

YOUTH T-BALL

Evaluation Criteria

 Preschool
3-5 yrs
Stage:
Rookies

PRESCHOOL SOCCER

Ages 3-6

THROWING MECHANICS

- ☐ Can hold ball with correct grip (fingers on top, thumb underneath)
- ☐ Step with opposite foot when throwing
- ☐ Throw 10-15 feet to a partner or target
- ☐ Two-hand follow-through motion

CATCHING & FIELDING

- ☐ Get into ready position (knees bent, glove open)
- ☐ Trap a rolled ball with two hands or glove
- ☐ Fielding a ground ball rolled to them
- ☐ Uses "alligator hands" (glove and top hand together)

BATTING FROM A TEE

- ☐ Hold bat with correct grip (dominant hand on top)
- ☐ Proper batting stance (feet shoulder-width apart)
- ☐ Hit ball off tee with a level swing
- ☐ Controlled follow-through

BASE RUNNING & MOVEMENT

- ☐ Knows where 1st base is and runs through it after hitting
- ☐ Running each base in order
- ☐ Effort and follows verbal cues
- ☐ Stays on base until next instruction

LISTENING & TEAM AWARENESS

- ☐ Follows 1-2 step instructions from coach
- ☐ Waits turn patiently in line or at stations
- ☐ Pays attention during coach demo or group huddle
- ☐ Recognize glove, bat, ball, and bases

