

***INTRODUCING  
T-REX T-BALL***



***WILL LINTERN &  
NICKY LINTERN CRAWFORD***

***#hitcatchthrowroar***

# INTRODUCTION



## WHAT IS T-REX T-BALL?

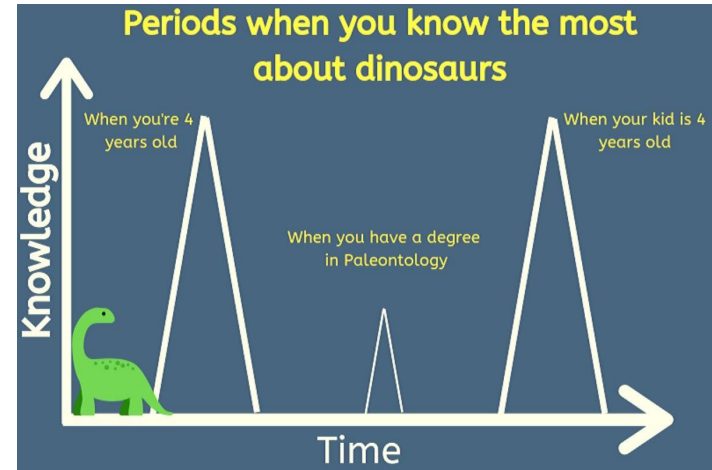
T-Rex T-Ball is a Dinosaur-themed kids' baseball programme based in the south east London, started in 2021. The sessions blend dinosaurs with a games-based approach to baseball which has attracted parents and kids with no baseball connections (plus a few with baseball fans for parents) to play three seasons of tee ball in Greenwich. The sessions are for girls and boys aged 4-9 and focus on developing the skills of hitting, catching throwing and roaring like a dinosaur!

## OUR VISION

Our vision is be the best baseball format for kids under 9 that catalyses the next generation of baseball players and a larger development pipeline for youth & adult clubs, and GB baseball.

Our aim is to ignite a passion for sport and a love of baseball in the hearts and minds of children (and parents) across the country, introducing over 1000 kids to baseball by 2025. By provide young children with an amazing introduction to the sport of baseball, drawing from evidence-based research to maximise long-term athlete development and skill acquisition.

Our goal is for our sessions to be so much fun that every kid that tries it wants to come along next time, and every parent who sees it wants to tell all their friends about it.



# WHO WE ARE







T-Rex T-Ball started as a way to connect our son's love for dinosaurs and our family's passion for baseball.



## **WILL LINTERN**




*Director of Development & Dinosaur Experience  
Head Coach*

-  Coach & former GB Baseball player
-  Former National Development Manager (BSUK)
-  Former Director of High Performance Academy
-  Director of Pitching & Catching Smarter Performance Baseball



## **NICKY LINTERN CRAWFORD**

*Commercial Director &  
Assistant Coach*

-  Former Head of Sponsorship London Roller Derby
-  Former Manager Team Spain Roller Derby
-  Former Sustainability Consultant (PwC, ERM)
-  Director & Head of ESG, British International Investment

# THE INSPIRATION



# *WHY WE STARTED*

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# WHO WANTS TO SPEND THEIR SATURDAYS IN THIS?



Back in 2021, we wanted to take our then three year old son to play baseball. The problem was there were no baseball clubs local to us in South East London and we didn't want to have to travel **round the M25** so that Alex could play baseball. So we thought, why not start our own baseball programme.

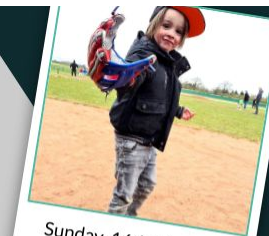
The idea of a **new version of t-ball** had been Will's head for a few years, and having watched my son at football practice I realised there were a great many things wrong with how we coach kids baseball, and especially t-ball.

Approaching Alex's 4th birthday in the middle of Covid restrictions we realised that if we were able to host an "organised sporting event" we could have 30 kids, and their families join us. So we brought the launch of T-Rex T-Ball forward by a year or so in order to have a celebration for Alex.

So we got a logo, bought some cupcakes, planned some dinosaur-themed baseball games and invited our friends and their kids. T-Rex T-Ball was born.



## Alex's 4th Birthday T-ball and picnic



Sunday 16th May

T-Ball session 11.30 - 12.15  
Kids should wear trainers/something comfortable to run in, we have all the equipment, but bring a bat if you have one.

Picnic/ lunch break 12.15 - 13:00  
due to Covid restrictions we're not able to provide food & drink, so please bring your own picnic.

More T-ball 13:00 - 14:00

under Govt guidance for grassroots sports spectators (ie parents) are allowed but must follow the "2 households/rule of 6"

please RSVP to [TrexTball@gmail.com](mailto:TrexTball@gmail.com) by 25th April with age/t-shirt size



..... for the launch of T-Rex T-Ball



# ***WHAT WE LEARNED***

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# KIDS LOVE IT



**HIT**



**CATCH**



**THROW**

The best part of T-Rex T-Ball is trying to hit the ball all the way over the lava!

Player, aged 5



**ROAR**



## **PARENTS LOVE IT**



“[The sessions] make learning how to throw, catch and hit, fun and engaging and the kids love the dinosaur themed warm ups as well!”

Parent

“Our son had the best time today. There was no negotiating with him to get out the house, and the session did not disappoint. He had a blast!”

Parent

“We have noticed a huge change in our son’s hand/eye coordination skills”








Parent

# CONNECTING WITH FAMILIES NEW TO BASEBALL









# WHAT MAKES T-REX T-BALL SPECIAL?



-  Developing skills that scale and athletic potential in line with the principles of Long Term Athlete Development (LTAD)
-  Focussing on early stage development of fine and gross motor skills
-  Coaching & drills that enable children to adjust to their changing environment by applying coaching theory that adapts either the Space Task, Environment or Person (STEP) to enhance skill development
-  Using analogies not just directive language to make learning more effective
-  An entry point for parent coaches not familiar with baseball (or coaching)
-  The model is easily replicable and scalable
-  **KIDS LOVE DINOSAURS!!!**

# T-REX T-BALL IS AN EASY WAY TO GROW BASEBALL IN THE UK



-  The model is replicable and scalable - through existing clubs, new clubs, schools, after school delivery partners such as multi-sports clubs.
-  T-Rex T-Ball aligns with the principles of Long Term Athlete Development and sits developmentally just before the MLB First Pitch Programme.
-  Resources that are easily accessed - drill sheets, coach instruction videos
-  Whilst baseball is fast paced and exciting, traditional T-ball rules can be boring for kids aged 4-8, so - we've made it fun
-  Entry point for new coaches supported by an Activator course
-  It mobilises new players, parents and volunteers into the baseball community

# TASTER SESSIONS



## HOME RUN HITTER

- ★ 50P A GO ★
- ★ ON THE GRASS PLAYING FIELDS ★
- ★ PRIZES AND LEADERBOARDS ★

WHO WILL HIT IT  
THE FURTHEST >  
KIDS OR  
TEACHERS?



EDGEBURY SCHOOL SUMMER FAIR  
SATURDAY 1ST JULY



# **TASTER SESSIONS**



**ROYAL GREENWICH  
TOGETHER 23**

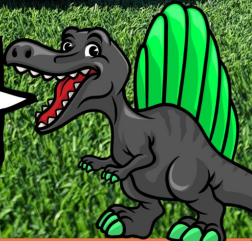
# SCHOOLS & MULTI-SPORT PROVIDERS



**ALL SET UP AND  
READY FOR  
ACTION**



**HIT, CATCH,  
THROW,  
ROAR!!!!!!!!!!**



**EASTER CAMP ACTION  
WITH TKR SPORTS**



# ***AN ENTRY POINT FOR COACHES***

T-Rex T-Ball isn't just about the kids, it's also about the parents and recruiting new coaches. Baseball is a complex sport and one that unless a parent has previous familiarity with can be quite intimidating to start coaching in.

Because of the games based approach to T-Rex T-Ball, most of the coaching points are based on the organising and keeping children safe during the activities and the technical points of hitting, catching and throwing are fairly universal across most striking and fielding sports. This has meant parents with little to no baseball knowledge have been able to roll up their sleeves and get involved as coach helpers with little more than a three hour BSUK Activator course.

Having gained confidence from 1-2 years of coaching T-Rex T-Ball, we anticipate that some of the parent coaches (and volunteers) will progress through the age groups alongside their children.





***WHAT'S DIFFERENT  
ABOUT T-REX T-BALL***

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# TRADITIONAL T-BALL IS BORING FOR YOUNG KIDS !!



There is too much standing around, especially for anyone stuck in the outfield!



Kids are not small adults, and a five year old is not a small 10 year old. Many of the practices and drills like playing catch are too difficult for them to complete effectively and safely. They get bored with inactivity and not enough touches of the ball.



The solution is a modified game with smaller teams, more touches of the ball, and skilled focused games including:

- ★ Extinction Zone
- ★ Cool T-Rex Hands
- ★ Round the Triceratops Horn
- ★ Empty the Dino Nest
- ★ Over the Rivers of Lava



# LONG TERM ATHLETE DEVELOPMENT



The Long Term Athlete Development (LTAD) model is a seven-stage framework. It guides the participation, training, competition and recovery pathways in sport and physical activity. This is used from infancy through all stages of adulthood. LTAD focuses on the needs of participants and their individual stages of development. It also provides a point of reference for coaches, administrators, parents and sport scientists. The model recognises both participation and performance-orientated pathways in sport and physical activity.



<b>1. Active Start</b>	Ages 0-6	Get children moving and keeping them active
<b>2. Fundamentals</b>	Ages 5-9	Develop the fundamental movement and basic baseball skills in a fun environment
<b>3. Learn to Train</b>	9-12 Male / 8-11 Female	Continue development fundamental movement and general baseball skills
<b>4. Train to Train</b>	12-16 Male / 11-15 Female	Wholistic training for the baseball athletes (physical, tactical, technical, psychological)
<b>5. Train to Compete</b>	16-18 Male / 15-18 Female	Learn to perform baseball-specific skills under a variety of competitive conditions
<b>6. Train to Win</b>	18+ Elite players only	Elite players focus on development and high performance as players refine skills in order to progress into college or professional baseball
<b>7. Active for Life</b>	18+ All athletes	Provide opportunities at all levels of baseball to keep people involved and active in the sport for their whole lives



MLB First Pitch

T-Rex T-Ball aligns with the principles of Active Start and Fundamentals and sits within the Awareness and First Involvement stages of the LTAD model. It sits just before MLB First Pitch

# SKILLS THAT SCALE



**FROM THIS**

**TO THIS**

# SKILLS THAT SCALE



A term defined by Driveline Baseball, ‘Skills That Scale’ are the “fundamental abilities that should help a player transition from a small 60’ baseball field to the big 90’ field.”

T-Rex T-Ball teaches children how to hit the ball far, develop a variety of catch techniques throw the ball hard. Rather than playing catch, which with 4-7 year olds looks more like fetch, we separate the skills of throwing and catching, teaching and rewarding and celebrating each individually.

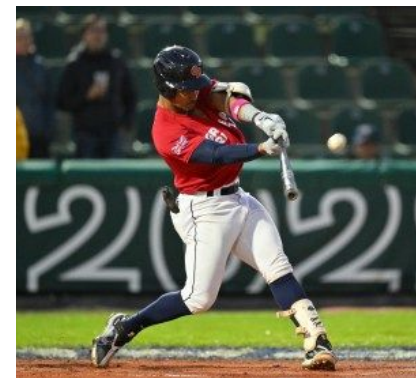
By playing games like ‘Round the Triceratops Horn’ and ‘Over the Rivers of Lava’ (see right), children don’t see the activities as drills that need to be completed to reach the game, the fun part. They are playing games and having fun right from the start.

The goal is to develop competent baseball players who have the skills and game knowledge to transition to coach pitch, player pitch and eventually full scale baseball on a 90’ diamond. The goal is not to have the best t-ball team.

## FROM THIS



## TO THIS



# A BETTER WAY TO PLAY CATCH



🦖 Young kids lack the catching skills to just “play catch”.

🦖 Separate out the skills of throwing and catching with games like Extinction Zone

🦖 All the kids are involved.

🦖 The team with the least balls left on their side wins

🦖 Skills that are being developed

- ★ Throwing
- ★ Fielding
- ★ Catching



# ***BRITAIN'S ANSWER TO JETER***






# WHAT YOU SAY MATTERS

- 🦖 Directive coaching is boring and often ineffective (especially for young kids)
- 🦖 Use analogies
- 🦖 Relate your language to something they already know or understand





# WHAT YOU SAY MATTERS

-  Start in an athletic position
-  Put your feet wider than your shoulders, bend your knees at 45°, hips behind feet, elbows at 90° and flex your wrists
-  Stand like a T-Rex

## LET'S LEARN HOW TO CATCH



# RESOURCES



**EMPTY THE NEST**

“Our parents said this was THE BEST T-Ball session they have been a part of”

*Stuart Stanley - London Mets*



## Extinction Zone



### Equipment

- Cones
- Wiffle Balls
- Foam Balls

### Time

10 minutes

### Set Up

- Mark out a large square playing area divided in half using cones.
- Mark out another line of cones 1 metre on either side the halfway line. This creates a 2 metre wide "Extinction Zone", which players must not enter during the game.
- Split the children into two teams, one team is in each half.
- Spread out foam or wiffle balls into each half (at least one per child).

### How It Runs

- When the coach gives the command "GO" all players pick up a ball on their side and try to throw it over the extinction zone into the other teams half.
- Children continue to pick up balls in their half and throw until 30 seconds has passed and the coach counts down to "ZERO".

### Scoring

- The team with the fewest balls in their half wins.
- Balls inside the Extinction Zone do not count.
- Provide coaching points as needed and repeat.

### SKILLS

Throwing - Catching - Fielding

### PROGRESSION

#### EASIER

Space - Create a smaller playing area  
Task - Allow underarm throws  
Equipment - Use bean bags  
People - Reduce the number of children in the playing area

#### HARDER

Space - Add a barrier/net to throw over along the halfway line  
Task - Add targets and award bonus points if they are hit  
Equipment - have children wear gloves  
People - Mix the teams to give different teams more or less of an advantage

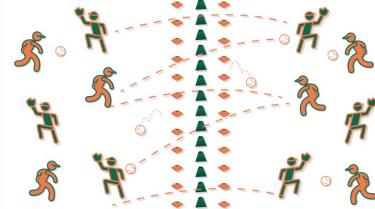


### Key

Throwing



Catching



### COACHING TIPS

- Try to throw it over the head of the other team.
- Get ready to catch with T-Rex hands
- Use "Spinosaurus hands" to field a ball on the ground




### SUMMARY QUESTIONS

- What type of throw did you use to throw it over the Extinction Zone?
- How could you throw it even farther?

***HOW CAN YOU GET  
INVOLVED***

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# HOW YOU CAN GET INVOLVED

-  We are going to run a pilot next year for 4-5 interested baseball clubs. If you are interested in being a part of the pilot and can commit to providing regular feedback please come and speak to us at the break or at any point today.
-  Host or send coaches to a T-Rex T-Ball Activator Course
-  Send your coaches to any of our indoor sessions on Sunday Mornings, starts 14th Jan to learn first hand.



***IT'S TIME TO  
GET SERIOUS  
ABOUT  
GROWING  
BASEBALL***



*Please get in touch for more information or to schedule some time*

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**Nicky: 07545 169663**

**FIND US ONLINE**

**<https://www.trexball.com/>**

**<https://www.facebook.com/TRexTBall>**

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