



National Little League Blastball Guide 2026

Overview

This guide is intended to help organize each Blastball session and provide guidelines for the season. Feel free to reach out at any time for support via email: earlydevelopment@nationallittleleague.org

Thank you for volunteering your time to help out the kids!

Session Structure:

The sessions should be structured to be the same each week so the kids feel the consistency; however, you can do different activities within to keep it fun and exciting. The philosophy is to keep this age group engaged and learn the skills of baseball through fun games. This will hopefully ignite a love for the game where the kids will want to continue on with the sport. They will learn the very basics and the concept of the game.

Here is an example of a 40 minutes session:

- First 10 minutes
 - Introduction, warm up (silly stretches), and a game (Cat and mouse, Simon Says, Red Light Green Light etc)
 - Get creative with some of the games:
 - Red Light Green Light: When the kids have to stop, have them stop in the ready position. Sometimes they will just stop in ready position and sometimes make them (from ready position) reach for the sky or the ground or either side.
 - What time is it Mr. Wolf: Have a few kids be wolves with you to have help chasing them back to the beginning.
- Middle 15 minutes
 - Have 3 - 7 minute stations
 - Each station will relate to a skill in fun ways such as, retrieving a ball and getting it to a base (Squirrel and Nut Game), catching (Alligator catch, scarves, beach ball); throwing (set up targets) and batting (set up a tee and have them either just hit or hit and run to a base); another popular station or activity is running the bases, like follow the leader.
- Last 15 minutes
 - Play a Blast Ball game.
 - See the attached rule and a [video](#) of the game being played.

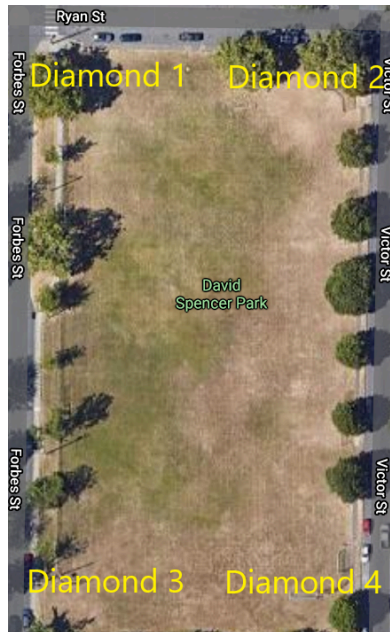
Once the kids are settled in and know how things are working, you can add in extra rules to increase the difficulty. Something such as throwing to first to get the "out" or even just having to throw to another player on defense. This way they learn to retrieve the ball and throw it to first base. Parents should take the position with their kids and run with them. Parents need to encourage and tell their child what to do each time, as they are easily distracted.



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Schedule:

Sessions will take place at David Spencer Park on Sunday mornings 9:50am to 10:30am from April 19th - June 21st. Each team has a baseball diamond to use; Team 1 will use diamond 1, Team 2 will use diamond 2, etc. Diamonds used are the same each week.



What is Expected of a Blastball Parent Lead

- Bring the provided equipment to each session, or arrange for another parent to bring it if you will be away.
- Engage the other parents in helping to set up, run the drills, and clean up afterwards
- Arrive at the field beforehand to set up. When people arrive, have them help set up or just play catch with their child.
- Communicate with your team about any schedule changes, especially due to weather; use TeamSnap messaging for this.

Blast Ball: Drills and Fundamentals:

*NOTE – All descriptions are based on a right handed player (throws and bats right handed). Adjust for left handed players

**READY position – the ready position is the fundamental position of baseball. Feet should be square and about shoulder width apart.



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Blastball Drills

Catching Drills

1. Bare Hands
 - a. Players should begin working on keeping their hands together to catch a ball.
 - i. Players hands should be positioned in a Thumb to thumb or pinky to pinky position
 - ii. Thumb to Thumb for any ball above the belly button
 - iii. Pinky to Pinky for any ball below the Belly button
 - b. Soft Toss the soft blastball ball to the players.
 - i. Emphasis here is to throw the ball into the player's hands to increase their confidence and get them feeling what it's like to catch a ball.
2. Glove Hands
 - a. Same thing as the Bare Hands, just add the baseball glove to the players hand.

Throwing Drills

1. Step – Throw

To begin proper throwing mechanics, the players should begin to incorporate a step with their left foot before throwing with their right hand.

 - a. Players should be positioned in the ready position.
 - b. Throwing hand should extend behind them with the ball.
 - c. Step with left foot
 - d. Throw to target

Fielding Drills

1. Alligator Chomp

The emphasis with the Alligator Chomp fielding technique is to get the players to field the ball using both hands.

 - a. Players should be positioned in the ready position
 - b. Roll the ball on the ground to the player
 - c. Players should field the ball with their glove on the ground.
 - d. As the ball rolls into the glove, have the player take their free hand and 'Alligator Chomp' down onto the ball as it rolls into the glove.
2. There are two primary methods (a & B) for teaching fielding of ground balls for game like situations
 - a. One at a Time



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- i. One fielder takes a fielding position just in front of the pitcher's mound.
- ii. Waiting fields are gathered around 2ND base
- iii. Coach will hit a blastball from the batting tee at home plate towards the waiting fielder.
- iv. Player will field the ball as quickly as possible and attempt a throw to first base.
- b. Line Up from 3RD base to 1ST base
 - i. More Advanced players can begin moving closer to actual fielding positions.
 - ii. Line players up with ample room to move freely in an arc from 3RD base to 1ST base positioned in front of the pitcher's mound.
 - iii. Coach will hit the blastball from the batting Tee at home plate.
 - iv. All players will make an attempt to field the ball and attempt the throw to first base.
 - v. CAUTION: This method can cause 'swarming' to the ball and players 'fighting' over the ball. If this occurs, an emphasis should be made that only one player at a time can field the ball and to not fight over the ball.

3. Squirrel and Nut Game

This game is a fun way to practice fielding. Get the parents involved.

- a. Create a decent size space and put 2 or 3 throw down base around the perimeter.
- b. Put as many balls as you have in the center of your space.
- c. Have 2 people per base (parent and child)
- d. When you say go, the first person from each group runs to the center, picks up one nut (ball) and then runs back to their nest (base)
- e. They take turns running back and forth
- f. When all the balls are gone each group counts their nuts (balls) the group with the most nuts wins.

4. Fielding First Base

This position emphasis is on receiving the ball from the fielder and attempting to get the force out at First Base.

- a. Field the ball thrown from the infielder.
- b. Quickly run to touch First Base for the Force OUT.

Hitting Drills

1. Hitting Position

At the Blastball Division, the emphasis is to get the players into the correct batter's stance and begin working on the mechanics of the swing. Hands together, Elbow Up, Bat Up (pointing towards the sky).

- a. Repetition is key with words and positioning.
- b. Position the player in front of the batting Tee with the bat in the correct position.
- c. Verbal queues can be used to emphasize positioning and the command to swing.
 - i. Elbow Up. Bat Up. Eyes on Ball. Swing Hard – RUN !!!



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Base Running Drills

1. Honk It
The desired effect here is to get the player to get to first base in a straight line.
 - a. Set fielding orange cones out between Home Plate and First Base to highlight the path to First Base
 - b. From Home Plate, have the player run to first base and stomp on it to make it honk.
 - i. Players should return back to home plate by walking/running in foul territory.
2. You can also use cones to mark the approximate spot of second and third base, and do some follow the leader base running