

# Aussie T-Ball

## CLUB RESOURCE



AUSTRALIAN BASEBALL



Australian Government  
Australian Sports Commission



# Aussie T-Ball Introduction

As the National Head Coach I would like to welcome you to the Aussie T-Ball Program. Aussie T-Ball is an Australian Baseball Federation initiative that has been designed in collaboration with State and Territory Baseball Associations, the Australian Sports Commission and Major League Baseball. Aussie T-Ball caters for all junior baseball enthusiasts no matter what their current skill level and experience.

Aussie T-Ball has six players on a team in which fielding positions and batting line ups are rotated every inning. This will give every player an equal opportunity to experience every position on a baseball diamond. As a coach what I like most about the changes made to t-ball is that kids have more time having FUN, being active and practising the core skills used in the game of baseball.

Aussie T-Ball will introduce new players to the game and recruit the next generation of baseball players, coaches, volunteers and fans. No matter what the participant's aspiration, whether that is social, competitive or elite, Aussie T-Ball introduces all participants to the game of baseball in the most suitable way possible. Aussie T-Ball represents the first point in a series of developmentally sound programs which constitute the player pathway for baseball in Australia.

We want your experience as a coach to be enjoyable. Your primary responsibility will be to make sure you provide a fun and encouraging atmosphere for the children. The Aussie T-Ball philosophy, game sense activities and game rules are set out for you on the following pages of this manual to guide you through the steps required to create an enjoyable experience. For many participants, their initial experience with baseball through Aussie T-Ball will determine their future involvement. Your role as a coach is important to make the children's first experience a good one.

This manual contains all the sports specific knowledge and activities you will need to know in order to complete the assessment tasks for level 1 coach accreditation. Those activities which will be assessed for accreditation purposes are marked with a 'Level 1 Stamp'. Remember that before you attempt your level 1 baseball accreditation you must complete the Australian Sports Commission's 'Beginning Coaching General Principles' which can be done online free of charge at <https://learning.ausport.gov.au>

Yours in Baseball



A handwritten signature in black ink that reads "Jon Deeble". The signature is written in a cursive, flowing style.

Jon Deeble  
National Head Coach

# Aussie T-Ball Philosophy

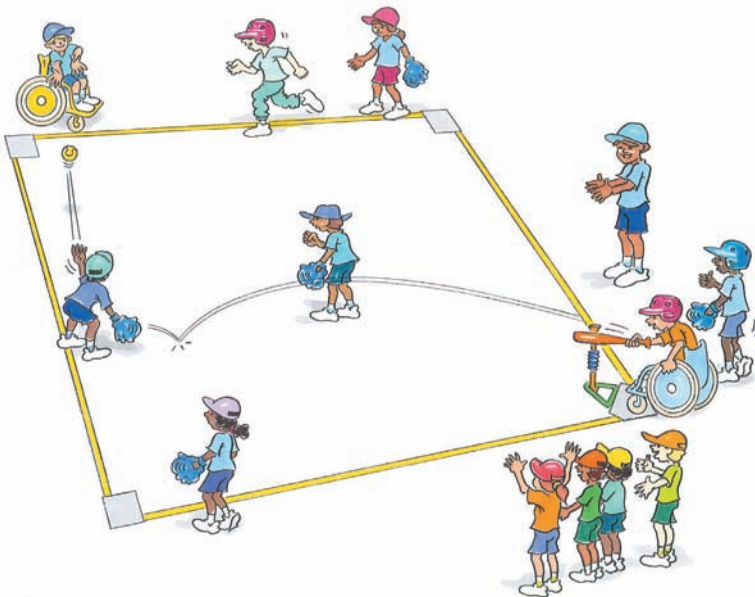
Competitive games are fun, but winning on the scoreboard is not the main issue. Promote good sportsmanship, stay enthusiastic and reward effort rather than success. There should be no negative comments about or to umpires, coaches and fellow team members.

In all teams there will be varying levels of ability but, at this level, it is unacceptable to continually play the better players in key positions. It is essential that all receive equal opportunity and are encouraged to participate fully in all aspects of the game.

To ensure that all players get equal time in each position, players rotate their fielding positions every inning. In batting, the leadoff hitter in one inning becomes the last hitter in the next inning. In this way, everyone gets the chance to lead off an inning and field in every position.

All drills and activities can be adjusted to cater for varying individual ability by modifying equipment, playing area or task. The opportunities for modification can be remembered using the **TREE** acronym: **T**eaching (what you say to them; eg, using questions to make them work things out); **R**ules; **E**quipment; **E**nvironment.

There is very good evidence that children learn best by doing rather than listening to someone telling them how to do things. The skill of coaching, particularly with young children, lies in presenting activities which will enable them to learn while having a good time. If you can do that, you can help the kids to develop a positive attitude to activity, to baseball, to you, to each other and towards themselves.



# Aussie T-Ball Rules

Aussie T-Ball is designed to introduce children to the game of baseball and help them develop basic baseball skills in a FUN way.

## Team Size

- Six (6) players a side (possibly 5 or 7).
  - As skill level is increased team size can be increased to nine (9) players a side.
  - If there are five (5) players the coach acts as the catcher.
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## Batting

- The ball is not pitched in Aussie T-Ball - instead it is batted from a tee.
- A hitter may have as many swings as they require in hitting the ball into fair territory.
- A player is out when:
  - A batted ball is caught on the full.
  - A player in possession of the ball stands on the base before the runner arrives.
  - A runner between bases is tagged by a fielder with the glove or hand which is holding the ball.
- An inning is completed when every player on the batting team has completed a turn at bat.
- Each inning the leadoff hitter becomes the sixth hitter in the next inning and subsequent hitters will move up one spot in the line up so that every hitter has the chance to lead off an inning.

## Fielding

- All fielders rotate fielding positions each innings in the following manner:
  - pitcher becomes catcher
  - catcher becomes 1st base
  - 1st base becomes 2nd base
  - 2nd base becomes 3rd base
  - 3rd base becomes shortstop
  - Shortstop becomes pitcher

## Base Running

- So that fielders are encouraged to throw, runners may advance no further than the base they were heading to when the first throw is made.
- Once a runner turns back toward a previous base they are entitled to that base only.

## Umpiring

- Where an umpire is used (often the coach of the batting team) he or she is to be positioned behind the home plate.
- Where no umpire is used, any disputes on outs are settled by the players using 'Rock Paper Scissors'.
- It is preferable that no coaches are on the field with the players – let the children play.
- Before 'Play Ball' is called, allowing the ball to be hit:
  - The pitcher must be on the pitching plate; and
  - The catcher must be behind home plate, in the catcher's box; and
  - No fielders may be inside the base paths; and
  - The runner must be in contact with the base.

## Inclusion

- It is recommended that teams adjust their play to encourage the inclusion of participants with a disability. Refer to the online club development kit for further advice.

# Aussie T-Ball Positions

## Third Base

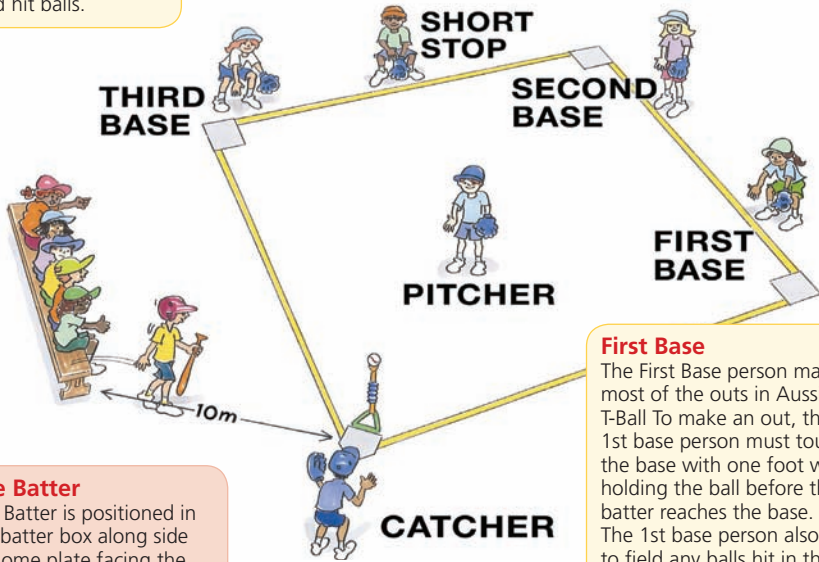
The Third Base person stands just off 3rd as illustrated. The fielder in this position must react quickly to field hard hit balls.

## Short Stop

The Short Stop does not have to be shorter than the other players, despite the name! The Short Stop stands in between 2nd and 3rd bases and should develop a strong throwing action to make throws to 1st base. They also have to cover 2nd base if the fielder from there goes to field a ball.

## Second Base

The Second Base person does not actually stand on 2nd base, but as illustrated along the baseline between 2nd and 1st base. Speed is a big help in this position because it often involves running after hard-hit ground balls.



## The Batter

The Batter is positioned in the batter box along side of home plate facing the pitcher. The tee on which the baseball is mounted is approximately 3 inches in front of home plate and to the front side of the batter. The batter hits the ball into fair territory in order to start the action game.

## First Base

The First Base person makes most of the outs in Aussie T-Ball. To make an out, the 1st base person must touch the base with one foot while holding the ball before the batter reaches the base. The 1st base person also has to field any balls hit in the direction of 1st base by the batter.

## Pitcher

The Pitcher is one of the most important players on the team. In pitch-Baseball, their job is to start each play by throwing the ball to the catcher. In Aussie T-Ball the Pitcher is a fielder.

## The Catcher

The Catcher stands behind the swing of the batter. The catcher puts the baseball on a Tee and fields all plays at home plate.

# Running a Session of Aussie T-Ball

Each session of Aussie T-Ball should run for no longer than 1 hour.  
The hour can either be split up as:

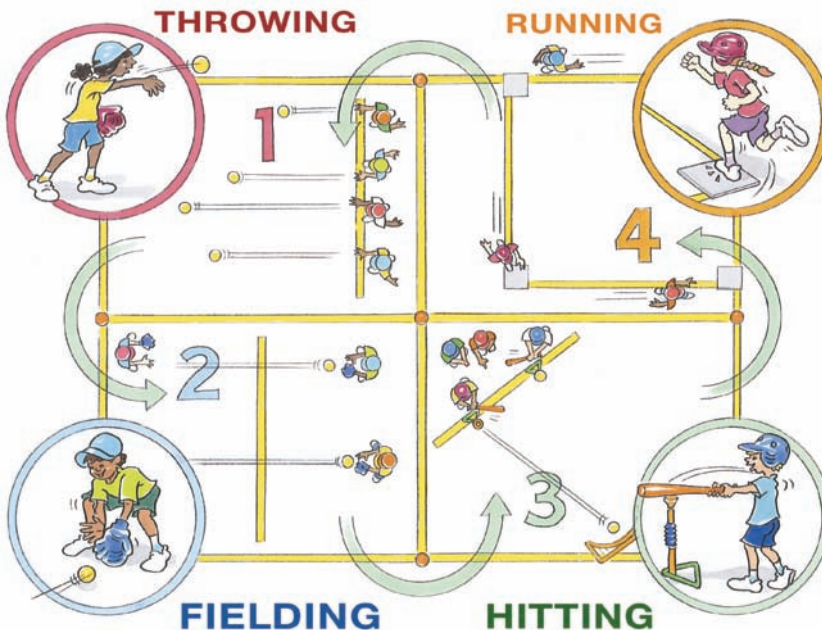
- Half an hour of multi activity stations culminating in a half hour game of Aussie T-Ball; or
- A full hour game of Aussie T-Ball.

You may like to run two sessions a week; one session in each format. This all depends on your club, local competition structure, and the general interest of children. If you only run one session of Aussie T-Ball a week then it is suggested that you run the multi activity session.

## Aussie T-Ball Session Plans and Set Up

- Set up the field into a variety of activity stations: throwing, fielding, hitting and base running.
- It is recommended that all stations are set up before the commencement of each session. This will allow for a smoother transition between stations.
- Choose a game sense activity for each activity including a warm up. Try to choose activities that are suitable for your participants age and ability.
- Divide your players up into even teams and assign each team to an activity. Team size will vary depending on the activity however teams of 6 are encouraged.
- Set a time limit for each drill. This may vary however each activity should last for 5-10 minutes.

Once all teams have completed their activities players are then encouraged to have a game of Aussie T-Ball.



# Aussie T-Ball Set Up and Equipment

## Equipment required for an Aussie T-Ball session is:

- Balls and bats (safety conscious equipment for beginners)
- Batting tee's
- Throwdown bases
- Helmets
- Gloves
- Marker cones
- Various targets for game sense activities
- Various balls for game sense activities (foam and whiffle balls, large beach balls)

## Aussie T-Ball Game Diamond Set Up

Setting up a diamond (as per the field description on page 4) for a game of Aussie T-Ball is very easy. Simply:

1. Place the home base plate on the ground and walk fifteen (15) metres on an angle, similar to a diamond shape as shown in the field description, and place first base on the ground.
2. Continue to place second and third base, fifteen (15) metres apart, on the ground to make up your field.
3. The pitching plate is to be placed on the ground ten (10) metres from home base, in between home and second base (as per diagram).

## Organisation

### Remember the following when preparing for a game:

- Write out your line-up (offensive and defensive), including copies for scorer and umpire (according to local rules).
- Conduct team meetings, focus on FUN rather than winning or losing.
- Warm-up, including hitting and fielding practice if feasible
- Have everyone ready on time.

Safety issues: helmets, safe distances, and awareness of flying bats and balls; collisions.

### The bench:

- Sit in hitting order
- One hitter on deck
- Gloves and drinks arranged for ease of access
- Parents stay out (unless in a designated role)

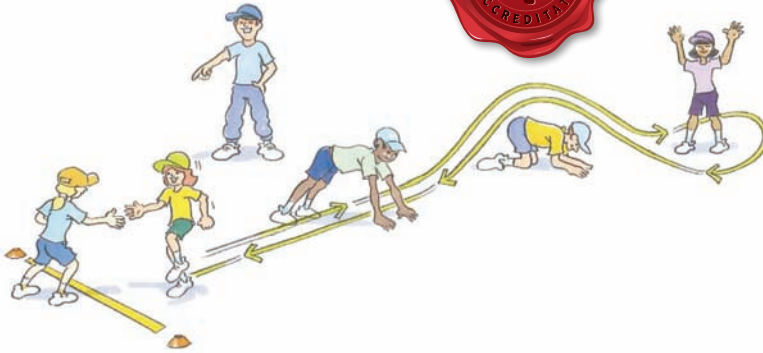
### 60 sec changes between inning:

- Everyone runs to position (and off when opposition inning is over)
- Take gloves out to those on base etc.



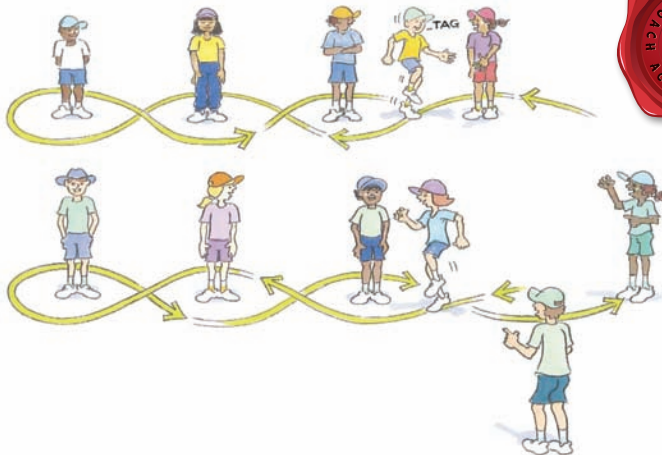
# Warm Up Ideas

## 1. Bridge Stone Tree Relay



Teams of 6 line up behind a cone. The coach signals and first team member runs out in front of team and makes a bridge; second person runs out, runs under bridge and makes a stone; third person runs out, under bridge, over the stone and makes a tree; fourth person runs out under bridge, over stone and around tree and repeats on the way back to tag fifth member, who repeats and tags sixth. When sixth (last) person runs around tree, the tree follows them back, when the tree jumps over the stone the stone follows back, the stone goes under bridge and the bridge follows back. First team back wins. Repeat 2-3 times then change bridge, stone and tree.

## 2. Weave Relay



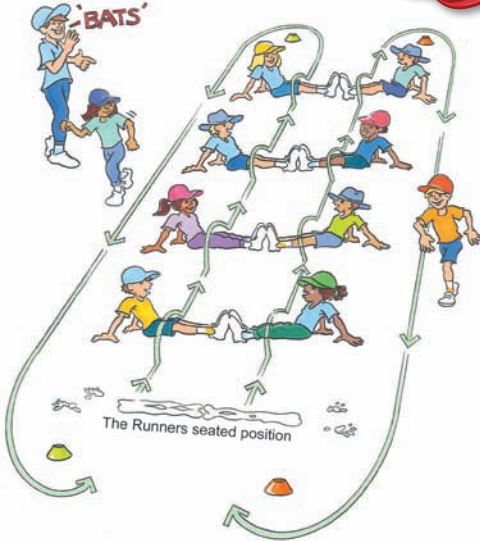
Teams of 5-6 players line up with 1-2 metres between each member of the team. On a signal from the coach the last person sprints down weaving between each member of their team. Players then go around front person, and weave back to tag next person in line. Second runner weaves down around front person and around back and tags third runner. Repeat until front runner weaves up around and back and weaves down to their position.



# Warm Up Ideas

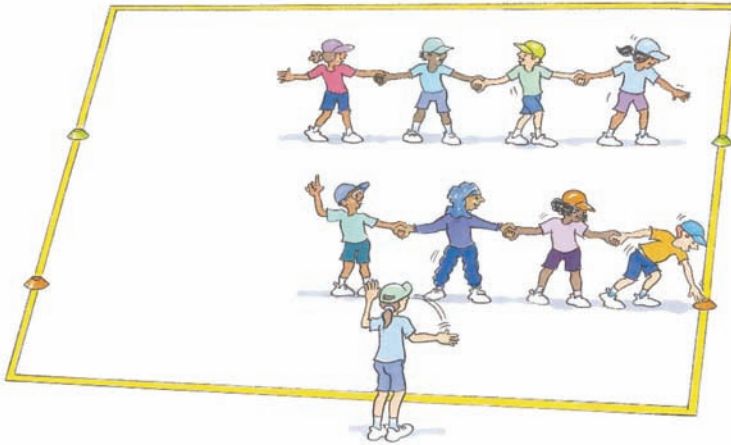


## 3. Baseball Ladder



Organise players in pairs, sitting in two lines facing each other so that feet are touching the person opposite (straight legs). Each pair sits two metres apart. The coach moves down the line giving each pair a name in baseball terms. The coach then calls out terms one at a time. Pairs named by that term, stand up and down the line, stepping over the other players legs, before running around cones placed 5 metres in front of the lines. Players then run back down the outside to cones placed at the back of the lines, before returning over other players legs back to their original position before sitting down again. The coach alternates baseball terms until all players have participated. If the coach calls out "Baseball Ladder", the first pair in the line run. Once they return to their original position, the 2nd pair run, and so on, until all have run.

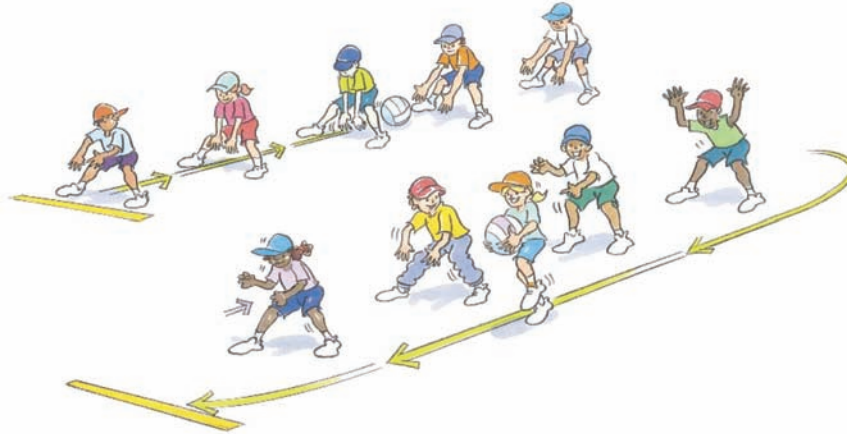
## 4. Sideways race



Groups of four hold hands and face the coach. Each group lines up behind a group of 4 in front. The coach stands in front of the groups and gives a signal indicating a direction (e.g. left or right). The groups keep holding hands while they try to run to the side and the person nearest that side touches a line on the ground or cone marker. The group then runs back to the opposite side and then back to the middle, all the while holding hands.

# Warm Up Ideas

## 5. Tunnel Ball Relay



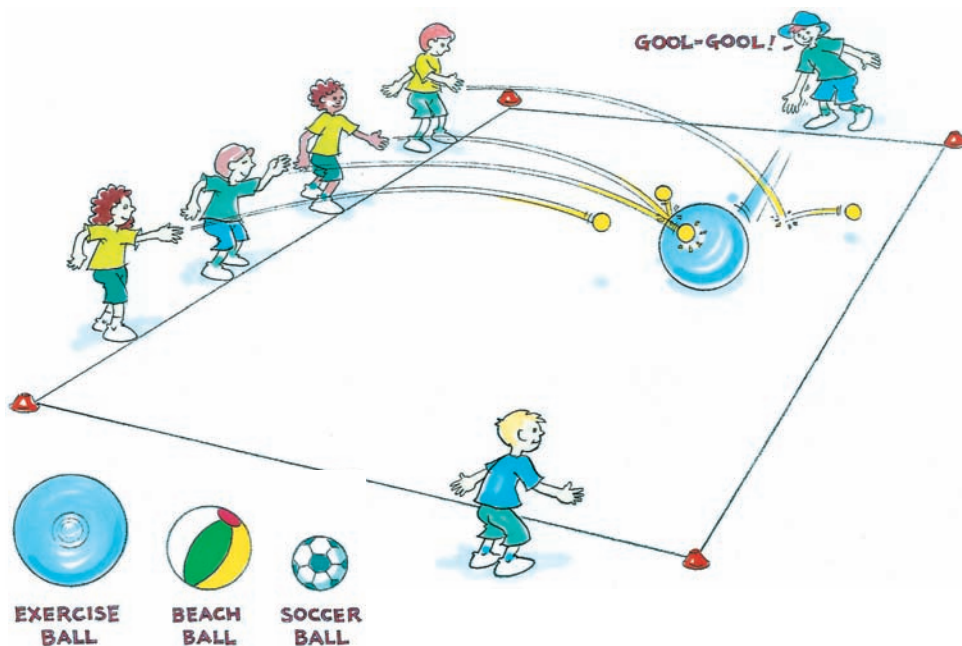
Teams of 5-6 players line up in a straight line with 1-2 metres between each team member. Front person has volleyball/basketball. On signal "Go", all jump with feet astride and front person rolls ball between legs. Last person in line collects ball and runs to front of team. As last person runs to front each team member moves back one place. Continue until original leader runs to front with ball.

# THROWING

## Activity 1: Gorri

### Objective

A large ball is rolled and players try to hit it with a baseball.



### What to do

- A coach is designated as the roller calls out 'gool-gool' (going-going) and rolls the ball in front of the other players, who attempt to hit it with their baseballs (can choose between soft core, foam or whiffle ball).

### What you need

- Markers to define a rectangular playing area
- 1 or 2 balls per player (to throw at the moving target)
- A variety of balls to be used as targets of different size

### Skill focus

Improves throwing accuracy.

### Change it/TREE

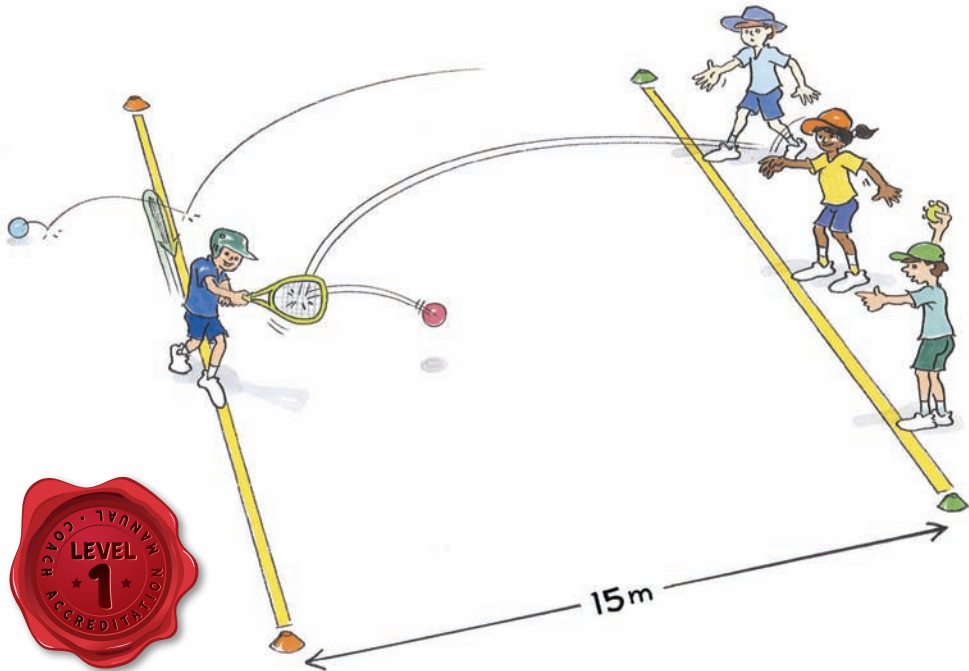
Vary the size of the target ball for varying abilities.

## Activity 2: Gulgul

## THROWING

### Objective

For a player to run between a start and destination point and, using a tennis racquet or similar, defend off foam or whiffle balls being thrown by other players.



### What to do

- Mark out two lines. One for 'it' to walk along and one for the remaining players to throw balls from.
- Assign one player in the group to be 'it' and provide them with a tennis racquet to defend him or herself.
- Create a single line of players, each with a foam ball in their hand.
- 'It' then walks a defined line, set out with markers, parallel to the line of the other players.
- The remaining players must stay behind the line and attempt to hit 'it' with their ball.
- 'It' fends balls off with a racquet (or dodges).
- NB: place a marker at each end of "it's" path: other players can only throw when "it" is between markers.

### What you need

- Markers to define a walking and throwing line.
- Foam or whiffle balls, enough balls for one per player.
- A tennis racquet (or similar).

### Skill focus

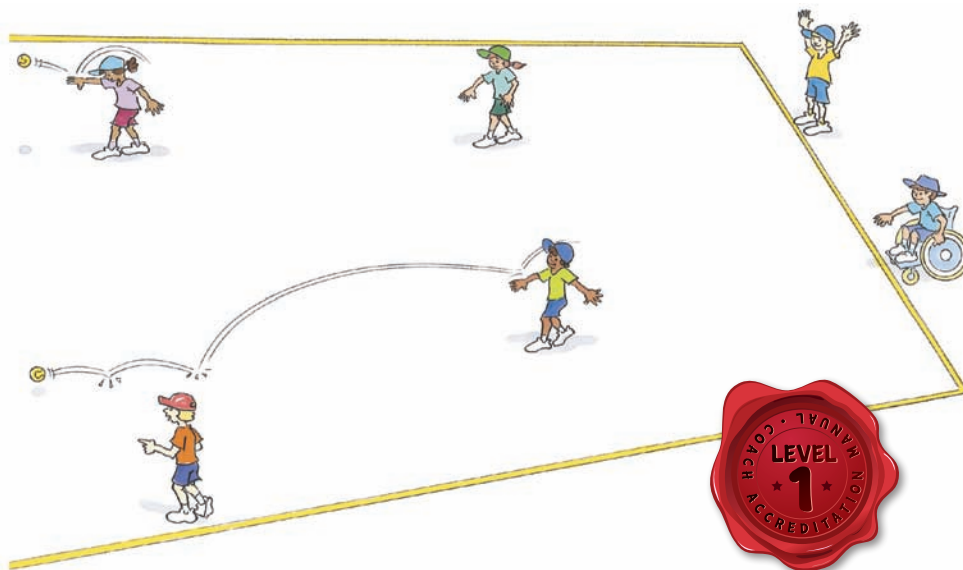
- Throwing accuracy
- Hitting
- Agility

## Activity 3: Team Distance

## THROWING

### Objective

Players work as a team and try to throw a ball as far as possible with each player's throw being thrown from the landing position of the previous thrower.



### What to do

- Mark out a starting line.
- Split players into teams of 3-6 (depending on space and ability of throwers; can use whole group on one team if desirable)
- First team member behind the throwing line throws a ball as far as possible.
- The next team member throws the same ball from where the ball landed.
- How far can we get as a team?

### What you need

- Markers to define throwing line.
- Balls for throwing.

### Skill focus

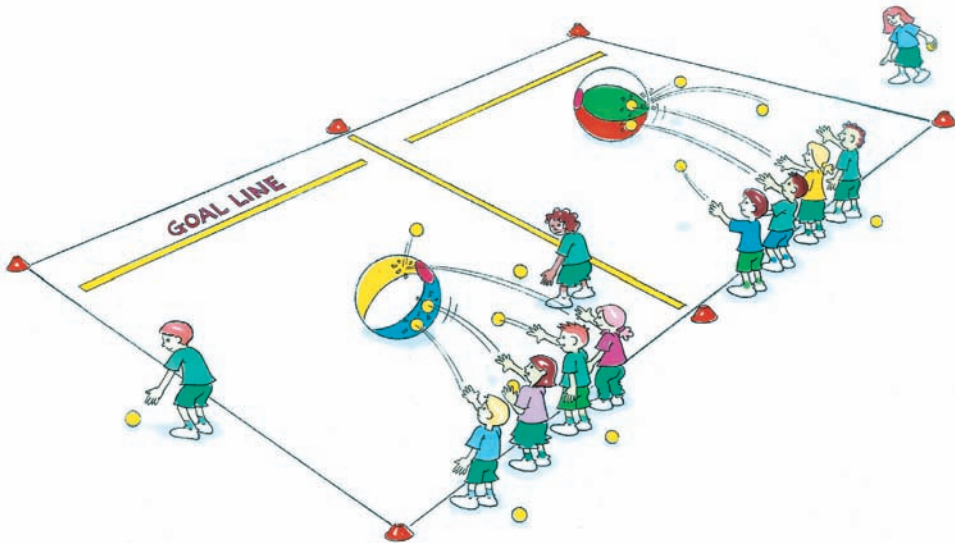
- Throwing distance.
- Teamwork.

## Activity 4: Bombard

## THROWING

### Objective

2 or more teams working in parallel throw tennis balls at a large target ball and try to move the target ball over a goal line. (4 or more players.)



### What to do

- Mark out throwing line and goal line for both parallel teams.
- Each player is given two baseballs.
- Coach calls out PLAY BALL which is the sign that players are to throw baseballs at the large target ball.
- If necessary, call 'STOP!', allowing players to retrieve balls that are in their playing area - this may include some opposition balls. Restart play once all players have moved back out of the playing area.
- Allow time-outs to discuss tactics.
- First target ball to cross the goal line scores a point.

### What you need

- Playing area around half the size of a volleyball court divided into separate areas.
- Markers to define playing area, throwing line and goal line.
- Two large target balls.
- 2 baseball per player.

### Skill focus

Improves throwing accuracy, teamwork and communication.

### Change it/TREE

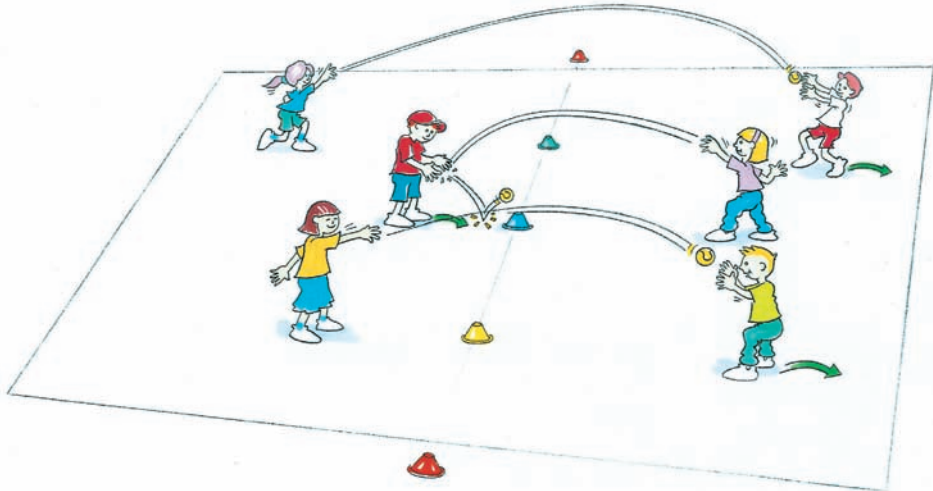
Vary the size of the target ball.

## Activity 5: Long Throw

## THROWING

### Objective

Players are to throw a baseball and catch it in their glove without dropping it advancing further apart when the ball is caught on the full and not dropped.



### What to do

- Split the group of players up into pairs.
- Distribute one ball per pair.
- Use markers to establish a 'gate' that the ball has to pass through.
- The ball is thrown between the two players. If the ball reaches the catcher on the full, both the catcher and thrower take one step back.
- If the ball is dropped by either the catcher or thrower both players take one step forward.

### What you need

- Markers to define 'gate'.
- Enough baseballs for one baseball per pair.
- Baseball glove for each player (not essential).

### Skill focus

- Improves throwing and catching ability.
- Builds team work.

### Change it/TREE

- **Cooperative circle challenge** - 4 catchers on a circle with a thrower in the centre. Catchers step back if they catch the ball. If the ball is dropped the catcher stays on the circle or makes one step towards the circle if they are further out. After each round, the centre person change place with the next person in the rotation and goes to that person's position, either in the circle or further out.
- **Team size and field shape** - Same guidelines as long throw rules set out above. Increase team size and design different fields, i.e. triangle/three per side, square/four per side.
- **Other** - Vary the type of throw, left or right hand, vary the ball, vary the size of the circle.

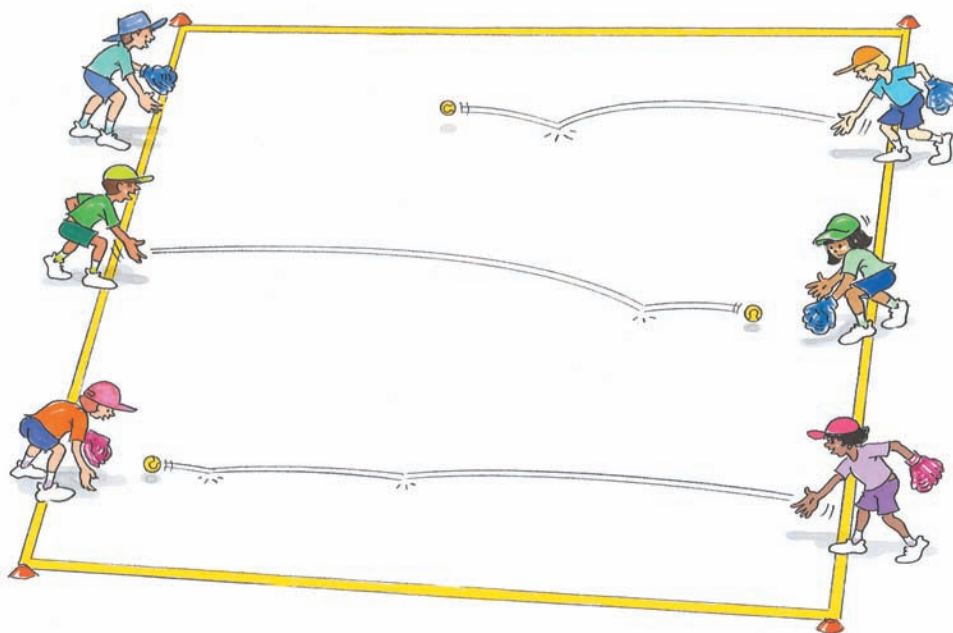
# FIELDING

## Activity 1: Co-operative rolls



### Objective

Partners roll a ball to each other, striving for maximum number without a fumble.



### What to do

- Mark out an appropriate distance for players to stand apart.
- Split players into pairs.
- Commence rolling with pairs striving for maximum number of rolls without a fumble.

### What you need

- Marker cones to define distance between players.
- Balls for rolling.
- Baseball gloves.

### Skill focus

- Fielding practice.
- Hand eye coordination.
- Team work and communication.

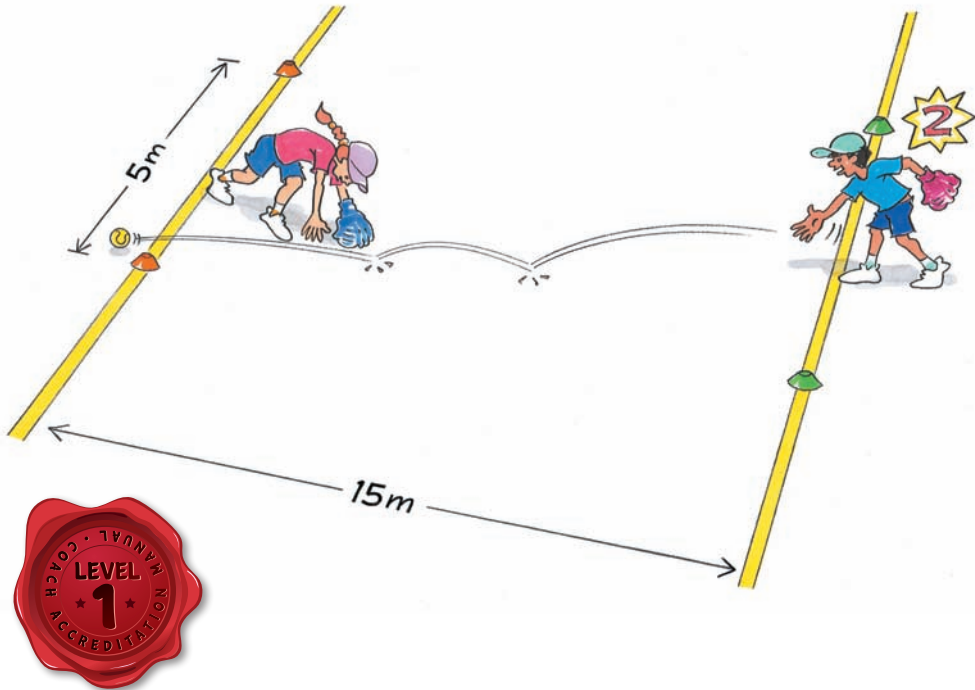


## Activity 2: Competitive Rolls

## FIELDING

### Objective

Partners attempt to roll a ball past each other through a goal.



### What to do

- Mark out a reasonable distance for players to stand apart (5-15m).
- Mark out goals of reasonable width (5-10m) at either end for each player.
- Ball must be rolled (must bounce at least twice).
- One point for a fumble, two points for allowing a goal, first to 10 points loses.
- If ball is caught on the full or one bounce takes then the score is taken back to zero.

### What you need

- Marker cones to define distance between players and goals.
- Balls for rolling.

### Skill focus

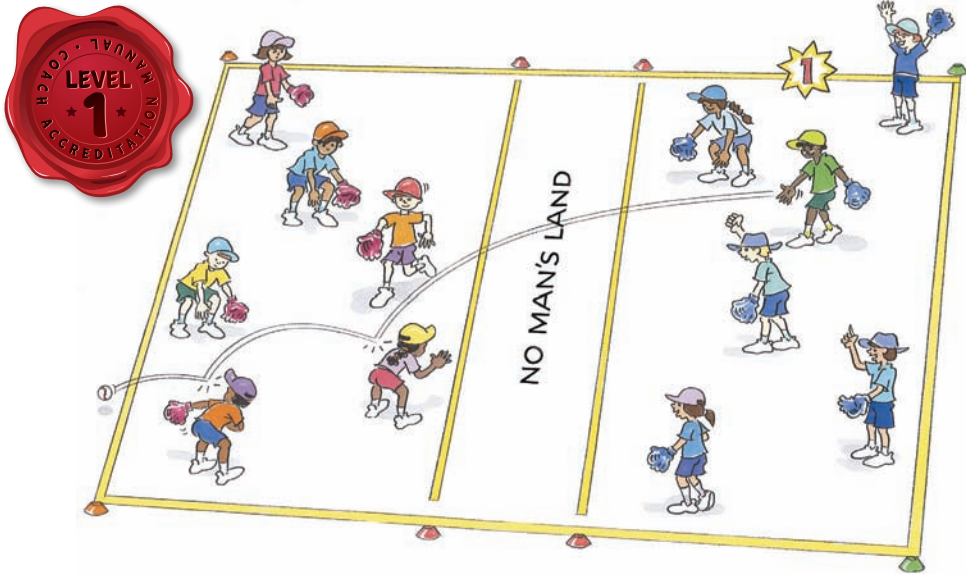
- Fielding, catching and throwing practice.
- Hand eye coordination.

## Activity 3: Roll-a-Goal

## FIELDING

### Objective

For one team to try and roll a ball over a target line which is being defended by the other team.



### What to do

- Mark out a field approximately half the size of a volleyball court with two goal lines at either end.
- Mark out a section in the middle classified as 'no man's land'.
- Separate players into two teams of 6 per side.
- A team scores a point when a ball is rolled over the other team's goal line. The ball must bounce at least twice before it crosses the goal line.
- The defending team returns the ball after a point is scored or defended.
- The attacking team must throw the ball from where it is fielded.
- If the ball is caught on the full the player may take one step forward before throwing the ball.

### What you need

- One baseball per game.
- Markers to define field, goal line and 'no man's land'.
- Baseball gloves.

### Skill focus

- Fielding practise
- Throwing accuracy.
- Team work and communication.

### Change it/TREE

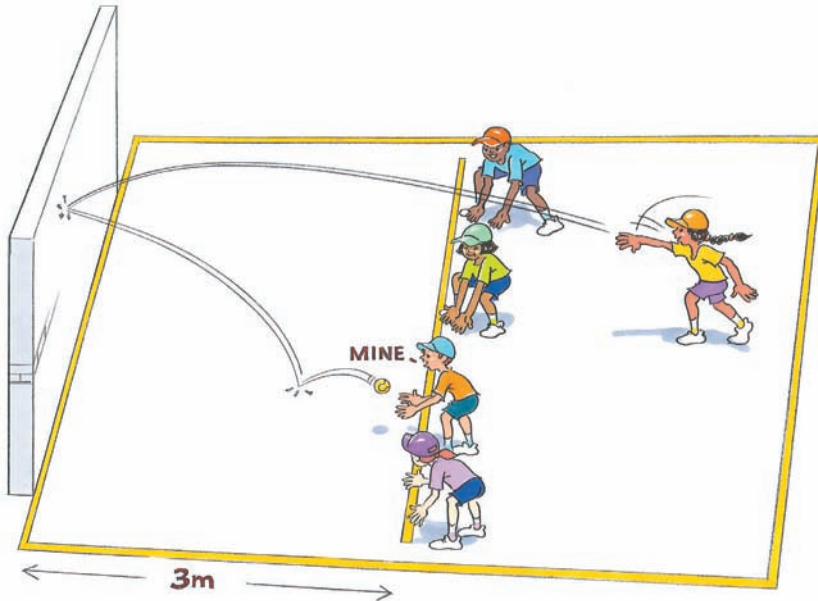
- Create a marked line for players to roll the ball from.
- Use different balls, i.e. volleyball, soccer, football, etc.

## Activity 4: Rebound Catch

## FIELDING

### Objective

For a group of players to field and catch rebounding balls thrown off a wall.



### What to do

- Find a suitable wall large enough to conduct the game (approximately 20m wide at 10m high).
- Assign one player from the team to be the thrower.
- Locate the group of players 3-4m away from the wall.
- One player stands behind group and throws ball into wall so that it rebounds at them. Try to coach the player so that some of the balls are thrown high enough on the wall so they can be caught by the fielding players.
- Group attempts to take rebound catches.
- Change thrower after 10 throws.

### What you need

- Durable balls such as foam balls or tennis balls.
- A large enough wall to conduct the game.

### Skill focus

- Fielding, catching and throwing practise.
- Team work and communication.

### Change it/TREE

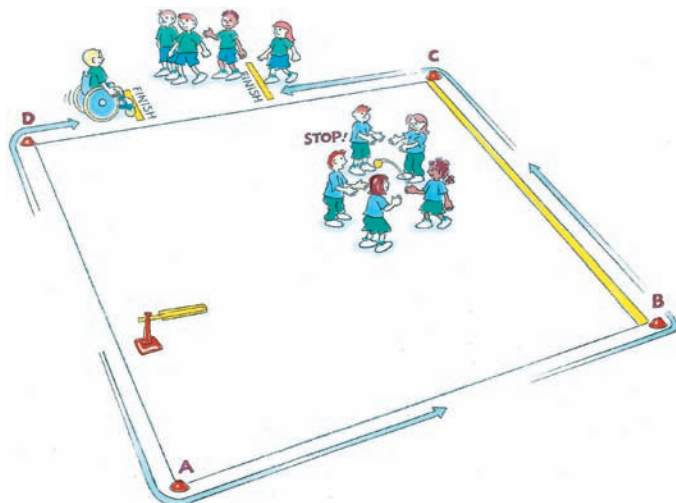
- Change the distance the players are positioned to the wall.

## Activity 5: Runner v Passers

## FIELDING

### Objective

A player from the batting team hits a ball and the entire team runs around markers. The fielding team gathers the balls and passes it to everyone in their team. When all the fielders have touched the ball, they call out 'STOP!' (4 or more per team.)



### What to do

#### Batters

- Using a tee, the ball is hit between B and C.
- All batters attempt to run as a group to the finish position.
- If the ball goes 'wide' (A-B or C-D), the shot is taken again.

#### Fielders

- Field the ball and then move onto the infield.
- The ball is passed to each fielder using a nominated throw, e.g. underarm throw.
- Fielders must be at least 2 metres apart.
- The last fielder to receive a pass calls 'STOP!'
- After fielding of the hit ball is completed, the ball is passed to the next batter.

### What you need

- A batting tee, bat and ball.
- Marker cones.
- Batting tee

### Skill Focus

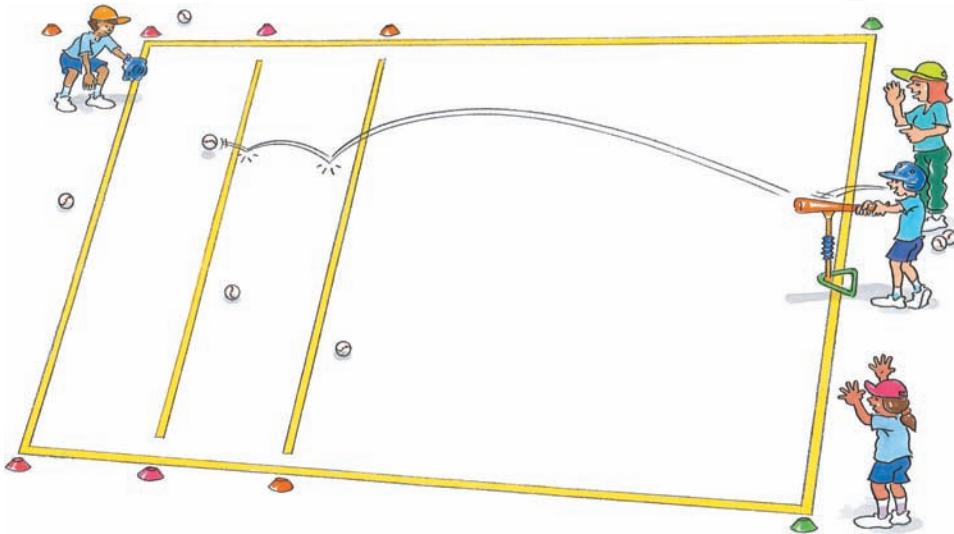
- Practise throwing, catching, hitting and teamwork.

# HITTING

## Activity 1: Long Ball

### Objective

To hit a ball as far as possible to a designated area.



### What to do

- Mark out a batting line with a batting tee.
- Mark out designated areas for the ball to be hit to: marked lines, cones, fence, etc.
- Commence hitting.

### What you need

- Marker cones to establish batting line and designated hitting area.
- Hitting tee's.
- Baseball bat and baseballs.

### Skill focus

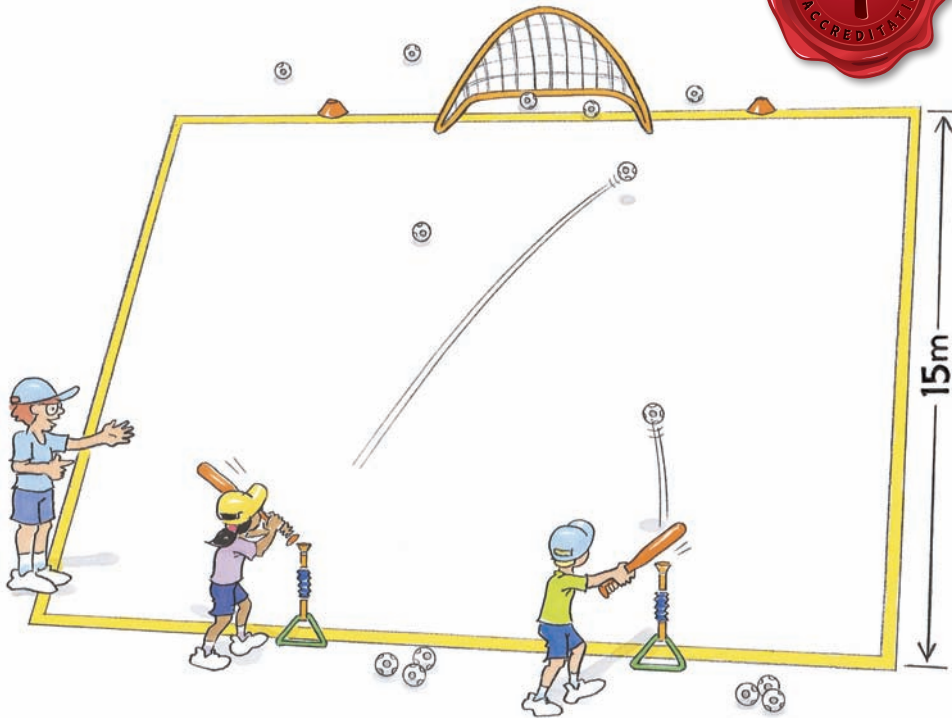
- Hitting.

## Activity 2: Target-Tee

## HITTING

### Objective

For a batter to hit a ball off a hitting tee to a specific target area.



### What to do

- Depending on team sizes, place enough hitting tee's along a straight line, every player should have their own tee.
- If possible, provide each player with around 10 whiffle balls. Whiffle balls are ideal as the player can still practice good technique whilst reduce safety concerns and time spent collecting balls.
- Place a chosen target approximately 15-20m from the hitting tee. This distance can be varied depending on mobility.
- Allow players to hit all balls and provide coaching where necessary.

### What you need

- Hitting tee's.
- Safety whiffle balls.
- Target (i.e. cones, specific target zones, fence)

### Skill focus

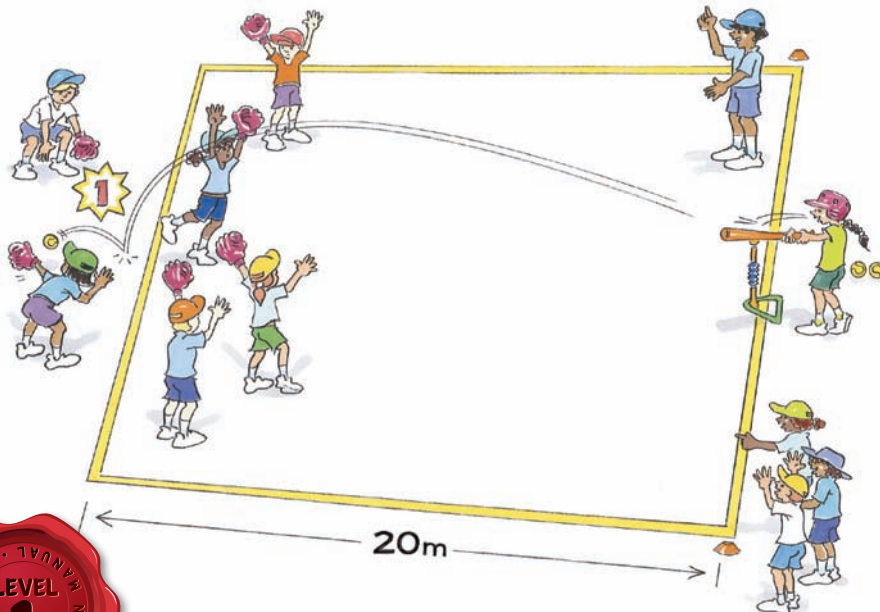
- Hitting practice.
- Hand eye coordination.
- Watching the ball.

## Activity 3: Over-the-Line

## HITTING

### Objective

A competitive hitting game where a team attempts to hit a ball between two markers, at the same time the defending team tries to prevent the batting team from scoring.



### What to do

- Place a hitting tee on the ground and then place two markers (10-25m away from the tee).
- Split players into two teams, a hitting and fielding team. Can be played with 3-6 players a side).
- The hitter attempts to hit a ball from the tee between two markers.
- Ball must touch the ground on far side of markers to score a point.
- Defending team position themselves to prevent batted groundballs from passing between markers, and to prevent fly balls from landing over the line between the markers.
- Hitter continues to hit until he/she fails to score.
- All players bat once, then the teams swap roles.

### What you need

- Hitting tee's.
- Baseball bat, balls and gloves.
- Marker cones to establish scoring line

### Skill focus

- Batting practice.
- Catching and fielding practise.
- Team work communication.

## Activity 4: French Baseball

## HITTING

### Objective

The batter aims to hit a ball which is thrown underarm without getting out.



### What to do

- One bat and a foam or whiffle ball per group.
- Create a fielder free zone in front of the batter.
- The batter stands with feet together and holds the bat in front of the legs.
- Fielders throw the ball underarm and the batter hits in any direction.
- The batter is out if the ball is caught on the full or they are hit on the legs.
- Ensure more mobile players pass the ball to a less mobile player so everyone has a 'touch' of the ball over the course of the game.
- Ensure players adjust the speed of the pitch so less mobile players can hit the ball.

### What you need

- Marker cones to establish batting line, fielder free zone and fielding zone.
- Baseball bat and foam safety ball..

### Skill focus

- Hitting practice.
- Hand eye coordination.
- Watching the ball.
- Reflexes.
- Team work and communication.

### Change it/TREE

- Use a larger bat such as a tennis racquet bat.
- The pitcher to bounce the ball once.
- Increase the size of the fielder-free zone.
- Allow the pitcher to move in or out and throw from any suitable distance to ensure a hittable ball.

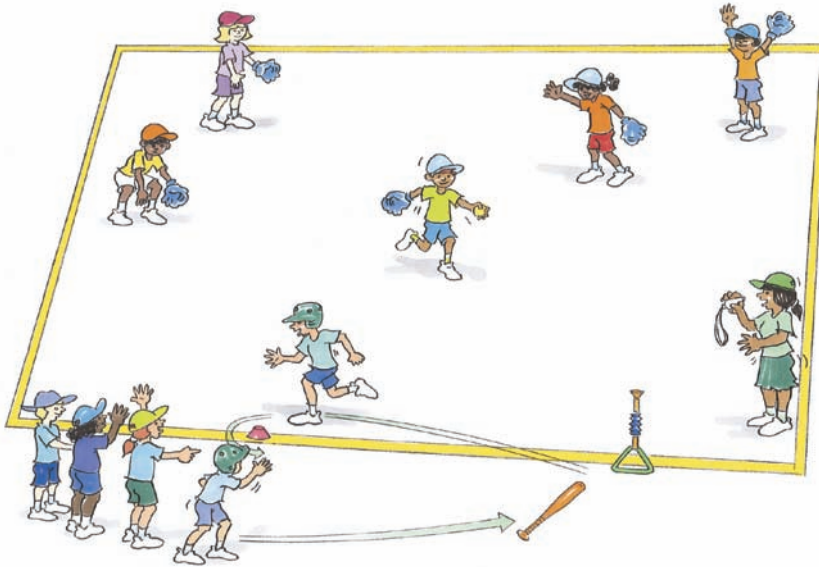


## Activity 5: Beat the Bomb

## HITTING

### Objective

A batting team must hit a ball from a batting tee, tag a fellow batting team member, and hit another baseball before it explodes. Fielding team to count down till bomb explodes.



### What to do

- Place a batting tee on a hitting line with a marking cone 10m away (along batting line).
- Split players into two even teams. Fielding team is to be in front of batting line and batting team at marker cone.
- Batters must bat behind the batting line.
- Batters hit the bomb off tee into field. Batter then runs around marker (10m away) and tags next batter. Fielding team to count down till bomb explodes.
- Fielding team must get bomb back to tee.
- Bomb is reset when placed on tee and will explode after 5 seconds.
- Use a whistle to indicate when the bomb detonates.
- Next batter must hit bomb off tee before it explodes.

### What you need

- Hitting tee, baseball bat and baseball.
- Marker cones.

### Skill focus

- Hitting, fielding, running and team work.

### Change it/TREE

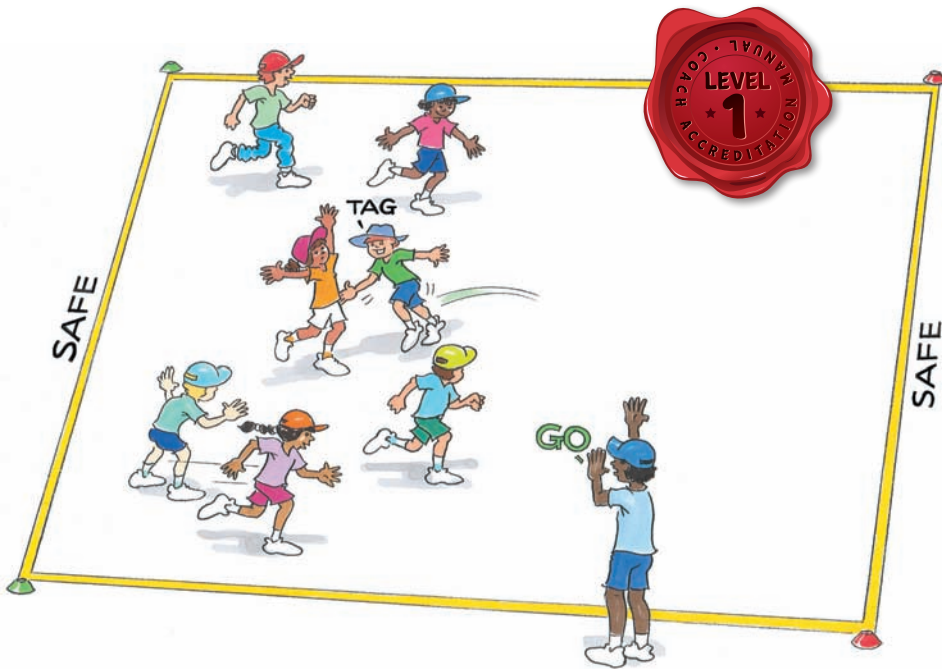
- Increase or decrease the time until the bomb will explode.

# RUNNING

## Activity 1: Sharks and Sardines

### Objective

On a coaches call sardines attempt to cross from one side of the other without being munched by a shark.



### What to do

- Set up a field with a “safe” line on either side of the playing surface.
- A designated player (“Shark”) must stay out of the safe zone i.e. in the middle; others (“Sardines”) at one side of play area, behind a safe line.
- On coach’s call, Sardines attempt to cross from one side to other without being “munched” (touched) by Shark. Any Sardines who are touched magically become Sharks and then assist catching the other Sardines until everyone has been caught.

### What you need

- Marker cones

### Skill focus

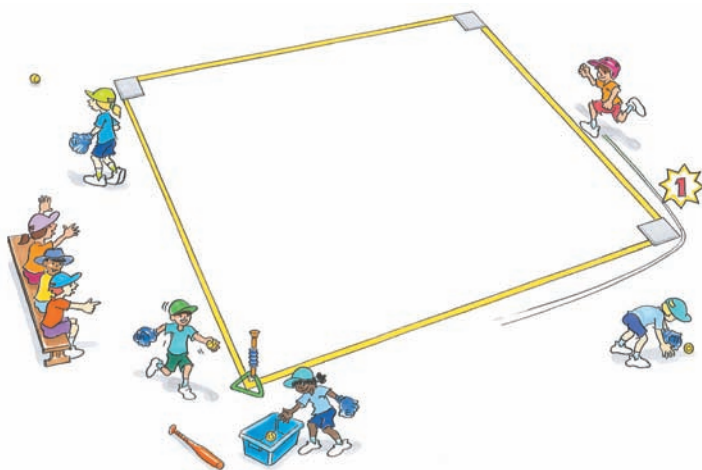
- Running
- Team work

## Activity 2: Chook Chase

## RUNNING

### Objective

A player from a batting team hits a number of baseballs in foul territory, the batter then tries to run around all the bases while the fielding team retrieves all the balls to a container at home plate.



### What to do

- Set up a standard baseball diamond.
- Divide players into two teams, hitting and fielding.
- Fielding team sits in designated area in foul territory while each hitter in turn hits given number of balls (at least as many as number on fielding team).
- As soon as hitter hits last ball, the player starts to run around bases while fielding team retrieves balls and returns them to a container at home plate.
- No throwing permitted – fielders must pick up the ball and run it back to the container.
- Hitter gets one point for every base reached prior to last ball going in bucket.
- Continue process until all hitters have had a turn at bat.

### What you need

- Base plates.
- Hitting tee.
- Baseball bat, baseballs and gloves.
- Container to store baseballs.

### Skill focus

- Hitting.
- Fielding.
- Running.
- Team work and communication.

### Change it/TREE

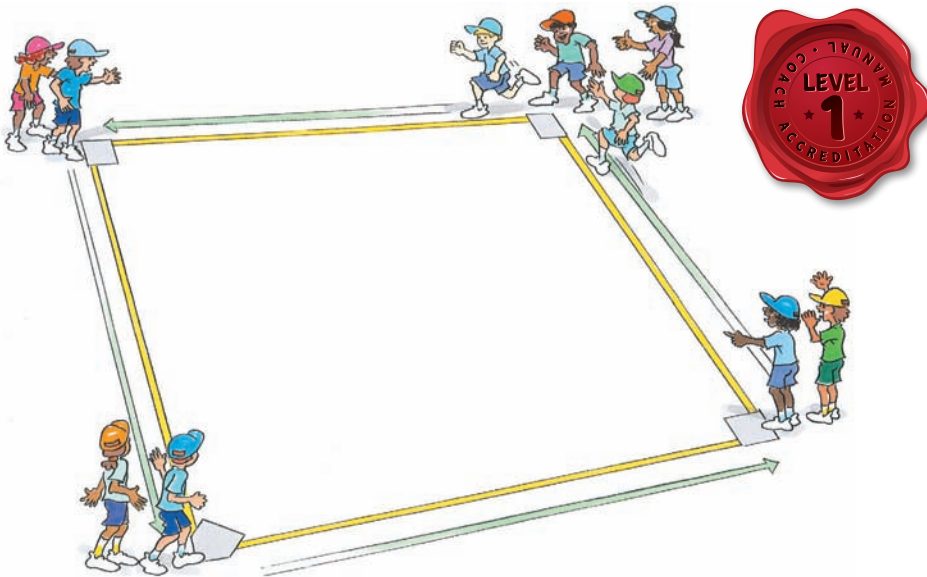
- Allow throwing and place a catcher at home plate to catch balls and place in container.
- Fielding team can take position on field but must not move until last ball is hit.
- Hitter can hit anywhere in 360°.

## Activity 3: Base-to-Base Relay

## RUNNING

### Objective

For two teams to have a 'relay race' against each other around all of the bases.



### What to do

- Set up a baseball diamond with base plates spaced at correct distances apart.
- Divide players into two teams.
- Place an equal number on each base.
- A runner from home runs to 1st base who tags their fellow team member who then repeats the process until the final team member reaches home plate.

### What you need

- Base plates.

### Skill focus

- Base Running
- Team work and communication

### Change it/TREE

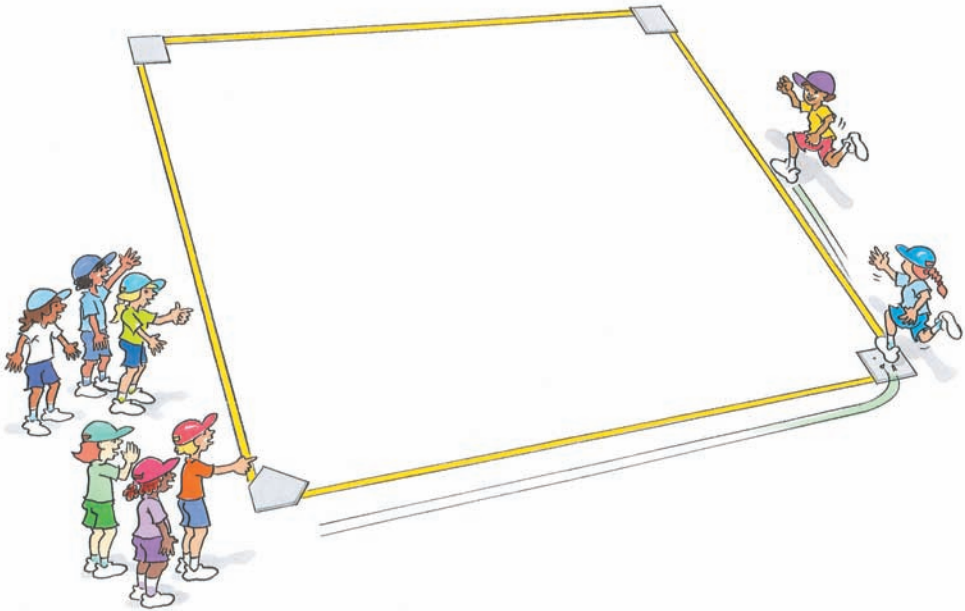
- Depending on numbers the relay can be continuous (as shown in illustration).
- Runners start from home and 2nd base simultaneously (or all bases).
- Runners start anti clockwise.
- For large groups of players increase the number of bases to accommodate for extra base runners.
- For players of varying abilities reduce the distance and or number of bases to accommodate.

## Activity 4: Cat and Mouse

## RUNNING

### Objective

For two teams to race each other around the bases of a baseball diamond.



### What to do

- Set up a baseball diamond with base plates spaced at correct distances apart.
- Divide players up into two teams, cat and mouse.
- Line the two teams up behind home plate.
- The mouse is released to run around the bases. The cat is then released and chases the mouse around the bases. Release time can be varied based on ability.
- Both cat and mouse must touch every base.
- Continue until all players have had a turn at running around the bases.

### What you need

- Base plates.

### Skill focus

- Base running.
- Team work and communication.

### Change it/TREE

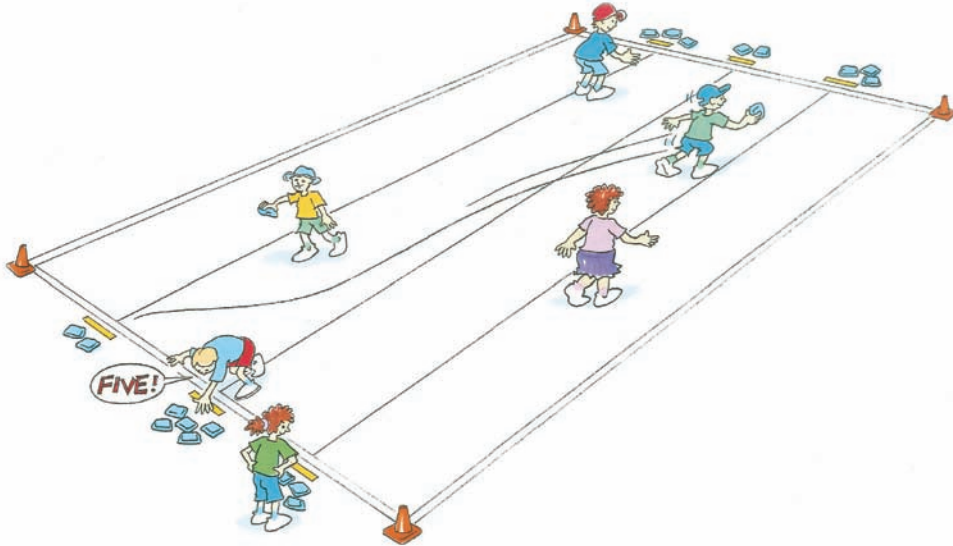
- Switch teams around so that mouse team becomes cat team.

## Activity 5: Get the ball!

## RUNNING

### Objective

For players to run to opposing team's area and steal a ball, the first team to get a total of 5 balls wins.



### What to do

- Set up a field approximately 15-20m in length with enough lanes to accommodate for the number of players per team.
- Split the players up into teams of two. Each team should have one player at either end of the field.
- Allocate players on opposite sides of a playing area with 3 balls.
- Players run to the other side and steal one ball at a time.
- The winner is the first player to increase their total to 5.

### What you need

- Marker cones to set up a field with lanes.
- Various types of balls (baseballs, foam, tennis etc) or small bean bags.

### Skill focus

- Running
- Team work and communication.

### Change it/TREE

- Can be an individual or team activity. (Play with 6 or more.)
- Set up a baseball diamond and allocate players a plate to store their balls (dependant on team size).



**AUSTRALIAN  
BASEBALL  
LEAGUE**





A long history and proud traditions are two ideals associated with baseball in South Australia, and the Adelaide 'ETSA' Bite added two more words that they hope will be associated with the club for many years to come ... success and respect.

Playing out of the historic Norwood Oval, a venue baseball has been linked to since the early 1900's, the Bite finished the season as the League's inaugural runners-up after stretching eventual title-winners the Perth Heat to three games in the sold-out and nationally televised Championship Series.

Backed by a passionate fan base that resulted in the ABL's highest individual crowd during the play-offs, the Bite rewarded their followers with an entertaining style of play from a potent batting line-up that included the likes of 'Silver Slugger' award winner Jamie McOwen, and big-hitting outfielders Quincy Latimore and Tom Brice.

Adelaide Bite contact details:  
Phone: (08) 8431 0441  
Website: [www.adelaidebite.com.au](http://www.adelaidebite.com.au)  
Email: [info@adelaidebite.com.au](mailto:info@adelaidebite.com.au)







Brisbane Bandits contact details:

Phone: (07) 3876 2222

Website: [www.brisbanebandits.com.au](http://www.brisbanebandits.com.au)

Email: [info@brisbanebandits.com.au](mailto:info@brisbanebandits.com.au)

Few sporting teams in Australia can claim to play their home games in a more picturesque and rustic location than the Brisbane Bandits, with fans eagerly flocking to the city-fringe RNA Showgrounds to take in a game on a warm summer evening.

Baseball in Queensland can trace its history to 1905, and since then the Sunshine State has produced a number of outstanding players including a name who ranks as one of Australian sports' greatest exports, David Nilsson.

A veteran of almost a decade in Major League Baseball and a bona fide All-Star, Nilsson was the head coach of the Bandits in their inaugural season, leading them to 14 victories while instilling determination and perseverance into his young roster that included former Atlanta Braves pitcher Phil Stockman.

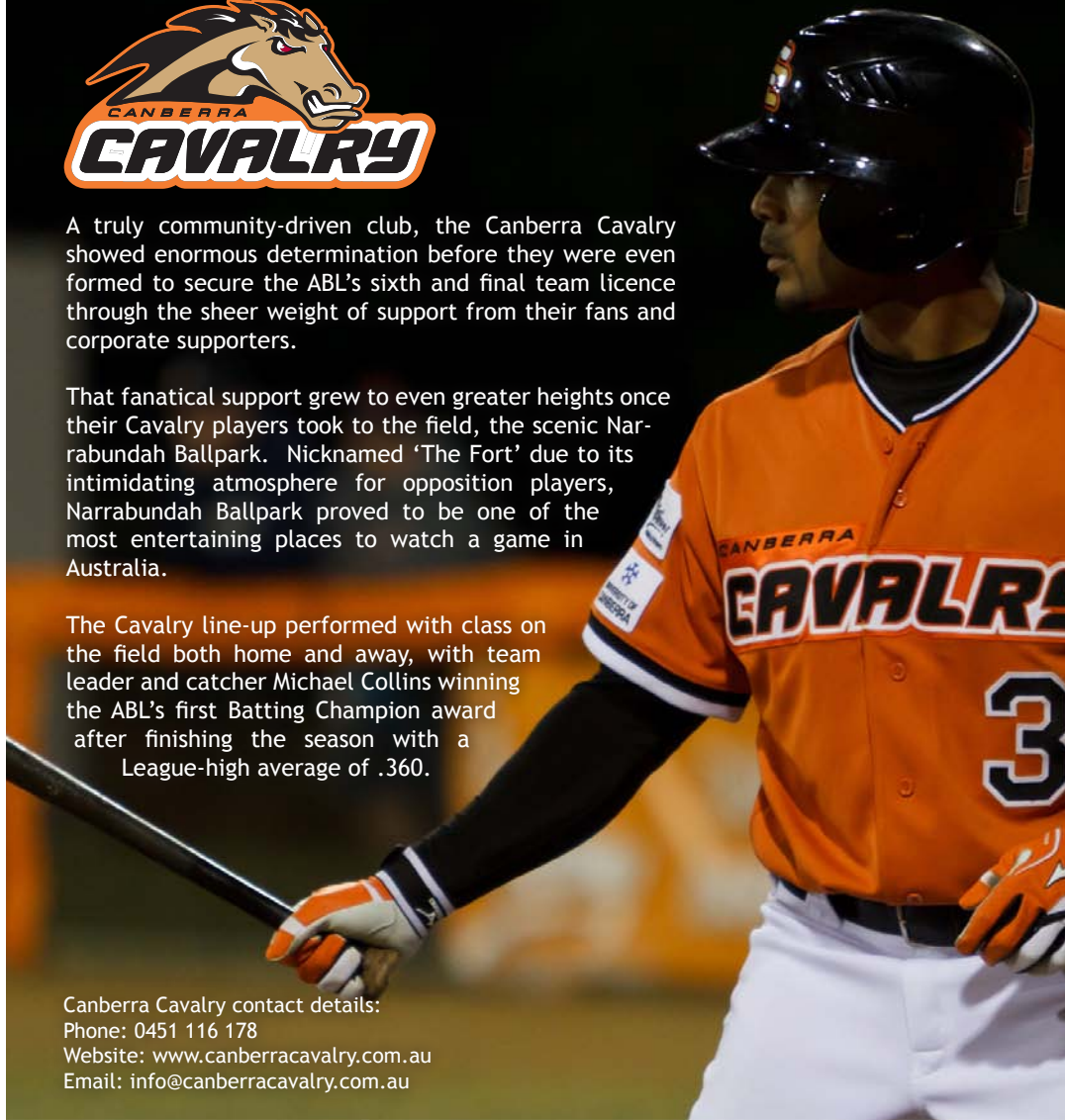




A truly community-driven club, the Canberra Cavalry showed enormous determination before they were even formed to secure the ABL's sixth and final team licence through the sheer weight of support from their fans and corporate supporters.

That fanatical support grew to even greater heights once their Cavalry players took to the field, the scenic Narrabundah Ballpark. Nicknamed 'The Fort' due to its intimidating atmosphere for opposition players, Narrabundah Ballpark proved to be one of the most entertaining places to watch a game in Australia.

The Cavalry line-up performed with class on the field both home and away, with team leader and catcher Michael Collins winning the ABL's first Batting Champion award after finishing the season with a League-high average of .360.



Canberra Cavalry contact details:  
Phone: 0451 116 178  
Website: [www.canberracavalry.com.au](http://www.canberracavalry.com.au)  
Email: [info@canberracavalry.com.au](mailto:info@canberracavalry.com.au)





Baseball was played on the Victorian goldfields in the 1850's by miners seeking recreation on their days off, and a century and a half later, the state's capital proudly unveiled its newest professional team to take its place in the Australian Baseball League, the 'Jet Couriers' Melbourne Aces.

Boasting some of the ABL's best talent from Australia, the USA and Japan, the Aces took to the field with the likes of Major League Baseball player Justin Huber, Japanese big leaguer Yoshiyuki Kamei, and standout pitchers Adam Bright and Travis Blackley all in their distinctive colours.

Proudly supported by their knowledgeable and fanatical supporters, the Aces play their home games from the fan-friendly confines of the Main Arena at the Melbourne Showgrounds, just a short distance from Melbourne's Central Business District.

Melbourne Aces contact details:  
Phone: (03) 9376 6754  
Website: [www.melbourneaces.com.au](http://www.melbourneaces.com.au)  
Email: [info@melbourneaces.com.au](mailto:info@melbourneaces.com.au)





# PERTH HEAT

The 'Alcohol Think Again' Perth Heat are regarded as one of the most successful clubs in Australian baseball with a history that dates back several decades. Their culture of winning continued in 2011 after claiming the Australian Baseball League's first title.

Boasting the likes of Australian and Minnesota Twins Major League star Luke Hughes in their line-up, the Heat won the championship in front of a sell-out crowd and national television audience and proved once again that teams from Western Australia are always a force to be reckoned with.

Fans flocked to their home games at Barbagallo Ballpark to catch the world-class action and the non-stop excitement and entertainment Perth Heat games are renowned for. The Heat are determined to use their success to grow the sport of baseball in their state, and have been well and truly embraced by the community.



Perth Heat contact details:  
Phone: (08) 9383 7735  
Website: [www.perthheat.com.au](http://www.perthheat.com.au)  
Email: [info@perthheat.com.au](mailto:info@perthheat.com.au)





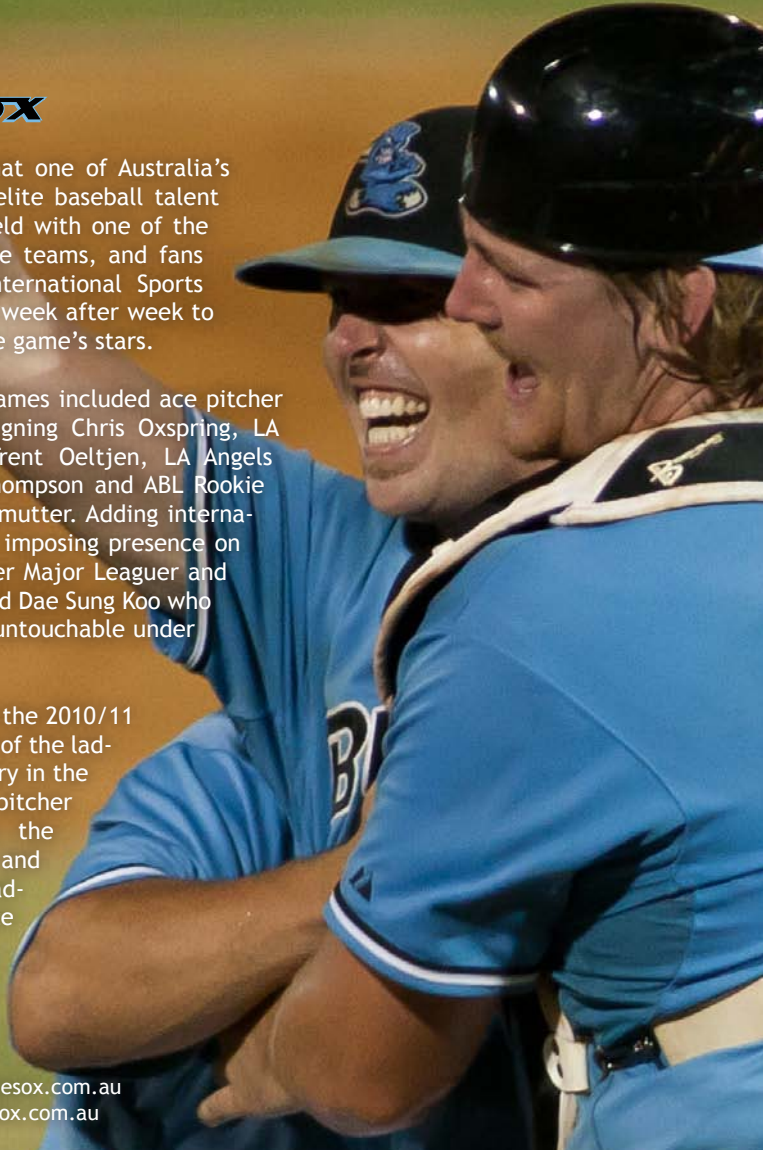
## SYDNEY Blue Sox

It was only fitting that one of Australia's biggest nurseries of elite baseball talent would take to the field with one of the ABL's most formidable teams, and fans packed Blacktown International Sports Centre to the rafters week after week to catch a glimpse of the game's stars.

The team's biggest names included ace pitcher and Detroit Tigers signing Chris Oxspring, LA Dodgers outfielder Trent Oeltjen, LA Angels of Anaheim's Rich Thompson and ABL Rookie of the Year Trent Schmutter. Adding international flavour and an imposing presence on the mound was former Major Leaguer and Korean pitching legend Dae Sung Koo who proved to be almost untouchable under pressure.

The Blue Sox finished the 2010/11 regular season on top of the ladder and created history in the Postseason when pitcher David Welch threw the ABL's first no-hitter, and are certain to be a leading contender once again next season.

Contact details:  
Phone: (02) 8006 1423  
Website: [www.sydneybluesox.com.au](http://www.sydneybluesox.com.au)  
Email: [info@sydneybluesox.com.au](mailto:info@sydneybluesox.com.au)



# Aussie T-Ball MLB

With nearly 30% of Major League Baseball players hailing from countries other than the United States, opportunities for players have never been greater. Australia is well and truly on the map for professional and collegiate recruiters - in the past decade more than 200 MLB Australian Academy alumni have gone on to play at colleges and universities in the US and/or professionally. While most professionals have signed with one of the 30 Major League clubs others have pursued opportunities in Asia and Europe.

The pathway for baseball players is now well defined and for talented and committed players the opportunities have never been greater... from Aussie T-Ball to Little League to the MLB Australian Academy to the Australian Baseball League to Major League Baseball! We have all bases covered for young aspiring players...



## Current and recent Australian Major League Baseball players include:

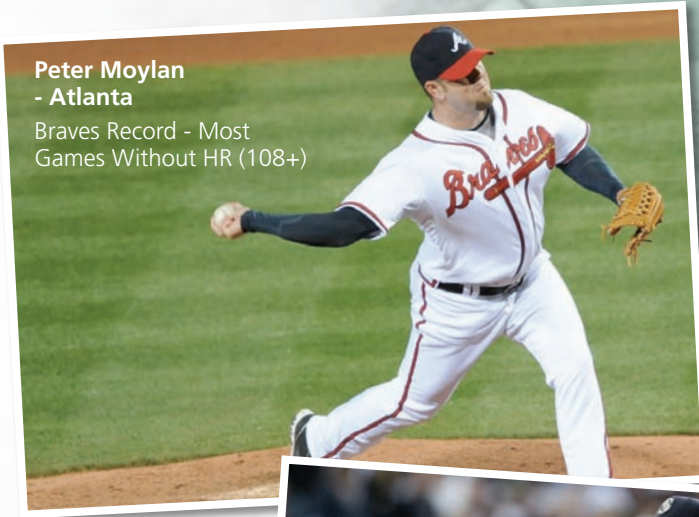
<b>Grant Balfour (NSW)</b>	Oakland A's
<b>Peter Moylan (VIC)</b>	Atlanta Braves
<b>Rich Thompson (NSW)</b>	Los Angeles Angels
<b>Luke Hughes (WA)</b>	Minnesota Twins
<b>Brad Thomas (NSW)</b>	Detroit Tigers
<b>Ryan Rowland-Smith (NSW)</b>	Houston Astros
<b>Trent Oeltjen (NSW)</b>	Los Angeles Dodgers
<b>Justin Huber (VIC)</b>	Kansas City Royals
<b>Travis Blackley (VIC)</b>	San Francisco Giants
<b>Chris Oxspring (QLD)</b>	San Diego Padres
<b>Luke Prokopec (SA)</b>	Los Angeles Dodgers

MAJOR LEAGUE BASEBALL™

## Aussie T-Ball MLB

**Peter Moylan**  
- Atlanta

Braves Record - Most  
Games Without HR (108+)



**Ryan Rowland-Smith**  
- Seattle

First MLB player with  
hyphenated name



**Rich Thompson**  
- LA Angels

First MLB player from  
Australian Academy



## Aussie T-Ball MLB

### Trent Oeltjen - Arizona

HR in 1st Game,  
3 HR in First 4 games



### Luke Hughes - Minnesota

Hit a HR in 1st MLB At Bat

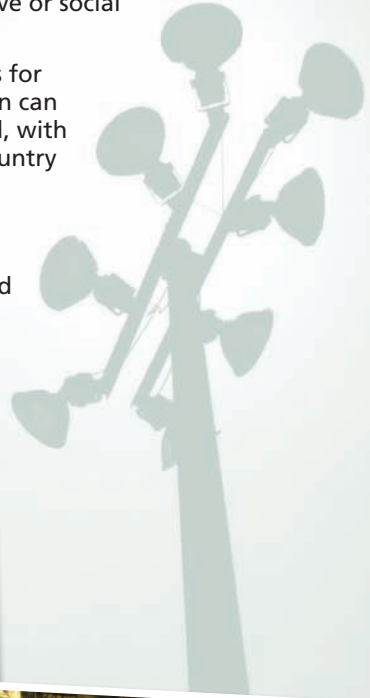


# Women's Baseball

Females of all ages have a number of opportunities through which they can participate in baseball at a competitive or social level across Australia.

Commencing with junior development opportunities for girls including Aussie T-Ball and Little League, women can progress through to open competition at a club level, with further opportunities to represent their state and country at the elite level.

The Australian women's team is renowned as one of the strongest in international women's baseball and has finished in the top four at each of the IBAF World Cups held since 2002, including the stunning silver medal winning performance at the 2010 World Cup in Venezuela.



# Women's Baseball



## Acknowledgments

The Australian Baseball Federation would like to acknowledge the contribution of the Australian Sports Commission, the Australian Government body that develops, supports and invests in sport at all levels in Australia. The Commission plays a central leadership role in the development and operation of the Australian sports system, administering and funding innovative sport programs and providing leadership, coordination and support for the sports sector.

Further acknowledgment would like to be made to State and Territory Baseball Associations and Major League Baseball.

Some of the activities included within the Aussie T-Ball resource have been adapted from the Australian Sports Commission's Active After-school Communities program Playing for Life Resource Kit.

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ASC's Indigenous Sport Unit. The traditional Indigenous games are based on the work of Dr Ken Edwards (formerly of QUT and now based at Bond University).

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