

Plainville Little League

Frequently Asked Questions

Division: T-Ball Baseball

Equipment:

- *Provided by League:* Team Bats, Individual Batting Helmets, Baseball Shirt & Hat
- *Required:* Baseball glove, Long pants
- *Recommended:* cleats (can be any style at this level)
- *Optional:* Personal Bat (must be stamped USA Baseball), athletic supporter and cup & Bat bag

Team Selection:

Manager can choose one coach remaining team is selected by blind draft

Practices:

- How many per week- 1, Locations will vary, coach and website will inform you.
- Approx. Length- 1 hr.
- What to expect-
 - Player Safety
 - Not swinging bat other than hitting ball, making sure someone looking when throwing, watching the ball when on bases, on defense and when waiting to hit.
 - Have Fun
 - Enjoy the sport!
 - Learn the Basic Fundamentals of....
 - Baserunning (Be able to know which direction to run after hitting the ball, which bases to stop at/run through)
 - Throwing (Opening up arms, stepping toward target with CORRECT foot, watching where they are throwing)
 - Catching (tracking ground balls, moving to get in front ball, turning glove to catch ball, squeezing glove, two hands)
 - Hitting (Balanced stance, Hold Bat Correctly, Coordinate swing plane to the ball (using tee, timing pitches (last week or two ONLY), DROP the bat after hitting in game)
 - Baseball Rules (Offense vs. Defense, making an out, scoring runs)
 - Other
 - Defensive Positions, Defensive Stance, Patience, Listening to Coach, Following Routines

Games:

- How many per week- 1 per week
- Locations- Trumbull Park
- Approx. Length- 1 hr.

Division Specific Information:

- All players will bat and play the field each inning.
- No keeping score!!!