

# Lafa T-Ball League Game Guide for 5 Year Olds

## Objective

Meet twice a week. The first 45 minutes for drills, followed by 45 minutes of game play. Keep it fun while trying to teach the kids the fundamentals of the game of baseball.

## Drills

About 45 minutes. See the Lafa Instructional League Drills Guide for drills.

## T-Ball League Game Play Guidelines

Roughly 45 minutes, as many innings as time allows.

### Infield Dimensions

- 35 ft pitching distance
- 45 ft distance between bases

### Batting

- Batters hit off a tee

### Play

- Safety soft-core ball
- Continuous Batting Order will be used at all times
- Every player bats in each inning
- All players in the field at actual positions, spread them out.
- Rotate players defensively at each position each inning/game
- All players must play both infield and outfield each game
- Outfielders stay on outfield grass, infielders normal depth behind the base paths.
- Try to teach them to “play their position”
- All runners are safe at each base (let them run the bases)
  - If a player actually makes an out, acknowledge that they made a nice play.
- No leading/stealing (should be obvious)
- Coaches should be on field with players to instruct
- Baserunning is station to station, no advancement on throwing/fielding errors.
- Last batter of the inning hits a “home run” – alternate the batting order each inning/game to let every player bat first, last, etc. By the end of the season every kid should have had a chance to hit the “homerun”

## Relay Race – Following the Game

One team line up at home, the other at second. On coaches signal the teams race around the bases. If teams are uneven some kids can run more than once or invite young siblings to join. Emphasize safety (don't bump each other, etc) and sportsmanship (cheer for your team, not against the other team).