



## Rules: Blastball 4U

### 1. The Game

- a. Blastball is the precursor to T-Ball and is played by 3 and 4 year olds.
- b. Blastball is not competitive – the kids need to have fun and learn the basics.
- c. The bat and ball are both soft foam for safety. You can find them at sporting good or superstores, and get both the bat & ball together in several colors. It is the Franklin Sport Foam Bat.
- d. Gloves/mitts are not required because of the texture and size of the ball, but are recommended.
- e. All four bases are used in Blastball – 1st, 2nd, and 3rd base honk when the player stomps on them

### 2. Game Play

- a. Two (2) innings or thirty (30) minutes.
- b. No inning will start after time has expired.
- c. The coaches will hold the official clock.
- d. Each player will bat one time per inning.
- e. When the ball is hit, the runners advance one (1) base position.
- f. While on defense, if you have some kids that are overly aggressive with the ball, try having a coach call who's turn it is, so all the players get a chance to get the ball in the field.
- g. Any music played during a game during walk-ups or in between innings must be free from explicit language and content.

### 3. Scoring – No official score is recorded. Remember, this is for fun!

### 4. Coaches

- a. Each team should have three (3) coaches assisting during a game and each must wear the team shirt.
- b. When your team is at bat, it is recommended that one coach help the player at bat, one coach direct them to the base after they hit and one coach or Team Mom stay in the dugout to maintain some level of controlled chaos. Remember, they're only 3 and 4 years old!

### 5. Practice

- a. Weekly practice for 30 minutes – discontinue when team feels it isn't needed
- b. Can practice pretty much anywhere with grass; however, you can reserve the Heritage Blue North or Salmon Field #2 based on availability. See the Sachse Baseball website for more details.
- c. Equipment needed – tee, foam ball, foam ball and cones/throw bases

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### 6. Skills to Focus On

#### a. Offense:

- i. Safety while hitting / swinging the bat. (Watching for other players / not throwing the bat.)
- ii. Running quickly to first.
- iii. Introduce running through first.
- iv. As the season progresses, introduce running to second then running to third/home on the next hit. (Tip: This works best when you have a third base coach to direct traffic.)

#### b. Defense:

- i. Teach your version of “baseball ready”. (Ex. eyes on the batter, glove ready, and solid stance.)
- ii. Standing in a consistent spot on the field. (Tip: It helps to use little orange cones to designate positions for the players.)
- iii. Aggressively chase after the ball, but avoid swarming / fighting for the ball.
- iv. Using “gator chomps” to field the ball.
- v. Throwing / catching with another player.
- vi. Introduce throwing to / making a play at first base.

### 7. Administration

- a. Find a good way to communicate.
- b. Communicate early and often.
- c. Get your required documentation done early.
- d. Post-game snacks are often a hit with players. Make sure to leverage your parents.
- e. Communication is a two-way street. Make sure you set expectations with your team on when to communicate with you and how. (Ex. Missing games or practices, etc.)
- f. Whenever possible, take the long view. These kids are young, but you have the opportunity to build your teams into something that lasts. Take time to teach them the skills they need, and build bonds between players and parents. Teams that stick together, do much better in the long run.