



BASEBALL
QUEENSLAND



JUNIOR

COACHING HANDBOOK

**A STEP BY STEP GUIDE FOR BEGINNER
AND ADVANCED BASEBALL COACHES**



This booklet has been developed in collaboration with Autism Queensland, Sport4All and Baseball Queensland.



4 MY BASEBALL SEASON



EQUIPMENT

EQUIPMENT MATTERS: SETTING YOURSELF (AND THE KIDS) UP FOR SUCCESS

As a junior coach, one of the biggest game-changers you can have in your kit is great equipment. While your club will provide a base kit to get you started, having engaging, age-appropriate, and colourful gear can make your sessions smoother, more fun, and more effective.

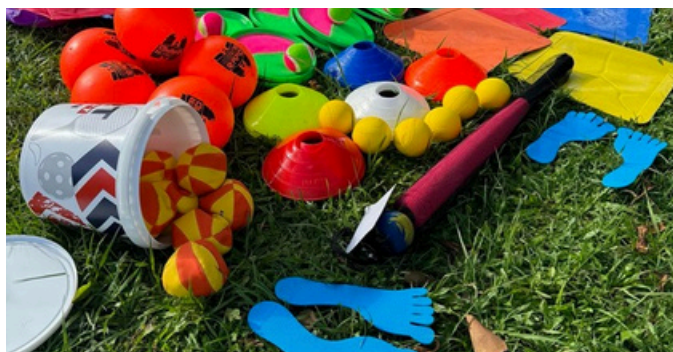
WHY GOOD EQUIPMENT MATTERS

Engagement

At the 3–8 age group, kids are drawn to bright colours, different shapes, and novel items. Think foam bats, velcro catchers, coloured cones, bean bags, and blast bases. These grab attention and make your sessions feel more like a game than a drill.

Better Learning Through Play

The right equipment helps you create fun, skill-based games that teach key fundamentals without the kids even realising they're "training." Dodgeballs for throwing, colour-coded bases for running games, and targets for hitting all reinforce skill development through movement and play.



Smooth Coaching Experience

Having extras—like multiple balls, cones, and quick setup tools—makes transitions between activities faster and keeps things flowing. You'll spend less time managing gear more time coaching.

Inclusive and Adaptive

With different equipment options, you can better support kids of varying abilities. Lighter balls, softer bats, and larger targets can make a world of difference for building confidence and success.

YOU DON'T HAVE TO PAY OUT OF POCKET

We completely understand that buying gear can add up—but there are creative ways to make it happen:

- Fundraising (raffles, sausage sizzles, donation jars)
- Local grants or community sport funding
- Club partnerships or sponsorships
- Pooling resources with another coach or team

WHERE TO BUY EXTRA GEAR

One great supplier we recommend is HART Sport, which has a huge range of junior-appropriate, colourful, and safe sporting equipment for T-Ball and Baseball activities.

👉 Visit [HART Sport](#) to browse equipment and ideas.

EQUIPMENT

RECOMMENDED EQUIPMENT FOR JUNIOR CURRICULUM



HART Numbered Dice



HART Colour Base Set



HART Foam Baseball Set



HART Feet Ground Markers



HART Field Markers - Set of 50



HART Bucket of Bean Bag Balls



HART Dodgeball Pack



HART Rollout Line



HART Adjustable T-Ball Set



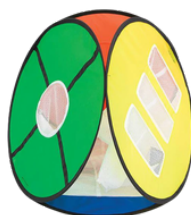
HART Foam Balls



HART Kangaroo Catch Vests



HART Paddle Ball Sets



HART Pop Up Target

Note: All activities in the curriculum can be delivered using standard club T-Ball equipment. This list includes optional extras—fun, engaging items that aren't essential but can add variety and enhance your sessions!

WELCOME TO THE BQ JUNIOR CURRICULUM

As a junior coach, you've got the freedom to shape your sessions in the way that works best for you and your team. Some coaches love to design their own activities. Others prefer to follow a guide. This curriculum is here to help—whether you follow it closely, draw inspiration from it, or give each activity your own personal twist.

Coaching juniors (especially 3–8-year-olds) can be unpredictable—so having a plan makes a big difference. This curriculum offers a ready-made structure to help you feel confident and prepared each week, while keeping things fun and flexible.

USE IT - HOW YOU LIKE

Whether you're new to coaching or just looking for inspiration:

- Follow the plan as-is
- Modify the games to suit your group
- Or mix and match to build your own session

This curriculum is here to support you—so you can focus on creating fun, safe and memorable sessions for every player.

GAME BLOCKS

You'll notice this curriculum runs in 3-week blocks, where the core game in each section stays the same—but the rules or format change slightly each week. For example:

- Week 1 might use foam balls
- Week 2 introduces gloves
- Week 3 adds a new rule or twist
-

This structure allows kids to build familiarity with the game, boosting their confidence and competence—while keeping each session new and exciting.

THE POWER OF PROGRESSION

One of the most important tools in your coaching toolkit is progression—knowing how and when to adapt or change an activity to keep kids engaged.

Young children thrive on repetition—but only when it stays fresh. If you notice attention spans dipping or energy shifting, it's time to tweak the rules, add a challenge, or make the game more exciting.

USING GLOVES IN JUNIOR SESSIONS (AGES 3–8)

All the games and activities in this handbook can be played with or without gloves. At this age, it's important to build foundational skills first—so we recommend starting without gloves for the first few weeks to help kids develop:

- Throwing and catching technique
- Hand-eye coordination
- Confidence with the ball

Once they're comfortable, add gloves as a fun progression activity—kids love the excitement of "playing like the pros!" Try replaying a familiar game but this time with gloves, and let them explore the feel and function.

Tip: A healthy balance of glove and no-glove activities gives kids the best of both worlds—developing natural catching skills and learning to properly use a glove, from a young age.

JUNIOR CURRICULUM - SEASON STRUCTURE

AGES 3 TO 8

Teams

Pre-Season

In Season

In Season

Post Season

Gameplay		Weekly Saturday Games	Christmas Break	Weekly Saturday Games	
		1 Night a Week Trainings		1 Night a Week Trainings	
Skills		Ice Breakers / Team Bonding		Ice Breakers / Team Bonding	
		Throwing & Catching		Throwing & Catching	
		Introduction to Positions			
		Hitting		Hitting	
Off Field					
Off Field	Parent Meet & Greet			Parent Check In Workshop	
	Kids Meet & Greet				End of Season Awards

Pre-Season

In Season

In Season

Post Season

	Week 1 - 2	Week 3 - 6	Week 7 - 9	Week 10 - 12	Week 12 - 15	Week 15 - 18
	BLOCK 1	BLOCK 2	BLOCK 3	BLOCK 4	BLOCK 5	BLOCK 6
Priority	Ice Breakers / Team Bonding	Ice Breakers / Team Bonding	Ice Breakers / Team Bonding	Ice Breakers / Team Bonding	Ice Breakers / Team Bonding	Ice Breakers / Team Bonding
		Throwing & Catching	Throwing & Catching	Throwing & Catching	Throwing & Catching	Throwing & Catching
		Introduction to Positions	Introduction to Positions			
		Hitting	Hitting	Hitting	Hitting	Hitting
				Baserunning		
				Fielding	Fielding	Fielding

JUNIOR CURRICULUM AGES 3 TO 8

WEEK 1: BLOCK 1

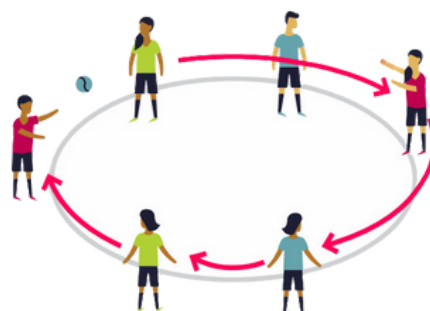
FOCUS: Ice Breakers / Team Bonding

WARM UP

(10 MINUTES)

Names up: Have the kids form a circle and introduce themselves every time they catch the ball by saying their name and favourite type of animal.

Change to favourite colour or food.



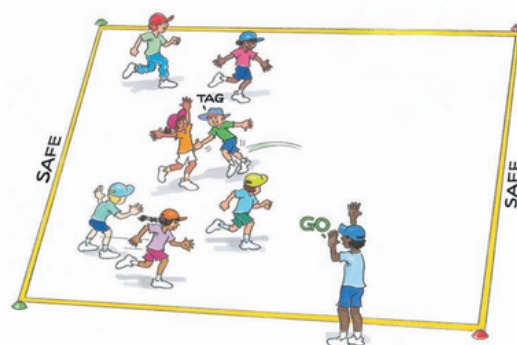
Coaches Tip:
Add Gloves as a progression

ICE BREAKER

(15 MINUTES)

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

Players caught turn into sharks!

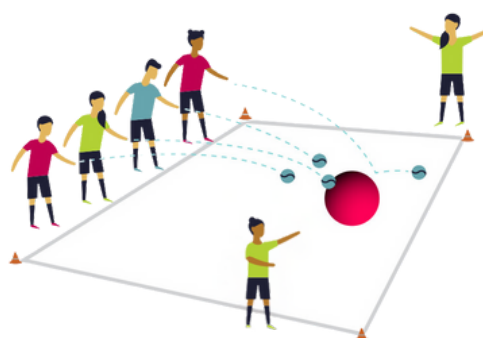


SKILL ACTIVITY

(10 MINUTES)

Throwing Range: Line up the kids and roll an object past them; they try to hit it as it moves by.

Vary the challenge by changing objects or making it a stationary target for accuracy.



Coaches Tip:
Young kids learn best when they're having fun—turn drills into games and always bring energy and smiles.

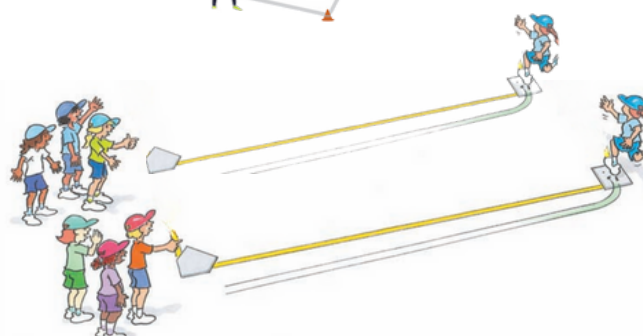


TEAM BONDING

(10 MINUTES)

Base Race with High Fives: Form a 2 team relay race and have kids take turns running to the base and back.

Once they return they can high five the next player and sit down in line: First team back wins!



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 2: BLOCK 1

FOCUS: Ice Breakers / Team Bonding

WARM UP

(10 MINUTES)

Names up: Have the kids form a circle and introduce themselves again when they catch the ball.

Add in an incentive and see if anyone can pass the ball to someone who's name they remember.

ICE BREAKER

(15 MINUTES)

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

Add in some bases this week that are temporary 'safe zones'



Coaches Tip:
Kids this age learn visually. Show them what you want them to do, rather than over-explaining

SKILL ACTIVITY

(10 MINUTES)

Throwing Range: Get the kids to throw at the object as it goes past.

Change objects (a coach running through) or change style (still and who can get it closest).

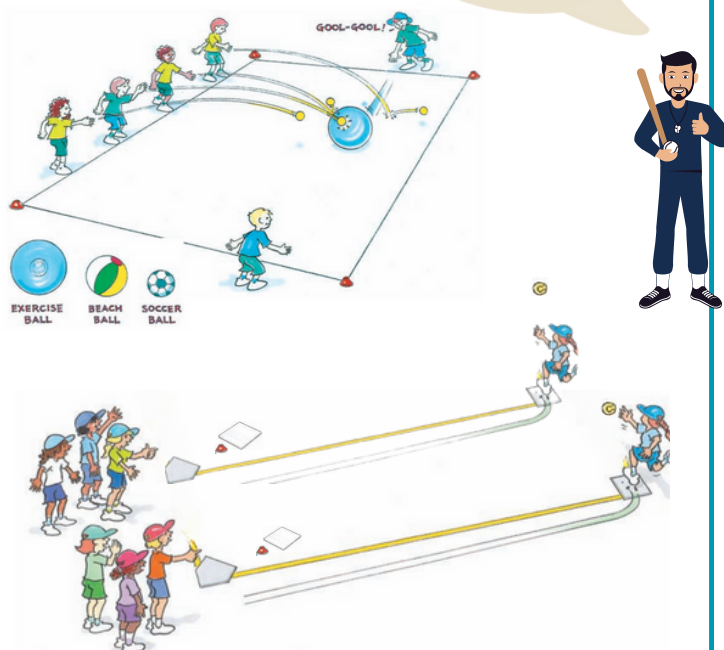
TEAM BONDING

(10 MINUTES)

Base Race with Throwing: Have kids take turns running to the base with a ball.

Once they reach the red base they can throw to the next player and sit down:

First team back wins!



Coaches Tip:
Kneel or crouch when speaking to the kids—it helps with connection, attention, and understanding

JUNIOR CURRICULUM AGES 3 TO 8

WEEK 3: BLOCK 2

FOCUS: Ice Breakers / Team Bonding

Hitting

Introduction to Positions

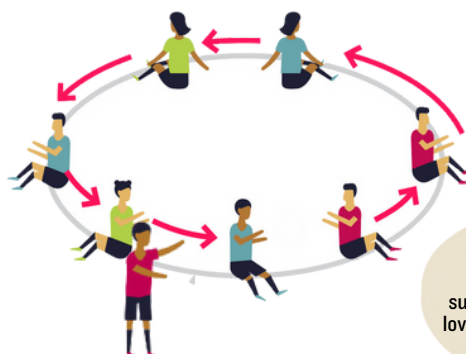
Throwing & Catching

WARM UP

(10 MINUTES)

Duck, Duck Goose: The child who is 'it' goes around saying 'Duck, Duck, Goose!' The chosen player must chase the "Goose" around the circle.

The runner tries to reach the empty spot without being tagged.



Coaches Tip:
Praise trying, not just success. Say things like "I love how hard you tried!" or "Great focus!"

ICE BREAKER

(15 MINUTES)

Sharks and Sardines: Sardines try and steal the sharks eggs (bean bags) and return them to their reef (base).

One bag per trip. They are safe on the base or at safe zones at either end. Tagged players are stuck for 10 seconds.

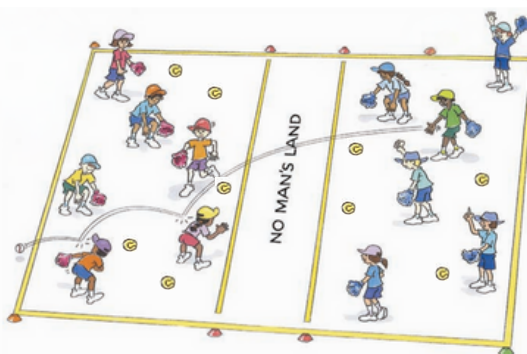


SKILL ACTIVITY

(10 MINUTES)

Throw Frenzy: Divide the group into 2 teams, with each team staying in their half. Scatter plenty of balls across both sides.

The goal is to have fewer balls on your side after 1 minute by throwing or rolling them back to the other team.



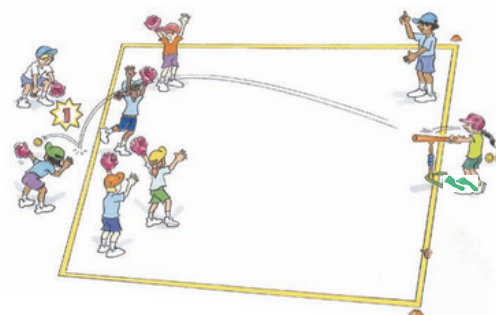
Coaches Tip:
Familiar warm-ups, songs, or activities build confidence and reduce anxiety for young players.

INTRO TO HITTING

(10 MINUTES)

Take turns and rotate children, have non-hitting kids in the field chasing the ball.

Give each child 5 hits each and ensure kids stand on the feet hitting mats.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 4: BLOCK 2

FOCUS:

Ice Breakers / Team Bonding

Hitting

Introduction to Positions

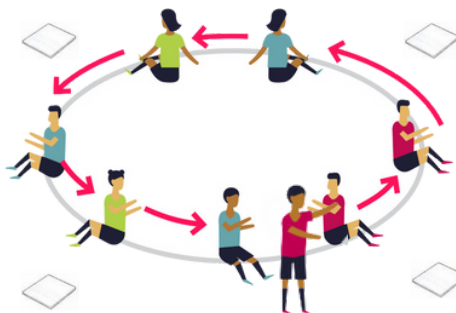
Throwing & Catching

WARM UP

(10 MINUTES)

Duck, Duck Goose: 4 bases around the circle. The player who is "it" must run around the circle, touching each base.

They can stop on a base to be safe and return to their seat on the next turn.



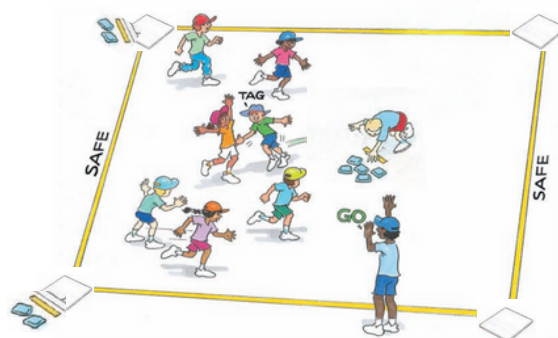
Coaches Tip: Keep explanations of how to play brief, then let them move. Their attention spans are short.

ICE BREAKER

(15 MINUTES)

Sharks and Sardines: This week, sardines try and steal the bean bags and return them to their base.

Players who are tagged are stuck indefinitely - but may be freed with a high 5 from another player.



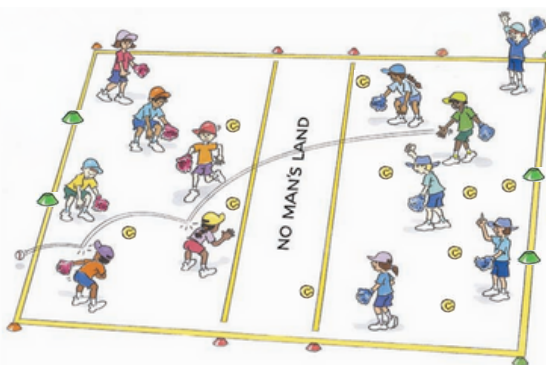
Coaches Tip: Learn and use Names. This builds trust and helps with connection

SKILL ACTIVITY

(10 MINUTES)

Throw Frenzy: This week, players aim to throw or roll the ball through the end zone (green markers).

The other team may block/stop. Allow 2 minutes, tally the scores, and adjust the field to ensure kids can reach the targets.

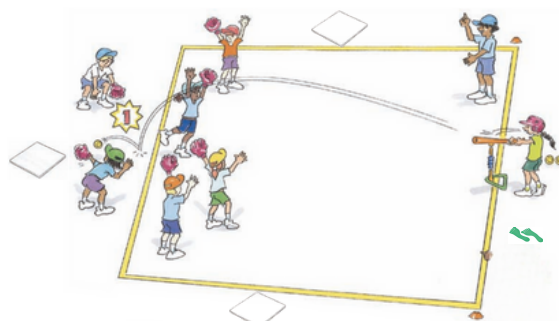


INTRO TO HITTING

(10 MINUTES)

Take turns and rotate children, have non-hitting kids in the field chasing the ball. Give each child 5 hits each.

This week, have players in the field return the ball to one of the bases before the next hit.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 5: BLOCK 2

FOCUS: Ice Breakers / Team Bonding

Hitting

Introduction to Positions

Throwing & Catching

WARM UP

(10 MINUTES)

Duck, Duck Goose: This week, introduce a ball. The player who is 'it' throws the ball to each person while saying "duck, duck" and "goose."

The player who receives the ball on "goose" must chase and try to tag with the ball.



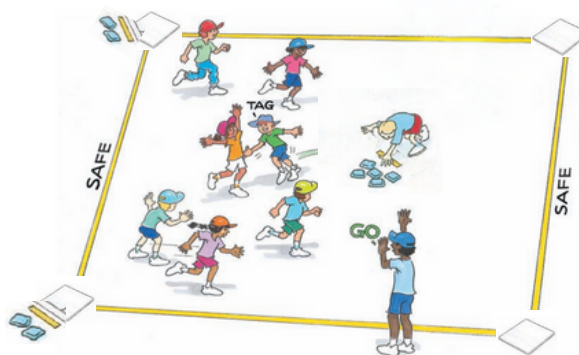
Coaches Tip: Keep explanations of how to play brief, then let them move. Their attention spans are short.

ICE BREAKER

(15 MINUTES)

Sharks and Sardines: Coach as the shark. Sardines try and steal the bean bags and return them to their bases.

Add in a rule where the Shark can steal back the bean bags from the bases and return to the stash in the middle.

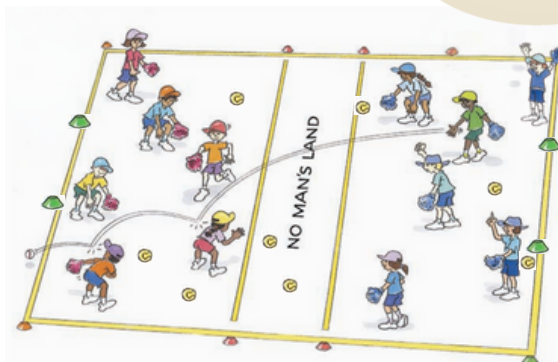


SKILL ACTIVITY

(10 MINUTES)

Throw Frenzy: Players still score by either throwing through the green markers.

Add in catching: If a player catches the ball on the full their team receives an extra 5 points.



Coaches Tip: Be enthusiastic, respectful, and calm—they'll mirror your energy and tone.

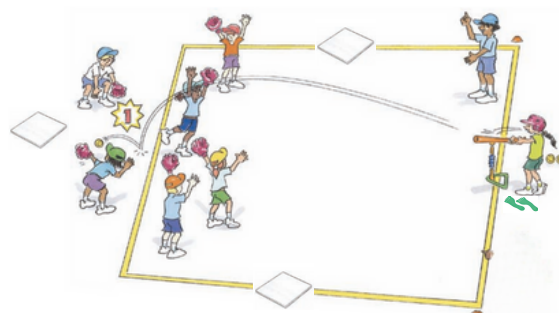


INTRO TO HITTING

(10 MINUTES)

Take turns and rotate children, have non-hitting kids in the field chasing the ball. This week, only 1 hit per player.

After hitting the ball, the player will run to first base. They can continue to second base on the next hit and so on.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 6: BLOCK 3

FOCUS:

Ice Breakers / Team Bonding

Hitting

Introduction to Positions

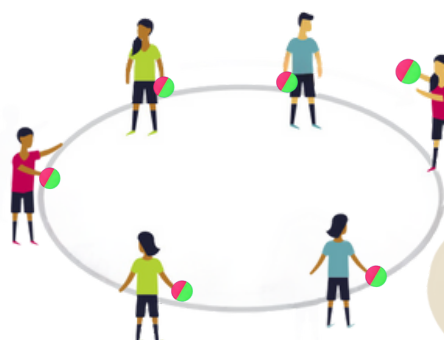
Throwing & Catching

WARM UP

(10 MINUTES)

Velcro Circle Catch: Have kids practice throwing and catching around the circle with the Velcro tennis ball and catcher.

Start by passing to the person next to them then progress to anyone in the circle.



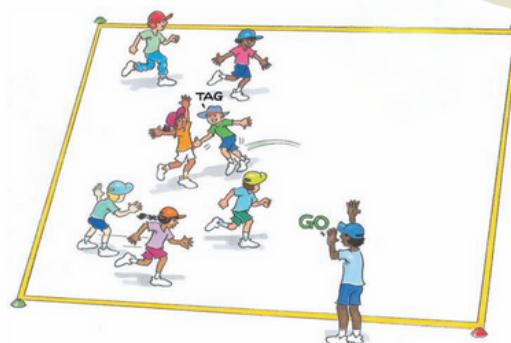
Coaches Tip:
Turn drills into adventures —“run to the spaceship,”
“hit the magic ball,”
“throw like a superhero”

ICE BREAKER

(15 MINUTES)

Stuck in the Mud: Taggers chase the runners around the field. If a tagger touches a runner, the runner is “stuck in the mud” and must freeze, standing with their legs apart.

Players can free players by crawling through legs.

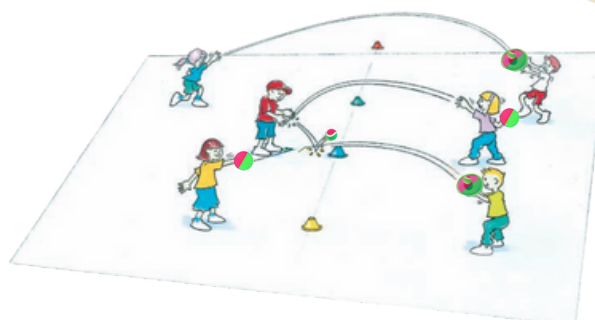


SKILL ACTIVITY

(10 MINUTES)

Velcro Catch Throw Frenzy: Divide the group into 2 teams and give every player a Velcro Catcher.

Have kids throw over to the other side and practice catching with a partner.



Coaches Tip:
Highlight positives in front of the group.

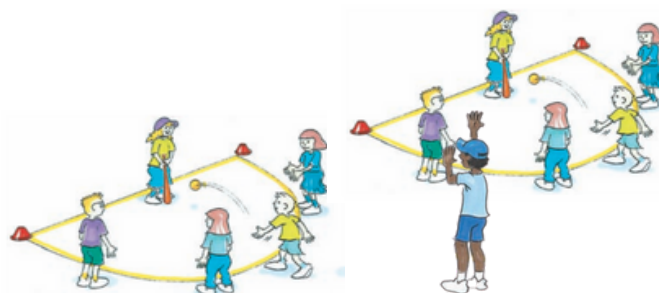


HITTING

(10 MINUTES)

French Baseball: Have kids form a semi circle around the batter. Kids roll/under arm throw and players must stop the ball from hitting their legs with the bat.

If the thrower hits the batters legs, they are in and swap over.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 7: BLOCK 3

FOCUS: Ice Breakers / Team Bonding Hitting
Introduction to Positions Throwing & Catching

WARM UP

(10 MINUTES)

Who's got the ball: This week, the players may pass the ball around to each other.

Once the coach yells stop, the person in the middle tries to guess who has the ball behind their back.



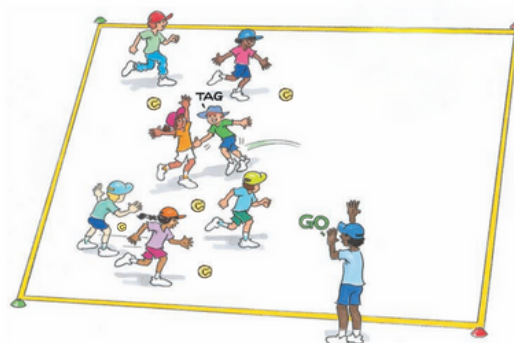
Coaches Tip:
Controlled chaos is normal. Keep structure, but don't expect military precision.

ICE BREAKER

(15 MINUTES)

Stuck in the Mud: This week, all players have a soft foam ball in their hands (except taggers).

To un-freeze frozen friends, players must roll the ball between their legs.

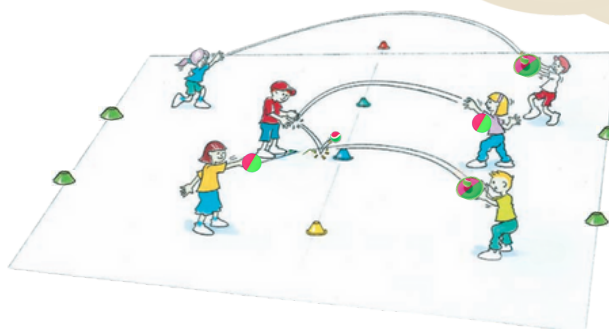


SKILL ACTIVITY

(10 MINUTES)

Velcro Catch Throw Frenzy: Give all players a Velcro catcher again and divide into 2 teams.

This week, teams must try and throw through the green gates for a point. The other team may stop/catch the ball.



Coaches Tip:
Keep transitions between activities quick to prevent restlessness and distractions.

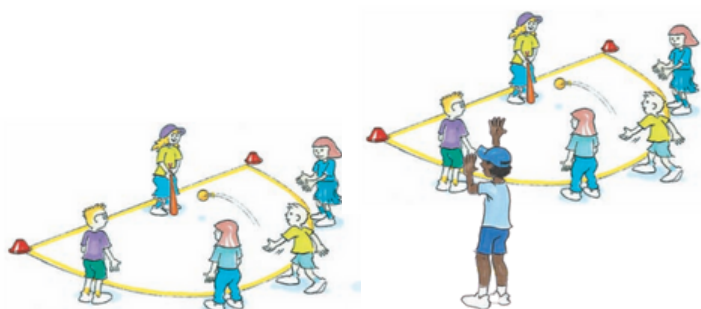


HITTING

(10 MINUTES)

French Baseball: Have kids form a semicircle around the batter and underarm throw (no rolling). Players must block the ball from hitting their legs with the bat.

If the thrower hits the batter's legs, they switch places.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 8: BLOCK 3

FOCUS: Ice Breakers / Team Bonding

Hitting

Introduction to Positions

Throwing & Catching

WARM UP

(10 MINUTES)

Red Light, Green Light: One player is the marshal with a ball. Others sneak up when their back is turned. On "Red Light," freeze! If caught moving or tagged (no throwing), go back to the start. The marshal can't move their feet.

Player that reaches the marshal becomes the new marshal.



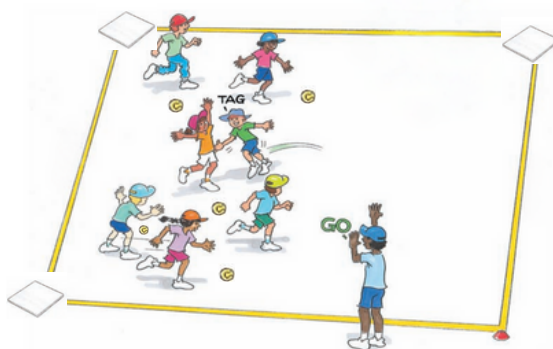
Coaches Tip: Having stations or equipment set up in advance makes it easier to move smoothly from one activity to the next.

ICE BREAKER

(15 MINUTES)

Stuck in the Mud: This week, add in some bases as temporary 'safe zones'. All players have a soft foam ball in their hands (except taggers).

To un-freeze frozen friends, players must roll the ball between their legs.



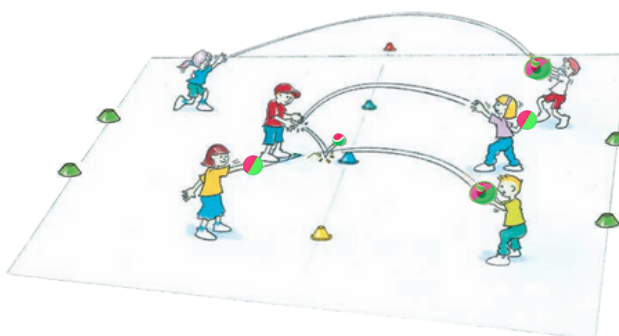
Coaches Tip: Songs or claps can signal transitions, catch attention, or add energy to drills.

SKILL ACTIVITY

(10 MINUTES)

Velcro Catch Throw Frenzy: This week, teams still gain a point by throwing through the green gates.

They also gain 5 points if one of their teammates catches the ball on the full with the Velcro catcher!

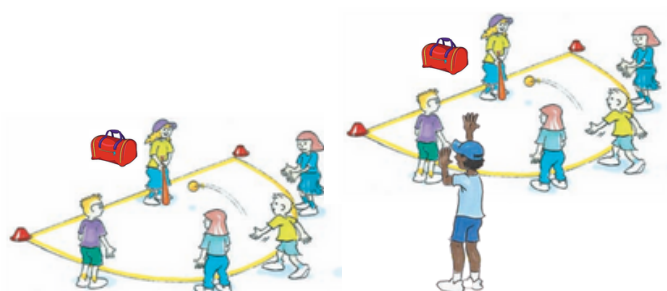


HITTING

(10 MINUTES)

French Baseball: Place a bag or bin behind the batter and have them step to the side. Inform the throwers that if they hit the bag, they're in.

The batter can swing to try to stop the ball.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 9: BLOCK 4

FOCUS:

Ice Breakers / Team Bonding

Hitting

Fielding

Introduction to Positions

Throwing & Catching

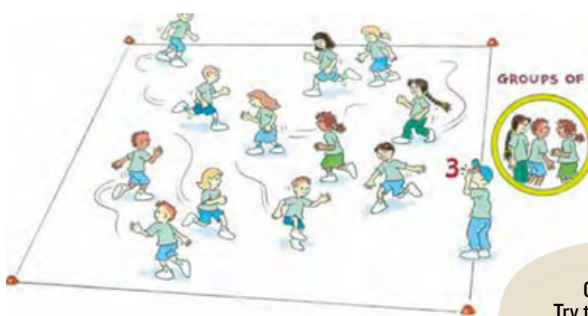
Base running

WARM UP

(10 MINUTES)

Numbers Up: Players run in different directions, avoiding contact. When the coach calls a number, they form groups of that size.

Any player left out does an activation like star jumps.



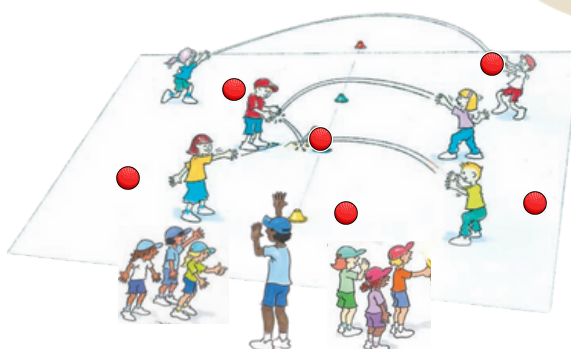
Coaches Tip:
Try to have one extra game or idea in your back pocket for when/if something falls flat.

ICE BREAKER

(15 MINUTES)

Dodgeball: Players are divided into two teams, trying to hit opponents with the ball below the waist. If a ball is caught, the thrower is out.

Players who are out stand with the coach and can rejoin after a 1-minute time penalty.



Coaches Tip:
Rotate Roles – Let every kid try different positions to build confidence and keep things fun.

SKILL ACTIVITY

(10 MINUTES)

Kangaroo Catch: In pairs, players start close and use a kangaroo vest or shirt as a pouch to catch the ball. After each catch, they step back; if they drop it, they sit down.

Play multiple rounds and celebrate the winners of each round.

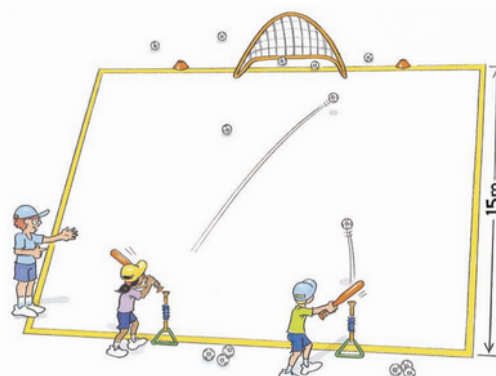


HITTING

(10 MINUTES)

Target Practice: Set up tee stations for kids to hit targets like hula hoops, balls, nets, or goals.

Monitor their success and adjust their distance as needed to ensure they can reach the targets.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 10: BLOCK 4

FOCUS:

Ice Breakers / Team Bonding

Hitting

Fielding

Introduction to Positions

Throwing & Catching

Base running

WARM UP

(10 MINUTES)

Numbers Up: Players move around the square using different animal movements (e.g., hopping like a frog).

When the coach calls a number, they form that many in a group, changing the animals and movements each time.

ICE BREAKER

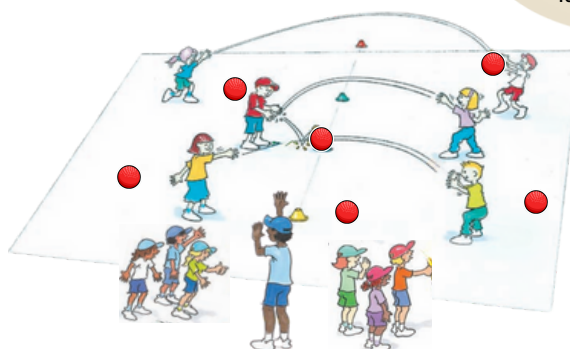
(15 MINUTES)

Dodgeball: This week, players can throw at opponents from the shoulders down.

Change the time penalty to 2 minutes, allowing teams to attempt to eliminate the entire opposing team to win the game.



Coaches Tip: Hearing their name helps them focus and feel seen.



SKILL ACTIVITY

(10 MINUTES)

Kangaroo Catch: This week, players have 1 minute to complete as many passes and catches with their partner as possible, throwing into a kangaroo vest, shirt or hat before throwing back to count.

See which partners win!



Coaches Tip: "Be a kangaroo and jump!" or "Throw like a monkey" makes movement fun and relatable

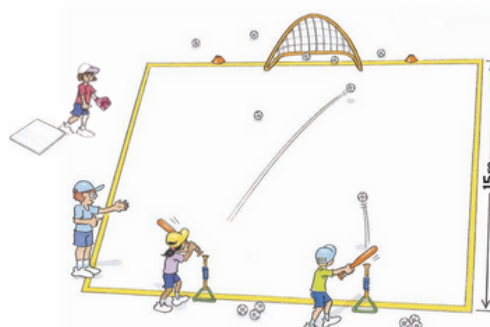


HITTING

(10 MINUTES)

Target Practice: Players at each base run to gather the ball and throw it back to the coach.

After hitting off the tee, players rotate to the base positions and the base players return to the end of the line each turn.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 11: BLOCK 4

FOCUS:

Ice Breakers / Team Bonding

Hitting

Fielding

Introduction to Positions

Throwing & Catching

Base running

WARM UP

(10 MINUTES)

Letters Up: Split into two teams. Players run around a square until the coach calls a letter. Teams race to form the letter by lying down.

Award points for the fastest and neatest team.



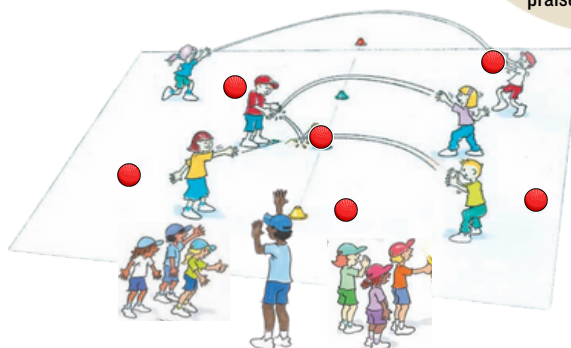
Coaches Tip:
Celebrate the small stuff. Catching a rolling ball, standing in line, or listening to instructions all deserve praise at this age.

ICE BREAKER

(15 MINUTES)

Dodgeball: This week, players can throw at opponents from the shoulders down. No time limit this week, players who are hit are out.

They can re-enter the game if their teammates catch the ball on the full.



SKILL ACTIVITY

(10 MINUTES)

Kangaroo Catch: This week, have players start close and practice underarm and overarm throws, into their partners pouch.

Have kids slowly step back and see how far players can successfully throw and catch!



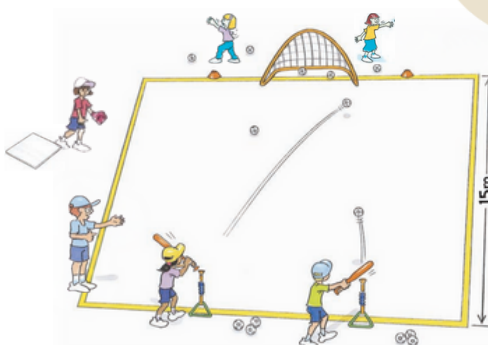
Coaches Tip:
Embrace the Wiggles and Wandering. It's normal! Keep inviting kids back with energy and encouragement, not demands.

HITTING

(10 MINUTES)

Target Practice: Place players at each base and have two floaters to gather and throw to the base after being hit.

After hitting off the tee, players rotate players through the positions.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 12: BLOCK 5

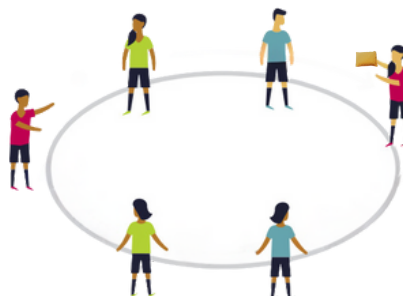
FOCUS: Ice Breakers / Team Bonding Hitting Fielding
Introduction to Positions Throwing & Catching

WARM UP

(10 MINUTES)

Bean Bag Hot Potato: In a circle, kids pass a "hot" bean bag quickly, aiming for the longest streak of passes and catches.

Try to beat the record!



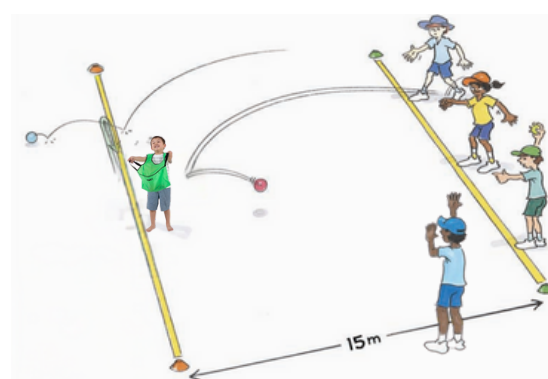
Coaches Tip: Physical praise like high-fives, fist bumps, or thumbs-ups go a long way with this age group.

ICE BREAKER

(15 MINUTES)

Kangaroo Catching Range: Have kids line up with foam balls and throw them into the 'kangaroo's pouch' (target).

One child catches, and after counting catches, rotate the catcher.

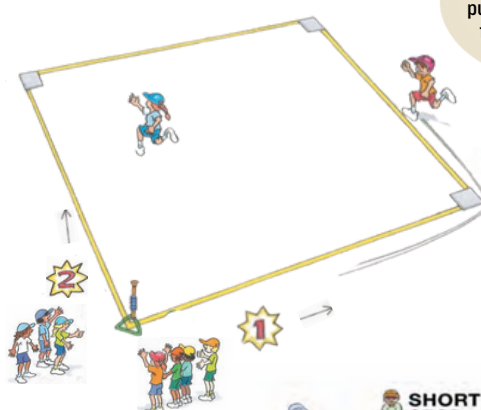


SKILL ACTIVITY

(10 MINUTES)

SPR: Form 2 teams at home base. Players run in opposite directions, play scissors-paper-rock when they meet, and the winner continues.

The loser returns to their line. The goal is to reach the other team's home plate.



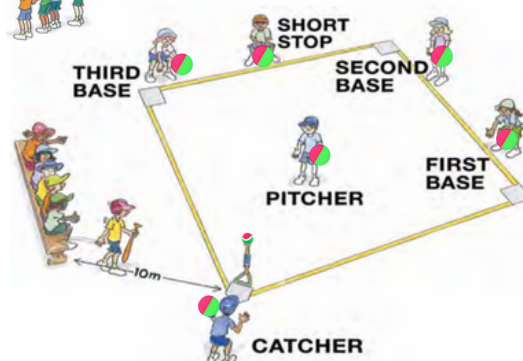
Coaches Tip: Celebrate effort loudly and publicly. "Did you see how fast Ava ran?! That was amazing!"

HITTING

(10 MINUTES)

Velcro Ball: Split into two teams and have a traditional game of T-Ball. Equip fielders with Velcro catchers and use a tennis ball to play the game.

Have a few innings and swap teams over.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 13: BLOCK 5

FOCUS:

Ice Breakers / Team Bonding

Hitting

Fielding

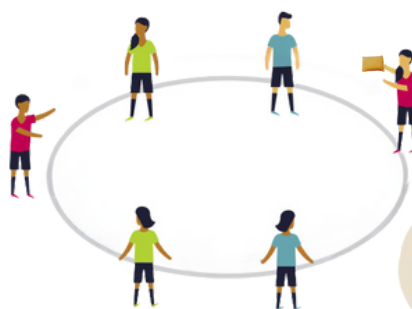
Introduction to Positions

Throwing & Catching

WARM UP

(10 MINUTES)

Bean Bag Hot Potato: Tell the kids they have 3 lives. Each drop costs a life: 1 drop means balancing on one leg, 2 drops mean catching with one hand, and 3 drops lead to elimination and they sit down.



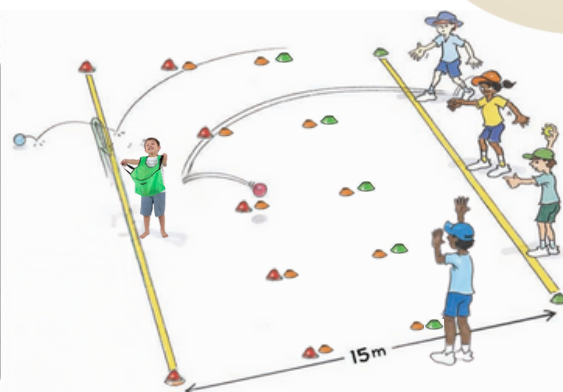
Coaches Tip:
Use coloured cones to highlight and amplify your activity. You'll be amazed the difference it makes.

ICE BREAKER

(15 MINUTES)

Kangaroo Catching Range: Set up a points system: green 1, orange 5, and red 10 points. Players earn points by catching the ball in those zones.

Have players line up and communicate their target before throwing.

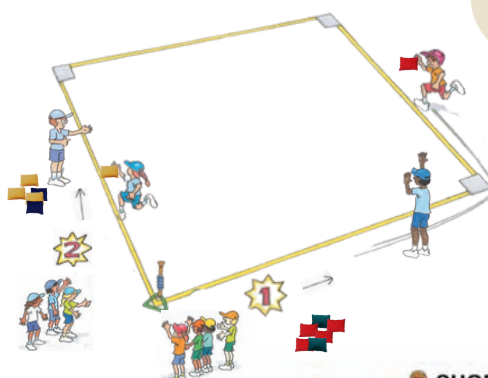


SKILL ACTIVITY

(10 MINUTES)

SPR: This week, a coach tosses a bean bag to each player. Teams earn 1 point for leaving a bean bag on 1st or 3rd base, and 5 points for 2nd base.

If players meet, they play Scissors, Paper, Rock, and the loser is sent home.



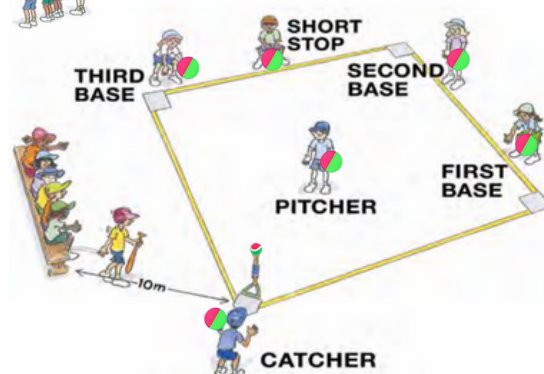
Coaches Tip:
Play along with them!
Don't just observe—run, jump, crawl, throw. Be in the action when you can.

HITTING

(10 MINUTES)

Velcro Ball: Split into two teams and have a traditional game of T-Ball. Equip fielders with Velcro catchers and use a tennis ball to play the game.

Have a few innings and swap teams over.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 14: BLOCK 5
FOCUS:

Ice Breakers / Team Bonding

Hitting

Fielding

Introduction to Positions

Throwing & Catching

WARM UP

(10 MINUTES)

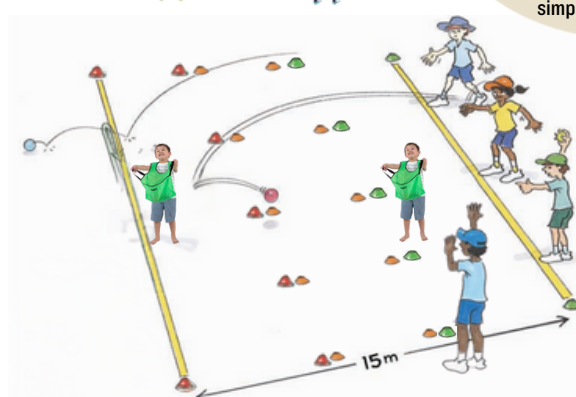
Glove Hot Potato: Give each player a glove and use 1 rubber ball. Each drop still costs a life: 1 drop means balancing on one leg, 2 drops mean catching with 1 hand behind their back one hand, 3 drops and they're out/sit down.

ICE BREAKER

(15 MINUTES)

Kangaroo Catching Range: This week, have 2 catchers working together as a team and pool their points.

See which partners in your group can score the most points and have a few rounds!



SKILL ACTIVITY

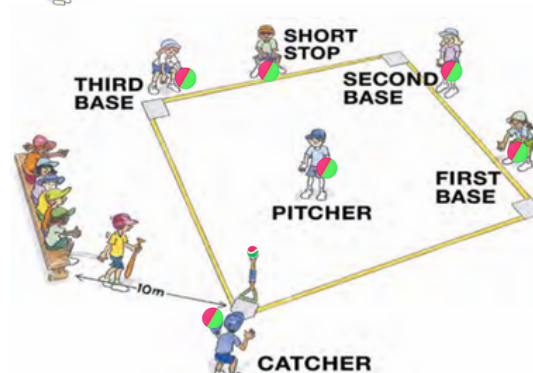
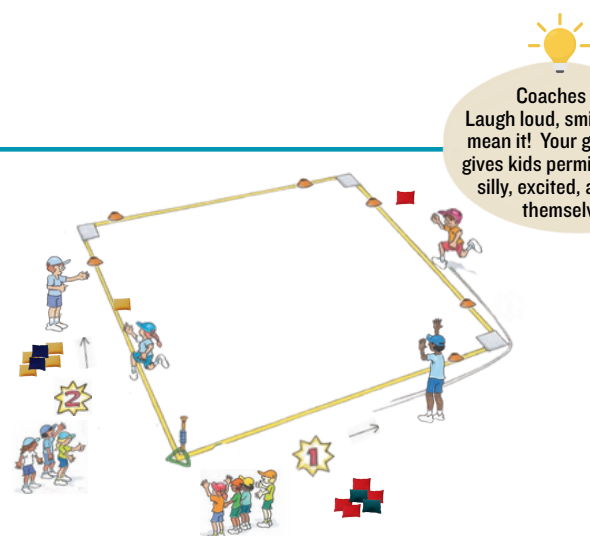
(10 MINUTES)

SPR: Same rules as last week, but set up markers about a meter from each base on each side. Players must throw from the marker and get the bean bag to land and stop on the base for the point to count.

HITTING

(10 MINUTES)

Velcro Ball: Split into two teams and have a traditional game of T-Ball. Equip fielders with Velcro catchers and use a tennis ball to play the game. Have a few innings and swap teams over.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 15: BLOCK 6
FOCUS:

Ice Breakers / Team Bonding

Hitting

Fielding

Introduction to Positions

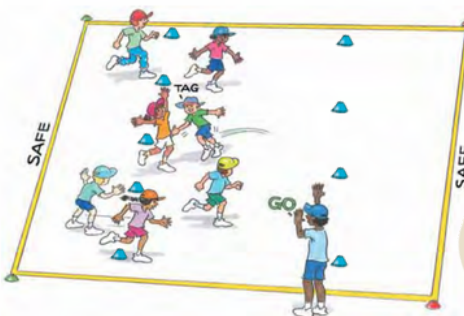
Throwing & Catching

WARM UP

(10 MINUTES)

Cross the River: Assign "sharks" to the blue cone area. Others cross without being tagged; tagged players become sharks.

The coach can call out traits (e.g., "Red shirts!") each round.



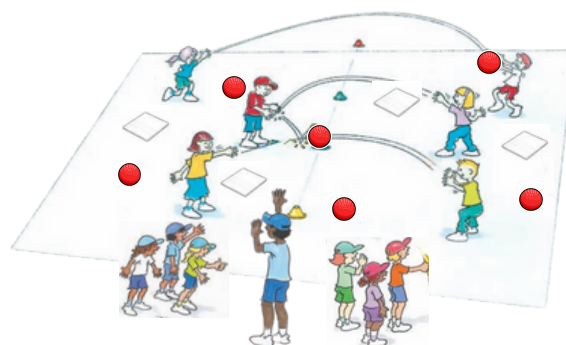
Coaches Tip:
Even young kids like knowing why they're doing something: "We warm up so our bodies feel happy and strong!"

ICE BREAKER

(15 MINUTES)

Base Dodgeball: Players can throw at opponents from the shoulders down. Those hit are out but can re-enter if a teammate catches the ball on the full.

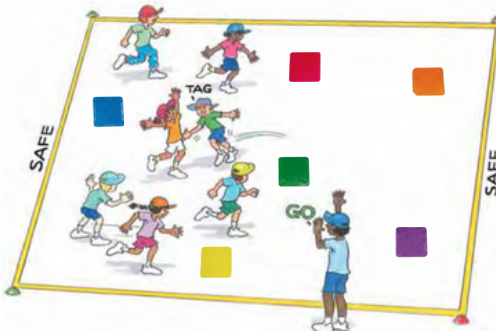
Bases act as safe zones, so players aren't out if hit while standing on one.



SKILL ACTIVITY

(10 MINUTES)

Islands: "Sharks" are taggers, and players are safe on islands (bases). When the coach calls a color, players must leave their island and find a new one without being tagged. Tagged players become sharks.

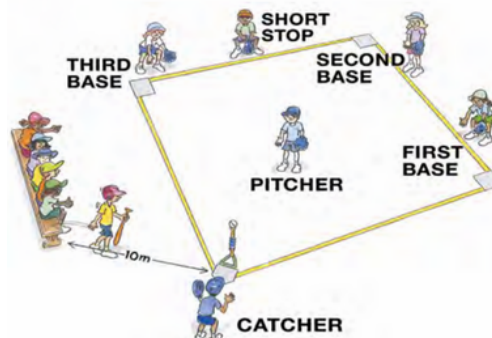


Coaches Tip:
Make it part of the game: "Oops! That's okay—mistakes mean we're learning!"

HITTING

(10 MINUTES)

T-Ball: Split into two teams and have a traditional game of T-Ball. Equip fielders with gloves and a ball to play the game. Have a few innings and swap teams over.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 16: BLOCK 6
FOCUS:

Ice Breakers / Team Bonding

Hitting

Fielding

Introduction to Positions

Throwing & Catching

WARM UP

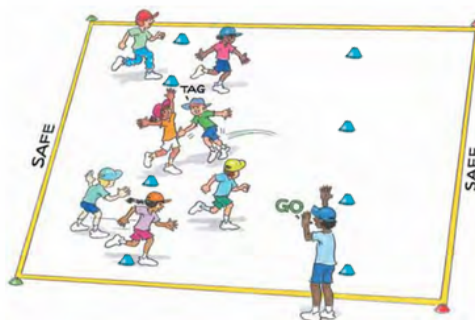
(10 MINUTES)

Cross the River: Start with 2 "sharks" forming a linked "net." Sharks link arms or hold hands and must tag runners while staying linked; tagged players join the net, making it bigger. Coach continues to call over traits each round.

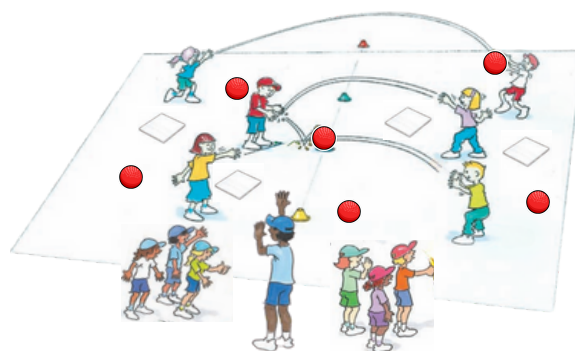
ICE BREAKER

(15 MINUTES)

Base Dodgeball: Same rules as last week apply, but this week, if a player catches an opponent's throw while in contact with the base, any eliminated players may rejoin the game.



Coaches Tip:
You've got 5 seconds left—5... 4... 3..." helps prepare for transitions without surprises.

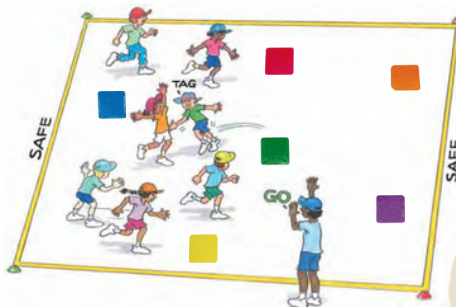


SKILL ACTIVITY

(10 MINUTES)

Islands: Give all runners a ball. If they throw/roll it to another base from their own, the coach selects a shark to return to a runner. Tagged runners become sharks. 1 shark must remain at all times.

Coach calls out unsafe bases.



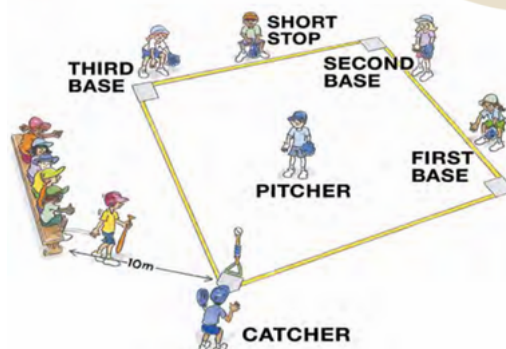
Coaches Tip:
Match your tone to the moment! Use calm, slow tones for listening times, and upbeat voices for play—this helps signal behaviour shifts.

HITTING

(10 MINUTES)

T-Ball: Split into two teams and have a traditional game of T-Ball.

Equip fielders with gloves and a ball to play the game. Have a few innings and swap teams over.



JUNIOR CURRICULUM AGES 3 TO 8

WEEK 17: BLOCK 6

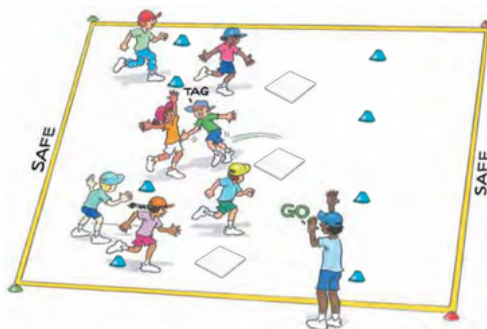
FOCUS: Ice Breakers / Team Bonding Hitting Fielding
Introduction to Positions Throwing & Catching

WARM UP

(10 MINUTES)

Cross the River: Sharks form a linked net to tag runners. Add safe zones where runners can stay for up to 10 seconds.

The coach calls traits (e.g., "Anyone who had toast for breakfast has to cross!") each round.

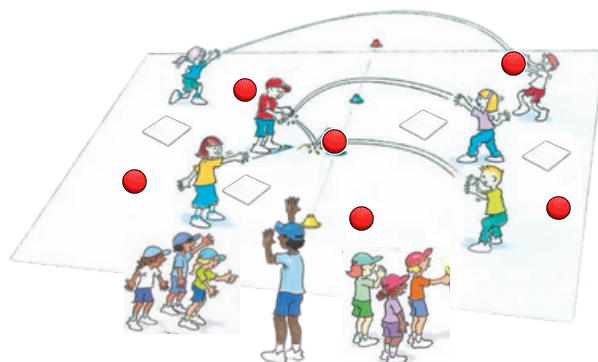


Coaches Tip: Keep safety top of mind—watch for tripping hazards, sun exposure, or nearby distractions.

ICE BREAKER

(15 MINUTES)

Base Dodgeball: Same rules as last week apply, but this week, if a player catches an opponent's throw while in contact with the base, any eliminated players may rejoin the game.

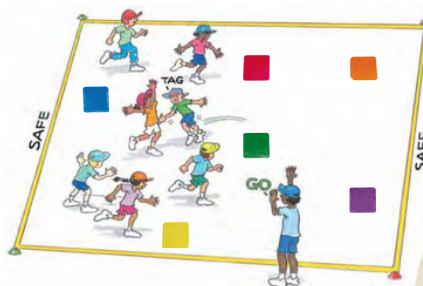


SKILL ACTIVITY

(10 MINUTES)

Islands: Give all runners a ball. This week sharks are linked by forming a net. Players still try to roll/throw from base to base to gain runners back from being sharks.

Coach continues to call out bases runners must leave.



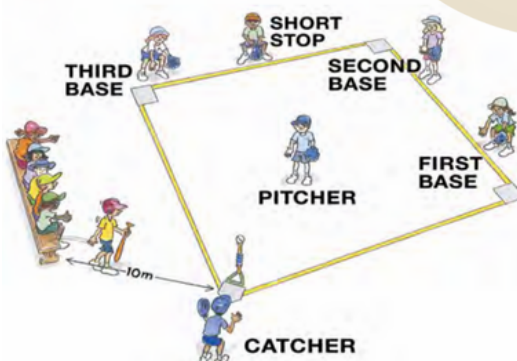
Coaches Tip: Celebrate the Group, Not Just Individuals. Use group praise: "That was awesome teamwork, everyone!" to build a shared sense of achievement.

HITTING

(10 MINUTES)

T-Ball: Split into two teams and have a traditional game of T-Ball. Equip fielders with gloves and a ball to play the game.

Have a few innings and swap teams over.



RESOURCES

A range of helpful resources are available to support your coaching journey are listed below. For more information and to access these resources, visit [Baseball Queensland's Club Hub](#).



Aussie T-Ball Club Manual



Aussie T-Ball Schools Manual



Little League T-Ball Manual



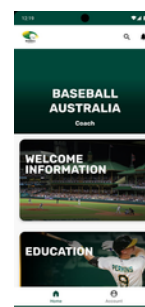
Baseball5 Handbook



Baseball5 Toolkit



National Integrity Framework



Baseball Australia Coaching App



Autism QLD Resources



Sport4All Resources



BASEBALL
QUEENSLAND

JUNIOR
COACHING HANDBOOK