Psychology of Coaching T-Ball for 3-5 Year Old Children

As part of our Sport Psychology class we have partaken in assisting the coaches of the T-ball program at the local YMCA. We put our learning from class lectures, online videos and previously taped interviews into action by using that knowledge to help improve the understanding and performance of the game for these 3-5 year old children. As each class progresses, we were able to see the improvement of gross motor skills, attention to detail, and increased knowledge of the game.

Service-learning at it's best!