



Baden Youth Association Rookie Baseball FAQ

Q1: What is BYA Rookie Baseball?

A: A non-competitive, introductory baseball program for 5- & 6-year-old boys and girls designed to help ease the transition from Tee-Ball (3-4 years old) to Coach Pitch Baseball (7-8 years old).

Q2: What is the overall goal of Rookie Baseball?

A: To build confidence in young players both offensively (at bat) and defensively (in the field). When at bat, we want to increase the likelihood of a player contacting the ball. When in the field, we want the players to have as many situational opportunities as possible.

Q3: Why do you use foam bats and wiffle-ball bats?

A: Foam bats and wiffle-ball bats increase the odds of a batter putting the ball in play and are an excellent learning tool for developing hand-eye coordination. A player's confidence grows when they contact the ball regardless of which type of bat they're using. Too often, players are using real baseball bats that haven't been sized correctly (too heavy, too long) and they're striking out after three pitches. The real bats cost a lot of money and look cool, but they're useless if they end up collecting dust or are sold for half the price after the player loses interest in the game or grows out it after a year of use. A higher success rate at this age is far more important than the type of bat they're using. Read more about the Big Bat method [here](#).

Q4: If it's BASEBALL, why do you still use batting tees?

A: Again, it's about the success rate. We'd rather have batters putting the balls in play than striking out after three pitches. This builds their confidence and creates more defensive opportunities for the fielders.

Q5: My child is/I'm embarrassed that we must use a batting tee or big bat.

A: Don't be! Younger players that learn the fundamentals of a proper swing by using a tee will have a tremendous advantage as they age. There's no reason to rush the development process. There's no better way to learn the mechanics of a good swing than through hundreds of repetitions off a tee. Don't believe us? [Check this out](#).

Q5: Shouldn't the kids be learning "3 strikes and you're out"?

A: Yes, but that's not a priority at this age. Striking out drains confidence, leads to boredom (on both sides of the ball), and causes kids to lose interest in the game altogether. They'll learn plenty about the "3 strikes" rule in Coach Pitch and Kid Pitch. There's no reason to push that on them too early. If a batter doesn't hit the ball after 5 pitches from the coach, they get 3 swings on the tee. If they don't make contact after 3 swings on the tee, they're called out.

Q6: Why does the coach pitch from such a short distance?

A: Same as above, it's about the success rate. Coach pitchers are encouraged to pitch from any distance that allows the batters to put the ball in play as often as possible. At this age, pitching distance is less important than players seeing the ball coming out of the coach's hand from an overhand throwing motion. Coach pitchers may also pitch from a knee so the ball doesn't have a downward trajectory which makes it even more difficult to make contact.

Q7: What kind of ball is used during games?

A: We use a lightweight, compression style baseball for safety reasons. The ball is the same circumference as a regular baseball but is about half the weight of a regular baseball.

Q8: Why doesn't the game look more like real baseball?

A: Because these are 5 and 6-year-old kids, many of whom are playing the game for the first time. Learning the fundamentals of baseball takes many years of practice and requires a mental focus that 5 and 6-year-old kids just don't have yet. However, the more repetitions the players have at bat and on the field at a young age, the more likely they are to focus on the little things that make the game look more like real baseball.

Q9: My player loves baseball. How can he/she become a better player?

A: Practice, practice, practice. We tell our players, "you get better when no one is watching". To improve, players must be practicing on their own time, with parents or with friends. Repetitions with proper form is key. Check the [Coaches](#) and [Parents](#) section of our website for some drills. Also, the BYA offers pre-season, indoor practices for Rookie players in February & March.