

T-ball Coach Tip Sheet

Positive Youth Development for Ages 4-6

Children of this age have need for an ordered environment and routine.

- Too much free time can lead to chaos.
- Children do best when they know what to expect and what is expected of them.
- Have multiple activities happening so kids don't become bored and disengage.

Teach simple skills and build on them over time.

- When they achieve a simple skill, it motivates them to keep learning.
- When children model a task they see adults doing, it builds their self-esteem and confidence.
- Demonstrate each skill but focus on praising all efforts, successful or not.

Movement at this age is a necessity.

- This age group has endless energy and require constant movement.
- Understand that picking grass and doing cartwheels in the outfield is how they release energy.
- Rotate players to more active positions so they stay moving and motivated.

Offer children the opportunity to choose.

- Choosing their activity will lead to more engagement and excitement.
- Choice develops a sense of independence.
- Let them decide whether they bat or catch first at practices.



Youth Launch Leaders

Youth Launch Leaders empowers adults to create healthy, nurturing and supportive environments for youth in Southern Iowa by providing leader education to inspire positive youth development.

Youth Launch Leaders provides training opportunities and support to adult leaders of youth activities in southern Iowa, in the areas of child/adolescent growth and development. Through the framework of the Search Institute's 40 Developmental Assets and Developmental Relationships, as well as instruction on developmental stages, leaders are empowered with tools needed for inspiring positive youth development.

Youth Launch Leaders provides:

Newsletters

Information Resources

Trainings

Community Presentations

Organizational Support

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