the time.

**Cognitive:** Students can describe the correct form for striking, passing, fielding and catching.



[Watch the Video](#)

Indoor or outdoor  
space for grades

3-5

## Begin the action

Players stand on 1st, 2nd, 3rd, pitcher's mound, and outfield spots.

One player is at the T cone ready to strike the ball.

The ball is hit off the T and the runner rounds the cones passing outside (not inside) the cones and heads for home plate without stopping.

Whoever fields the ball tosses it to 1st base. The 1st baseman tosses it to 2nd, then 3rd then to the student at the pitcher's mound.

The student at the pitcher's mound holds the ball up in the air to signal that the passing is complete.

If the runner gets home before the fielding team can complete the passing rotation, the runner gets a point. If the fielding team succeeds in the passing rotation before the runner gets home, they get a point.

All rotate: the hitter now moves to 1st base, 1st base to one of the outfield spots, then to the 2nd outfield spot if there is one, then to 2nd base, 3rd base, pitcher's mound and then to the hitting position to complete one round (inning) of the game.

## Helpful hints

Demonstrate the above directions with one of the groups demonstrating for the whole class.

There are no strikes-players take as many hits off the T as they need.

Balls must be hit in fair territory which is between 1st and 3rd base cones.

A caught in the air hit can be an automatic home run if you wish.

## Recap

What's the ready position for receiving the ball? [Hands up and ready]

What's the ready position for batting? [Bat on back shoulder, elbows out, looking at ball]

What are the cues for throwing for accuracy? [Arm back, (point-optional), step in opposition and throw]

## National standards

Standards 1&2: Striking; Passing; Fielding; Catching.

Standard 3: Cardiovascular.

Standards 4&5: Working with team mates; Cooperation; Enjoys group activities.

