

Aussie T-Ball

IN SCHOOL MANUAL



Australian Government
Australian Sports Commission

Contents

Introduction	2
-----	-----
Aussie T-Ball rules	3
-----	-----
Aussie T-Ball positions	4
-----	-----
How to run Aussie T-Ball	5
-----	-----
Lesson plans	
Week 1	6
Week 2	7
Week 3	8
Week 4	9
Week 5	10
Week 6	11
Week 7	12
Week 8	13
-----	-----
Australian Baseball League	14
-----	-----
Aussie T-Ball MLB	21
-----	-----
Women's Baseball	24



Introduction to Aussie T-Ball

Aussie T-Ball is a modified version of baseball for children. The game is a six a side, bat and ball game that is all about being active and having FUN.

Aussie T-Ball is nationally recognised by the Australian Baseball Federation, affiliated State Associations, and the Australian Sports Commission as baseball's junior entry point program to introduce children to the game of baseball.

The program is run by local baseball clubs in your area and can also be included as part of your school's sport participation program, during or after school.

Philosophy - Game Sense

The Aussie T-Ball philosophy adopts a 'game sense' approach to physical activity. Players develop skills through fun, game-like activities (by 'playing the game' rather than through traditional skills and drills).

In School Manual

The In School Manual provides an easy to use practical resource which enables teachers and or substitute teachers, and various community groups, to engage their class(es) in enjoyable physical activity with a minimum of fuss.

Each week is set out so that teachers, regardless of their sporting background, can conduct an Aussie T-Ball session. Session plans are designed to last for 40 minutes, enough time to get kids out of the classroom and into physical activity in the usual time frame of a school class. Each week participants will play a recommended game sense activity followed by a game of Aussie T-Ball.



Aussie T-Ball Rules

The main rules of the game are:

- Six (6) players a side (possibly 5 or 7).
 - If there are five (5) players the teacher acts as the catcher.
- The ball is not pitched in Aussie T-Ball - instead it is batted from a tee.
- A run is scored when a batter hit's a fair ball and runs around all the bases anti-clockwise to the home plate.
- 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 their turn at bat.
- All fielders rotate fielding positions in each inning (refer to the fielding diagram).
- In situations where multiple games are being run at one time (as such in a schools based environment) and limited coaching and umpiring is available and a dispute arises, 'Rock Paper Scissors' is used by the players to clarify the dispute.
- 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.



Aussie T-Ball Positions

Third Base

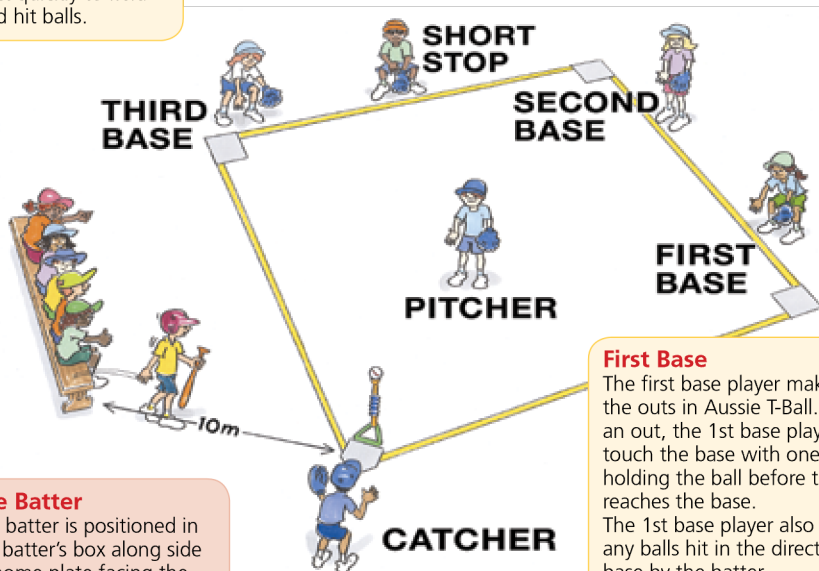
The third base player stands just off 3rd as illustrated. The fielder in this position must react quickly to field hard hit balls.

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 player 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's 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 player makes most of the outs in Aussie T-Ball. To make an out, the 1st base player must touch the base with one foot while holding the ball before the batter reaches the base. The 1st base player 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 the Tee and fields all plays at home plate.

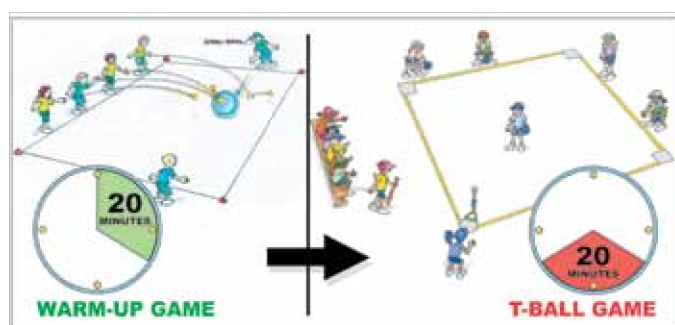
How to Run Aussie T-Ball

Running a 40 minute class of Aussie T-Ball

Setting up a session of Aussie T-Ball is very easy.

1. Simply decide which game sense activity you are going to conduct for that session.
2. Set up the field to run your chosen game sense activity.
3. After you have completed the game sense activity, move onto a game of Aussie T-Ball.

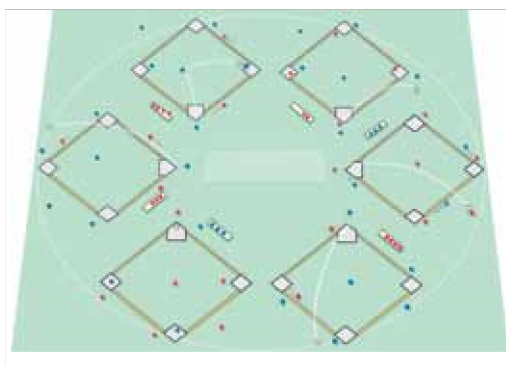
For game sense activities simply turn to the relevant week you are conducting and follow the instructions.



Aussie T-Ball Inter and Intra School Competitions

Running inter and intra school competitions are a great way to increase kids physical activity levels and overall enjoyment in sport. Competitions can be held within a school or between other schools in your area.

When using the Aussie T-Ball safety conscious equipment, a number of fields can be placed next to each other, maximising the use of outdoor space. The diagram shows an illustration of how you might set up a competition in your school.



How to set up an Aussie T-Ball playing field?

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 on the previous page, 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 'diamond'.
3. The pitching plate is to be placed on the ground ten (10) metres from home base, in between home and second base.

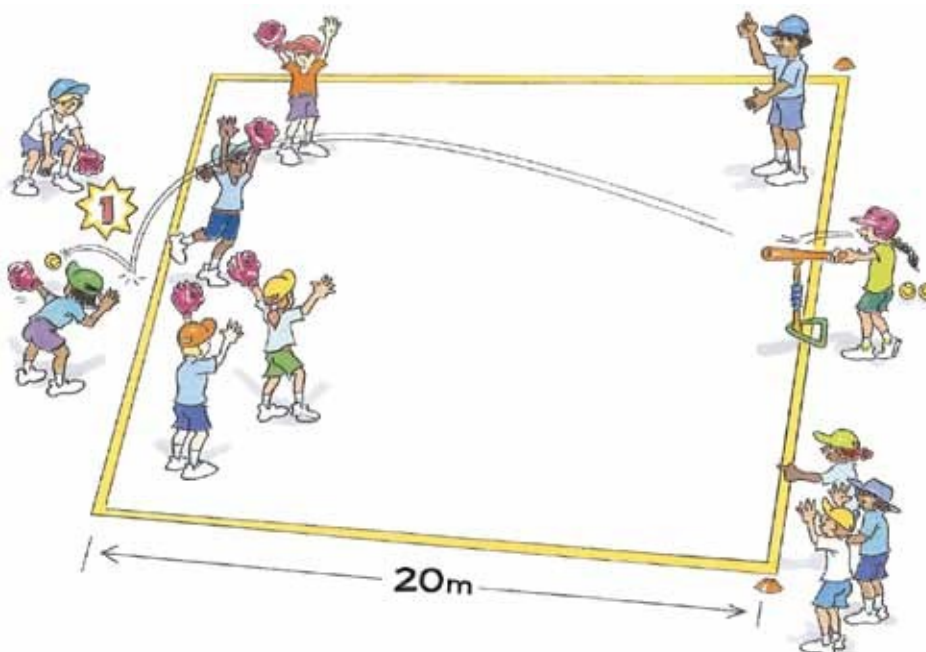
Equipment required for an Aussie T-Ball session is

- School resource manual
- Foam covered safety bat's
- Foam ball's
- Batting tee's
- Throwdown bases
- Marker cones
- Various balls for game sense activities (large beach balls, soccer balls etc)

Week 1: Over-the-Line

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.

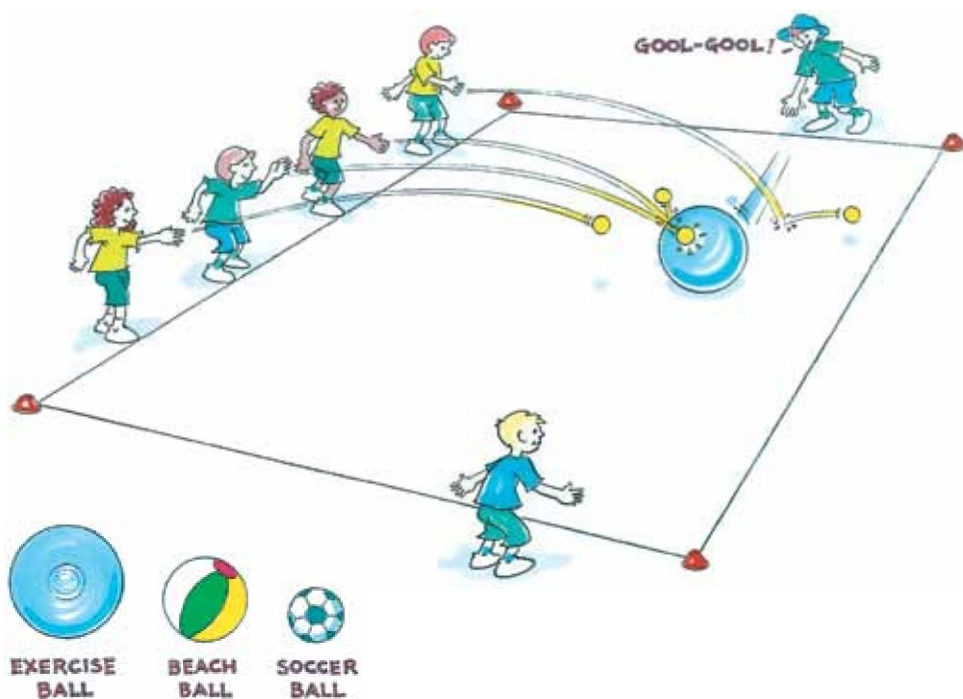
Skill focus

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

Week 2: Gorri

Objective

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



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.

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.

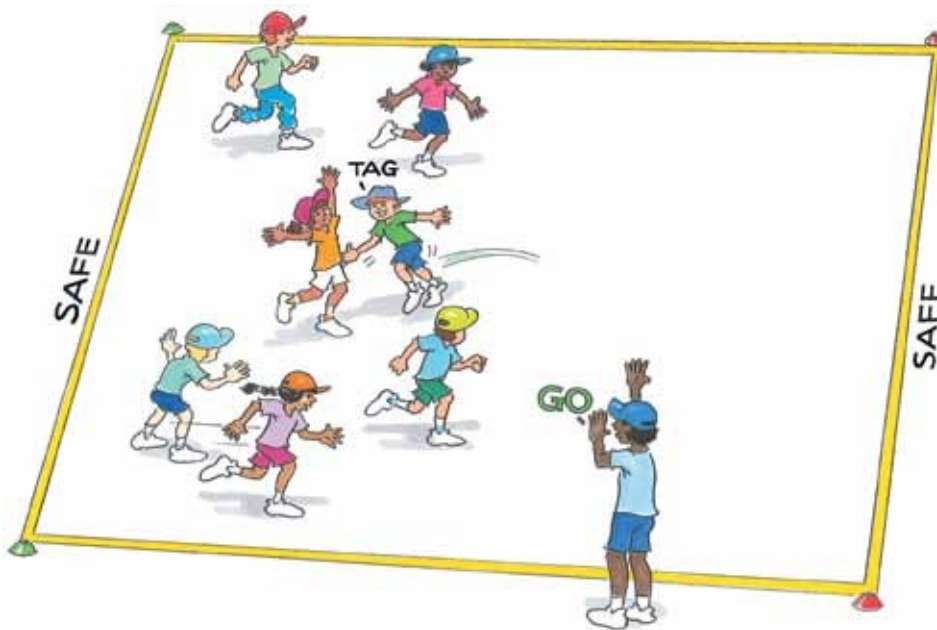
Skill focus

Improves throwing accuracy.

Week 3: 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.

Week 4: French Baseball

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.

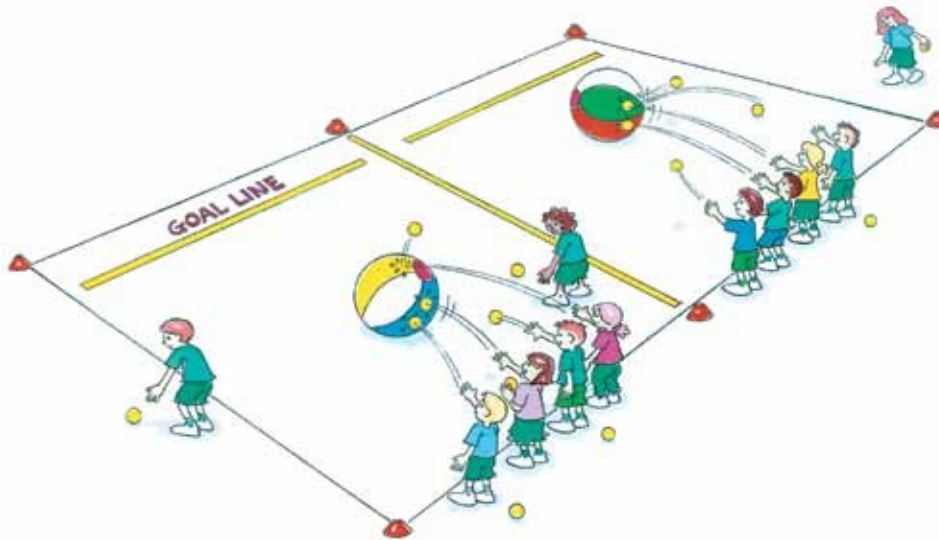
Change it

- 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.

Week 5: Bombard

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.

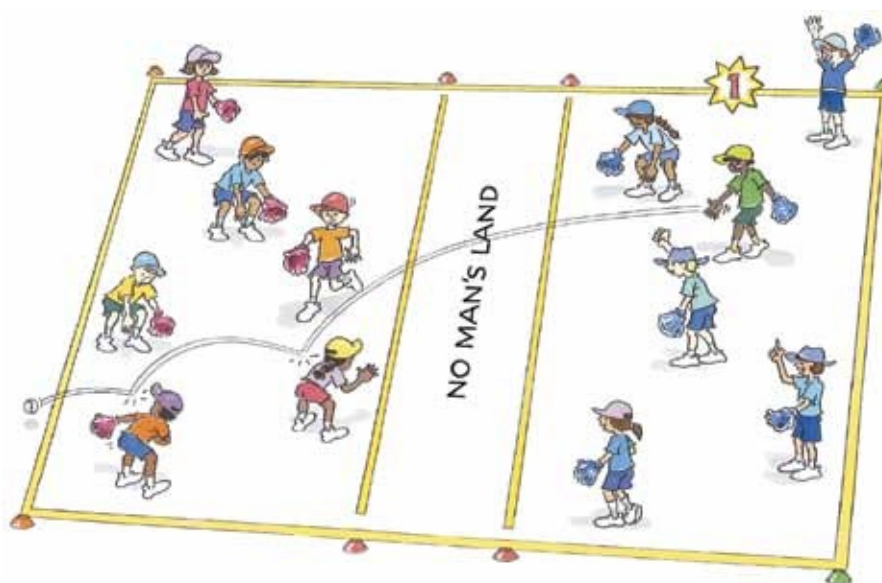
Change it

- Vary the size of the target ball.
- Vary the type of ball (soccer, beach ball, netball etc).

Week 6: Roll-a-goal

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'.

Skill focus

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

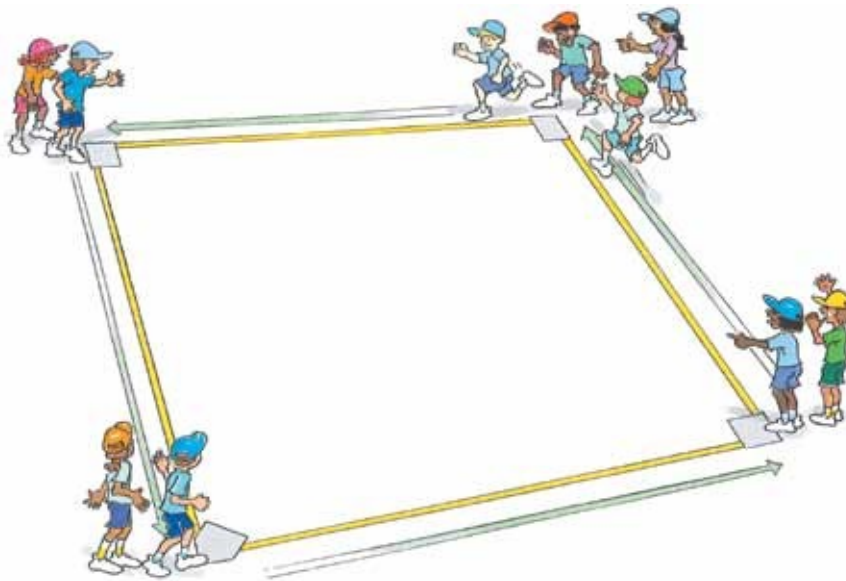
Change it

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

Week 7: Base to Base Relay

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.

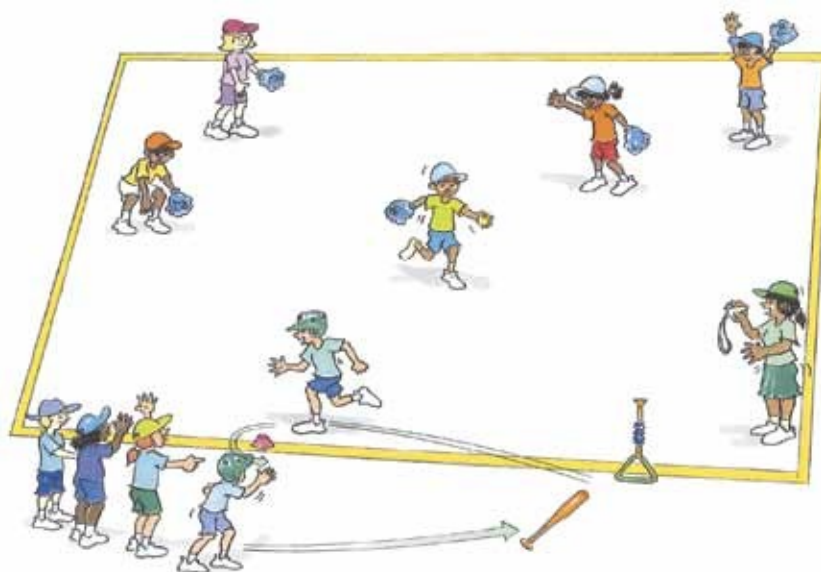
Change it/TREE

- 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.

Week 8: Beat the Bomb

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 bomb explosion.
- 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

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



**AUSTRALIAN
BASEBALL
LEAGUE**



Copyright © 2011, Australian Baseball Federation Incorporated – All rights reserved



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 playoffs, 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
Email: info@adelaidebite.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.

Brisbane Bandits contact details:
Phone: (07) 3876 2222
Website: www.brisbanebandits.com.au
Email: info@brisbanebandits.com.au





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
Email: 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
Email: info@melbourneaces.com.au



alcoholthinkagain



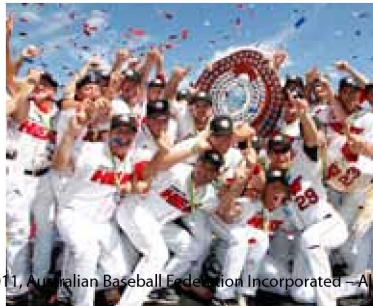
PERTH HEAT

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
Email: info@perthheat.com.au



Copyright © 2011, Australian Baseball Federation Incorporated – All rights reserved



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 Schmitter. 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.

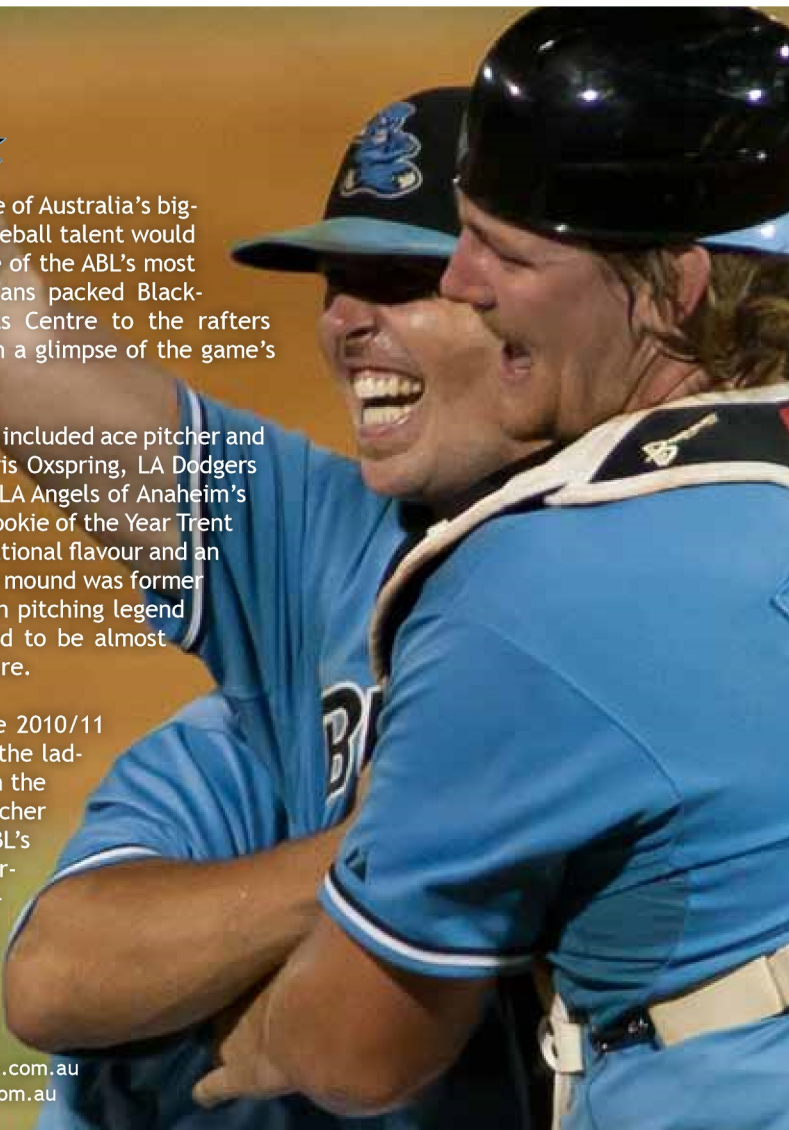
The Blue Sox finished the 2010/11 regular season on top of the ladder and created history in the Postseason when pitcher David Welch threw the ABL's first no-hitter, and are certain to be a leading contender once again next season.

Contact details:

Phone: (02) 8006 1423

Website: www.sydneybluesox.com.au

Email: 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:

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

Aussie T-Ball MLB



Peter Moylan
- Atlanta
Braves Record - Most
Games Without HR (108+)

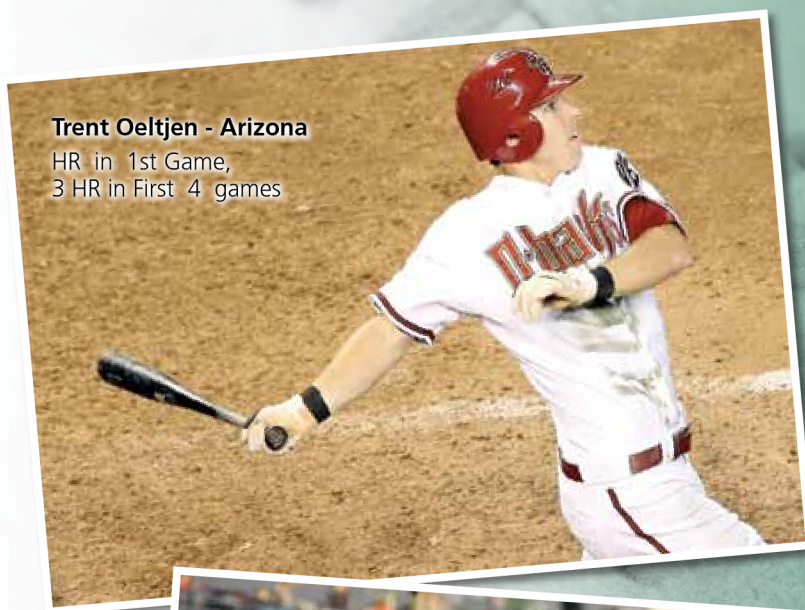


Ryan Rowland-Smith
- Seattle
First MLB player with
hyphenated name



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.



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.

With special mention to Gene Schembri,
Wenda Donaldson and Lainie Houston (AASC network).

ASC's Disability Sport Unit - Peter Downs and Richard Nicholson. These Inclusive games and activities were influenced by resources developed by Doug Williamson, Principal Lecturer in Physical Education and coordinator of Projected Adapted, Ken Black, former Inclusive Sport Officer at the Youth Sport Trust in the UK.

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).

Illustrations by Glenn Robey.
Graphic Design by Ignite Art & Design & Michael Savins.

Copyright - This material is copyright. Australian Baseball Federation Incorporated owns or licenses all content in this material and we assert our right to be recognised as the author of this original material. Except as permitted by the Copyright Act 1968 (Cth), no part of it may in any form or by any electronic, mechanical, photocopying, recording, or any other means be copied, adapted, reproduced, stored in a retrieval system or be broadcast or transmitted or further disseminated without the express and written prior permission of the original author, Australian Baseball Federation Incorporated. Requests and enquiries concerning reproduction and rights should be addressed to:

Australian Baseball Federation Incorporated
PO Box 1028
MUDGEERABA QLD 4213

