
“The Coach Clipboard”
Thanks for Coaching!

First let us thank you for volunteering to coach for Kidsports. We know that it is a significant commitment of your time and energy. By coaching you are helping to provide a wonderful athletic experience for youth in our community. Kidsports would not be able to do what is does without the help they receive from members of the community like yourself.

Sports participation is important because it teaches children the value of physical fitness, sportsmanship, practice and team work. Our hope is that each player is allowed to achieve their personal best while having fun. This manual will hopefully give you some ideas and resources that will prepare you to be able to create a sport environment for all your players that allow them to achieve their personal best....while having fun.

Coaching the K-3rd grade player

You do not need to be the best baseball coach or even know that much about the techniques of baseball to be considered the “greatest coach in the world” by your players. By creating a fun and safe environment for your players you will give them the room to fall in love with the sport. Teaching baseball is not the most important task you have while coaching your players. In fact many of your young players will need to learn to run, jump, stop, balance, spin, etc, before they will be ready to learn the finer points of Baseball of Softball. This manual is designed on the principle of “fit the activity to the child....not the child to the activity”. This is why we have given you insight into the developmental stage that you are coaching. The hope is that by understanding physical and mental differences between the 5 year old and the 8 year old you will be able to teach the appropriate skills to the appropriate age. By teaching the age appropriate skills to the players your coaching you will decrease the amount of negative frustration that you and your players experience and hopefully increase the enjoyment in the sport for everyone. Through the season KIDSPORTS recommends that coaches have either an assistant coach or another parent be present at all practices or other team activities. Coaches should never be alone one on one with any player. Coaches must have a player transportation form filled out for any player they will be driving to practices or games.
Team Management

Parent Meeting:

The parent meeting is very important and is also often overlooked. It is an opportunity to get to know your families better and let them get to know you. This will allow you to set the stage for open communication, let them know your expectations, as well as give the nuts and bolts information about the team. In this meeting you should:

- Briefly introduce yourself.
- Tell them what your focus is for the players and team. (i.e. Have fun, teach appropriate skills, have them want to play again)
- Tell them what they can expect from you: to be on time, be prepared, be positive, be fair, etc. (see sample of coach pledge)
- Tell them what expectations you have of them: get child to practice, communicate if they will be absent or late, be positive, pick-up on time etc. (See sample of parent pledge and player pledge)
- Make sure you cover how you will communicate all information about games and practices with them (email, text, bonzi?).
- Make sure you have all the correct emails and phone numbers.
- It is a good idea to have paper copies of the practice schedule and game schedule to hand out even if you plan on sending that information electronically. Nothing gets a family off to a bad sports experience more than not getting information and their child missing practices or games.
- Get parent volunteers for refereeing (for the K- 2nd grade group), and help with snacks, carpools, awards, etc.

Team Meeting:

It is also a good idea to take a few minutes to have a team meeting. Keep this brief and simple. Just introduce yourself and have each player introduce themselves. You can also have them answer a simple question such as “what is your favorite food” or “what is your favorite animal”? This is a simple icebreaker that will help the players get to know each other. You also will want to let them know what your coaching will focus on, but in a way they will be able to understand. For example you could say:

“We are going to have a great time this Baseball/Softball season! We are going to learn all the ways we can move our bodies and learn how to play Baseball/Softball. You all are going to be learning lots of new things and even if things are hard to begin with, I am going to want you to keep giving your best
effort. That is how we will know if we are winning…if we are giving our best effort and learning new things. OK?! Now let’s get started!”

You will also want to let them know your rules for the team. Don’t have a big long list, just a few important rules that they will remember. Your rules will all be slightly different depending on your own personal style. Some examples of team rules are: 1) No talking when the coach is talking. 2) No negative comments to other players. 3) Give your best effort. 4) Have fun!

**Game Time:**

Game time should be a fun exciting experience that allows the players to play and practice all the things they have been learning in practices. The players who have never played the game before may be a bit nervous before the first game. For this age volunteers referee the game. The offensive team provides the home plate umpire and the defensive team provides the field umpire. These umpires are often the coaches but they do not have to be. Parents can volunteer to do this duty. You can usually get a couple of parents to help if you let them know at the beginning of the season. *Other important things to consider for game time are:*

- Letting families know how early to show up for a game…30 min prior? 15 min prior?
- What warm-up activities will you have your team do before a game? You will want them to get moving and ready to play, especially if the weather is chilly or wet.
- Making sure families and players know what behaviors are acceptable on the sidelines and in the game: cheering for both teams, no negative comments, no coaching from the sidelines, good sportsmanship. *Understand that the players and families will follow your example of behavior.*
- What is the purpose of the game? Not winning at this age….they will of course keep track of runs anyway. Your job will be to continually re-direct them to look at their own effort and if they are getting better at the skills to figure out if they are “winning”.
- Make sure all players are allowed to play in all areas of the field. No player should be labeled just a 1st baseman or outfielder at this age
- What will your post game routine be? High-fives? A brief meeting? A team cheer? A snack. Try to be consistent; your players will look forward to whatever you do. The goal is to end the day with a positive message.
Coaching The K-1st Grade Player

Developmental considerations: “It’s all about me!”

Psychological/Cognitive

* Individually oriented (egocentric)
* Short attention span
* Easily bruised psychologically
* Perform tasks one at a time
* “It’s MINE” is a commonly used phrase.
* Limited tactical abilities
* Biggest concern is which way to run after a hit and where to throw the ball.

Physical/Motor:

* No sense of pace...will often run until they drop
* Running, jumping, skipping, hopping and maintaining balance are not fully developed at this age.
* Will often fall when changing direction because of high center of gravity.
* Need multiple breaks during practice and games.

Psycho– social:

* Could be first exposure to team sport.
* Need to feel secure in practice and games
* Social development is limited
* Low interest in team activities or concepts. Often thinks about self first.

Coaching Consideration:

* Give brief directions
* Use several short activities
* Lots of water breaks
* Short training session (45min – 1hour)
* Emphasize confidence and familiarity with the ball, throwing and catching.
* Give plenty of encouragement and very little criticism or correction.
* Primary focus is making baseball so enjoyable that the child chooses to play the next season.

* By the end of the season the player should be capable of: 1) Throwing the ball with some accuracy 15 to 20 ft. 2) Catching the ball with glove using 2 hands 50% of the time when thrown to them 3) Running the bases in the correct way during live play. 4) Proper swing to hit the ball off the Tee about 80% of the time.
The Kindergarten Game: T-Ball

Game is 5 innings. Time Limit: No new innings after 1 hour. Played with 10 players on the field: 4 outfielders, 6 infielders. 10 batters hit each inning regardless of “outs”. Each batter is given 3 attempts to hit a ball into play. Please do not allow unlimited swings as it results in very short games.

The 1st grade Baseball/1&2nd grade Softball Game: Modified Coach Pitch

Game is 5 innings. Time limit: No new innings begun after 1 hour and 15 min. Played with 10 players on the field: 4 outfielders, 6 in fielders. 10 Batters bat each inning regardless of “outs”. Coaches pitch to their own team. A coach pitches a maximum of 3 pitches to a player, if they do not hit the ball into play they will be given 3 attempts to hit off of the Tee.
Coaching the 2nd & 3rd grade player

Developmental Consideration: “Me and my partner”

Psychological/Cognitive:

* Attention span a bit longer than K/1st player but still limited
* Developing an ability to form a rule structure.
* Still has limited ability to concentrate on more than one task at a time.
* Beginning to understand the relation between time and space
* Effort is synonymous with performance for them; if they feel they tried hard, they feel they have performed well.

Physical/Motor:

* Bones still growing; growth plates are near joints. (Be aware of possible Injuries to those areas)
* Still lack sense of pace; will run till they drop
* Improved coordination from K/1st, but physical immaturity is still obvious.
* Boys and girls are still similar in physical development
* Beginning to develop physical confidence

Psycho–social:

* Beginning to understand cooperative play and are more inclined towards group activities.
* High need for approval from adults
* Easily bruised psychologically; negative comments carry great weight.
* Intrinsically motivated; play because it is “fun” and for their own enjoyment.
* Increased desire for social acceptance.
* Beginning to develop a team identity.

Coaching Consideration:

* Practice should be no more than an hour. The will lose focus.
* Mixture of individual and partner activities; more activities designed for partners.
* Conclude each session with whole team scrimmage....let them play!
* Stay away from complex team tactics and focus 2 or 3 players working together: for example. The pitcher throws to 1st and the right fielder moves to cover the throw.
* Coach should begin to focus on helping players learn what “to do next” ...after they hit, after the ball is hit, after they throw, ect.

** By the end of the season the player should be able to: 1) Throw the ball with accuracy 20 -25 ft. 2) Catch a ball thrown to them, with two hands 70% of the time 3) be able to hit from coach 50% of the time and off a Tee 90-95% of the time.
4) Understand the basics of what to do on defense when the ball is hit into play: how to make an out & how to help a teammate.
The 2nd grade Baseball/3rd grade Softball: Coach Pitch

Game 5 innings. Time limit: no new innings may begin after 1 hour and 15 mins (baseball) or 1 hour and 30 mins (Softball). Teams play with 10 players on the field: 4 outfielders, 6 infielders. An inning ends after 10 players have batted OR 3 outs are made. If a team has a 10 run lead after the 4th inning the game is terminated. A coach will pitch to their own team. A player is given a maximum of 5 pitches to hit a ball into play. A player is not out on a 3rd strike unless it is the 5th pitch.
Coach To-Do List
What to do after you get your roster:

___ Get all equipment and Uniforms
___ Sign up for practices
___ Contact all families to let them know when the first practice is and where it will be
___ Let parents know when your parent meeting will be
___ Give out the Parent - Athlete Concussion Awareness information sheet.
___ Print up letter to parents...with parent code of conduct
___ Get volunteers for parent referees and team managers: Let them know about any requirements they need to complete.
___ Let parents know what they can expect from you
___ Get an updated contact list for all parents
___ Make sure all your families follow their invite from Bonzi for Team Stream.
___ Let families know how you will contact them...text, email, phone call
___ Meet with players and go over expectations and team rules
___ Plan your first week of practices
___ Before the first game prepare your game rotation for game (2nd –3rd grade)
___ Have a great season!
Resource Guide

These were the websites used to produce the games and activities page. There is further information listed on these websites that may be useful to keep your practices fun, exciting and productive.

Websites used for drill selection:

Teeball USA  http://www.teeballusa.org/DrillsGames.asp

Coach Mentoring:

We have several experienced coaches in all areas of Eugene/Springfield who have volunteered to be available as a resource to new coaches. These coaches are experienced in not only teaching soccer skills, but also in making sure that all players have a positive experience. They are willing to meet with you, come to a practice or help problem solve a specific issue. Please contact Beth Nitkowski for more information. Bethn@kidsports.org
Games and Activities

WARM UP DRILLS

Dynamic Warm-up: Get them warmed up and ready to stretch.

- Jog to outfield and back
- Lunges: front, side and backward.
- Sprint at 50% to outfield and back, then at 75% and back

Stretches:

- Arm circles, Elbow grab, Arm bar
- Front hang leg stretch

Throwing warm-up:

As always, have the girls/boys start practice by warming up their arms playing catch. They can warm up and you can instruct at the same time. Encourage these young players to hold the ball with 4 seems and 3 or 4 fingers.

- Have them line up in outfield using third base line as reference
- Half of team on outfield third base line and half 7-8 feet across in pairs
- Flip drill: Palm up holding ball with arm in front in an “L” position kneeling with opposite knee on the ground. Flip wrist and throw to partner.

Proper throwing motion drill:

- Same pairs move to 10 feet apart. Feet and shoulders are square. Player on 3rd base line should be facing toward home and partner facing toward outfield while heads turned toward one another. When throwing player should point glove at partner and arm should be in an “L” throwing position. Ball should be held palm down and wrist slightly bent. Some coaches refer to this position as the “Duck Position.” Throw to the partner while stepping across your body with your right foot (this will be opposite for left handed players.)

They should be extending their arms back behind their body and then following on thru once they have thrown the baseball.

Start them out close together and then have them move farther apart. Keep moving them apart until they reach their maximum throwing distance.
HITTING DRILLS

**Tee Drill:** Player should measure themselves from farthest part of plate with their bat to get into proper position to the plate. Players should grip the bat with fingers 1st and knuckles should be facing in the same direction facing away from the batter. Shoulders should be square and feet should be approximately shoulder width apart and knees bent in athletic position. Player should then distribute weight approximately 60% back and 40% front. Hands should be approximately level with back shoulder and eye level. Player should take small front foot stride, start swing leading with hands, while turning back foot (ball of foot) and finishing their swing after contact. Some refer to turning the back foot as “squishing the bug” and this is very important because it helps open hips for power. A lot of kids at this age stop their swing once contact is made. A best practice for this is to have them hit deflated soccer balls off the tee as this will force them to finish their swing. After this drill you would want to have them hit normal size baseballs as well.

**Ghost Swing.** Each player will wind up to swing to hit an imaginary ball. The player freezes when they have completed the swing to articulate their form when batting. You can add “squishing the bug” to the form of the batter to emphasize the movement of the foot turning as they swing. Focus on the hip movement, moving them from an open hip stance turning towards where the ball is being pitched or hit off a tee. (QCBaseball.com)

**Coach Pitch One Knee soft toss:** From approximately 12-15 feet. Have coach on one knee overhand pitching to players while the other coach stands beside player for instruction. Make sure you are not throwing lolly pops as this doesn’t teach the kids to swing level and in most cases teaches them to swing up. The coach beside the player should instruct after each swing and have player reset their stance before next pitch.

BASE RUNNING DRILLS

**Catch the Coach.** Coach runs from home plate to first base. After a few steps, coach shouts “tag me” to a player holding a ball, who runs after the coach and tries to tag him out. Coach to decide where/when/if the runner is successful. (Teeball USA)

**Track Meet.** Two players at home plate. At the "start", one runs to 3rd base, the other to 1st base. They continue running [in opposite directions] around the bases. First one to return to home plate wins. **Note:** to avoid collisions, instruct the runner that begins via 1st base to touch 2nd base from the outside corner; the other runner, coming from 3rd base, touches the inside corner of 2nd base. (Teeball USA)

**Run Down.** Two fielders and a runner, who tries to run from one base to another without getting tagged out. Participants rotate positions. (Teeball USA)

**Catch the Players.** Coach starts four or more players about 10 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players [alternate: snatch off their caps.] (Teeball USA)

**Infield Invaders.** Begin with players on first and second and one player in the batters box. The rest of the player will form a line behind home to prepare to run the bases. Place coaches at each base as necessary. A coach will hit ground balls to any part of the field to allow the runner from home to run through first. If the ball is a ground ball, the player runs through one base but if
the ball is a fly ball then a coach must instruct the player to tag up and determine whether the player should run home or not. (*QCBaseball.com*)

**Race for the Base.** Split the team in equal halves. Have half the team start at home and half at second. Have the first player in line start with the ball in his hand. Each team will start running around the bases. After each player runs around the bases, he will hand the ball to the next player. First team that gets all players completely around wins. (*QCBaseball.com*)

**Infield Popup Drill:** Have player stand on the bag with one coach playing deep second and another coach throwing him pop ups. The principle is to teach kids that they shouldn’t automatically run on a pop up and they shouldn’t automatically stand on the bag either. When the ball goes in the air teach the kids to take 3 full steps off the bag. Have the coach throw to the second base coach and either make the catch or drop it on purpose. Teach the kids when caught to quickly get back to the bag and when dropped to be ready to go to the next base. You will be amazed after doing this consistently for two or three practices how they will adapt to this and how many outs you will save.

**Running through 1st base drill:** Line kids up at home plate and one by one have them run to 1st base running through it and peeling toward the dugout after running all the way through the bag. A lot of kids at this age will decelerate when getting to 1st and typically stop right on it. There aren’t a lot of throws being made to 1st at the youngest ages but they will be learning how to save those few seconds by running all the way through and prevent outs by peeling out of the base path toward the 1st base dugout.

**Stop at second base drills:** These drills are to make sure that the kids learn the only base you can run through is 1st, and learn what to do when reaching 2nd. Have kids start at 1st and run on command to second having them stop on second and look to the 3rd base coach for instruction. After the kids have become proficient at this you can then start to teach them how to properly round second by pushing of the inside of the bag with the outside of their right foot to gain momentum.

**CATCHING DRILLS**

**Catch.** Two or more players play catch. Keep score of the number of successful catches. (*Teeball USA*)

**Discover the Meteorite.** Coach will throw balls from home plate as if he is a batter. Each correct position determined, a player gets 1,000 points. Players that catch the ball with their gloves are those awarded with the points. (It is similar to the game of “500”, when a football is thrown for points).

**Just Block It.** Coach hits ball directly to a fielder. Emphasis is on stopping the ball from getting through to the outfield. OK to just block the ball; [better, of course, to catch it.] Can be a game with a point scored from every block, two for a catch and zero if the ball is not stopped (*Teeball USA*)

**Scoop or Pick-up.** Two players [or two rows of players] line up about 10 feet apart. From kneeling position, one player rolls the ball to the other. Repeat 10 to 15 times. (*Teeball USA*)

**One and Two.** Two players play catch. Thrower scores 2 points if ball is ball is caught at or above the shoulders. 1 point if caught between waist and shoulders. No points if caught below the waist or not caught. First player to score 10 points wins. (*Teeball USA*)
Dive. Coach throws or hits ball to one side or the other of a fielder, who has to dive to make the catch. Then, throw to 1st base. (*Teeball USA*)

Distraction. Coach rolls the ball to a fielder, but another player runs in front of the fielder and tries to break the fielder’s concentration on catching the ball. (*Teeball USA*)

Catching Contest. Players are in pairs and throw the ball back and forth between each other. Last pair that has not dropped a ball wins. (*Teeball USA*)

Catching Flies. Hit or throw fly balls to fielders by using a soft baseball, rubber ball or tennis ball. Repetition and practice are the key to success. (*Teeball USA*)

Crab Drill. Player is in basic fielding set position stance, crouched forward with glove open and down. Player takes three or four steps as coach rolls the ball. (*Teeball USA*)

Base Slides. Coach will stand midway between first and second. First player in line will run to first and get in position to receive the catch. Coach will deliver a throw trying to alternate the location of the throw so players can work on footwork in all directions. Once a player has caught the ball he will throw it back to the coach and go to the end of the line. As players go through the line, coach should move to simulate throws coming from other positions. (*QCBaseball.com*)

Out-catch the Runner. Two coaches will line up on the pitcher’s mound, once facing first base and the other facing 3rd base. There will be players lined up just outside the where the coaches are at. As well, there will be a player on 3rd base and a player on 1st base. The rest of the team will be split in half in a line behind 2nd base and home plate.

   The first coach is lined up facing first base and they will throw a grounder in the grass. The player lined up near them will run and scoop up the ball to throw it to the player sitting on 1st base. When the ball is released from the coaches hand the player at home will run as fast as they can to first to see if they can beat the throw to first base. The same thing will be happening with 2nd and 3rd base, just flipped. Rotate based on whatever works best for your team, it can be each time or letting the infielder and 1st baseman sit at their positions for a few rounds.

Infield Alligator Drill: Feet shoulder width apart with players knees bent in crouched athletic position. Same knee bend as guarding someone in basketball. Players should be in a low position with weight on balls of their feet. Roll ball to the player and have them move glove to field the ball in a smooth motions. One analogy is to tell them to move their love to the ball like an airplane landing. This will prevent quick jerky movements and why most kids miss the ball between their legs. As the ball enters their glove the player’s free hand should trap the ball into the glove to prevent it from bouncing out. The alligator analogy comes from clamping down on the ball like alligator jaws. The glove should be on the ground palm up. And base of the other hand should be touching the glove.  Add in footwork and throwing to a designated position.

Pop up drill: You will need to use soft baseballs or tennis balls for this drill. Have players stand in the athletic fielding position and catch with glove at approximately eye level without blocking view and palm up with fingers extended to the sky (overhand) Most kids will struggle with this and want to catch underhanded or over handed with glove away from their body one handed. To get them used to this way of catching a pop fly, start from a short distance of 5 ft and use the soft balls. Make sure that they are catching with both hands. A good way to help them understand how to catch with two hands is to have them take off their gloves and put both hands spread out in front of them with thumbs touching. Then with thumbs touching have them rotate the throwing hand with thumbs together with catching hand.
THROWING DRILLS

**Bounce to the Bucket.** Large basket or cooler put on a base. Outfielders try to throw and bounce the ball into the open container. Can be done as a game with 10 points for getting the ball in, 5 for hitting the bucket and 1 point for the nearest bounce, no matter where the ball ends up. This drill/game teaches throwing from the outfield to a base. ([Teeball USA](https://www.teeballusa.com))

**Crow Hop.** Classic throwing drill. Player takes a short step and a hop in the direction of the intended throw. ([Teeball USA](https://www.teeballusa.com))

For outfielders who need more power, use these steps to learn the proper crow Hop.

- **The throwing-side foot leads:** Bend your knee and bring it as high as you can. At the very least, your knee should be bent at 90 degrees so that your thigh is parallel to the ground. Then, work on getting it even higher (think midway between your hip and chest). The higher your knee, the farther and stronger your crow hop will be.

- **The back leg follows:** Once your throwing-side foot reaches the highest point of your hop, your back leg follows. This leg needs to get as high as your throwing-side leg.

- **The back foot lands, then throw:** Once your back foot lands, throw!

- **The front foot follows through:** After your back leg lands and you’ve released the ball, follow through with your front foot to ensure that your throw is on target. Allow your momentum to bring you forward. Some people drag their throwing arm on the ground in front of their opposite foot. Others, however, have such momentum that they fall forward — this is okay!

**Baseball Curling.** Set up two boxes zoned by cones. Separate them an appropriate distance away from one another so that teams have the chance to be able to throw ball in the other teams square. Split the team in half to opposite boxes. The goal is to get the ball into the box of the other team. Each player gets three balls to try to put in the other team’s box. The team with the least amount of baseballs in their box wins.

**Round the Horn.** Have players stand at different position in the field. Have the players throw the ball around in a rotation. After completing a complete rotation to all the players on the field, rotate the players to a new position on the field. ([QCBaseball.com](https://www.qcbaseball.com))

**Egg Throw.** Take a raw egg and have myself and another coach stand about 5-10 feet apart. Toss the egg back and forth between coaches. Explain to the players that they must have soft and catch it gently. You may want to break an egg by using hard hands and inflexible movement to show your players that it is better it is to keep your arm relaxed. It is up to you whether you would like your team to try it or not. ([QCBaseball.com](https://www.qcbaseball.com))
# PRACTICE PLAN

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<thead>
<tr>
<th>Name: Kidsports United</th>
<th>Date: 5/27</th>
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<tr>
<td>Age Group: Kinders</td>
<td>Focus:</td>
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## Warm Up:
- Jogging the bases
- Arm stretches
- **Flip Drill**: 5mins

## Notes / Setup / Coaching Points
- Pairs, start at 7-8 feet apart.
- All coaches’ help with proper form: don’t let them “throw” but flip ball.

## Throwing Drills:
- **Proper Throwing Motion Drill**: 10 mins
- **Around the Horn**: 5-7mins

## Throwing Drills:
- Pairs, move to 10 feet apart
- All coaches work with them on proper form. (see drill description)
- Rotate players through positions

## Base Running Drills:
- **Run through 1st base drill**: 5 mins
- **Catch the Players**: 5mins
### Catching Drills:
- **Crab Drill**: 5-8min
- **Infield Alligator Drill**: 5-8 mins

- Show proper athletic baseball ready position. Instruct players on moving to ball to field ball.
- Coach rolls balls side to side and players “crab” to ball.
- Make sure players are catching with 2 hands “like alligator”.

### Hitting Drills:
- Ghost Swing
- Tee Drill: hitting soccer balls
- Tee Drill: hitting baseballs

- Start out with ghost swings, working on technique. Then progress to soccer balls and then end with regular balls off the tee.
- Have one coach at the tee helping to reset stance and work on swing.
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<td>Focus: Fielding/Out-fielding</td>
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**Warm Up:**
- Jogging out and back
- Stretches
  - **Flip drill:** 5mins
  - **Partner throwing:** 10 mins

**Notes / Setup / Coaching Points**
- Make sure players are properly warmed up before stretching or throwing
- Require proper technique
- Start at 7 feet then work up to longer distances.

**Throwing Drills:**
- **Crow Hop Drill:** infield: 5mins
- **Crow Hop Drill:** outfield: 5mins
- **Bounce to the Bucket:** 7 mins

**Base Running Drills:**
- **Infield popup drill:** 10 mins
- **Stop at 2nd base drill:** 10 mins

**Notes / Setup / Coaching Points**
- Start with ball in the glove: practice the quick hop/step/throw to coach
- Go over how outfielders can generate power of Crow Hop. Practice bigger hops/Steps/throws. (see drill explanation)
- Use large bucket or cooler. Give points for making it in from different distances
- Talk about that you don’t automatically run on a popup and don’t automatically stay on the base.
- Work on looking for 3rd base coach and proper foot placement on base.
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<tr>
<td>• <strong>Just Block It</strong>: 5 mins</td>
<td>• Explain how sometimes it is ok just to stop the ball (better to catch but at least get in front of it to stop it)</td>
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<td>• 1’s and 2’s: 5mins</td>
<td>• Fun partner game where you get points by a good throw and a proper catch.</td>
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<tr>
<td>• <strong>Pop up Drill</strong>: 10 min</td>
<td>• Use soft balls and start at short 5 ft distance.</td>
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**Hitting Drills:**

- **Coach One Knee Soft Toss**: 10 mins
  - Coach 12 -15 ft away
  - Over hand toss.
  - A coach at plate with player instructing
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# PRACTICE PLAN

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## Notes / Setup / Coaching Points

### Warm Up:

### Throwing Drills

### Base Running Drills:
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Coach Conduct Pledge

- I will be responsible for all the kids on my team.

  " I will do my best to insure that all the kids have fun playing sports.

  " I will treat all kids with respect and avoid negative criticism.

  " I will teach all kids the skills of the game, the values of teamwork and the meaning of good sportsmanship.

- I will lead by example and always demonstrate good sportsmanship during games.

  " I will see that "all kids play" regardless of skill level.

  " I will provide only encouragement and positive direction to players during games.

  " I will know the rules and always play by the rules.

  " I will respect the officials and their authority during games.

- I will communicate with the parents on my team and inform them of all team rules, practices and games. I will be on time to all practices and games.

- I will respect all facilities and equipment made available for my team to practice and play games.

- I will never use profanity, abusive language or threatening behavior towards any player, parent, coach or official.

- I will report to KIDSPORTS any perceived misconduct by coach, player, parent or official so it can be dealt with in the appropriate manner.

_________________________________  ____________________________
Coach Signature                        Date
Parent Conduct Pledge

I will enjoy my child’s opportunity to experience the benefits of sport.

I will trust in my child’s ability to have fun as well as to perform and achieve excellence on his/her own.

I will help my child to learn the right lessons from winning and losing and from individual accomplishments and mistakes.

I will respect my child’s teammates and fellow parents as well as the players, parents and coaches from opposing teams.

I will give only encouragement and applaud only positive accomplishments whether for my child, his/her teammates, their opponents or the officials.

I will respect my child’s coach and support his/her efforts. I will not instruct from the sidelines unless asked to by the coach.

I will insure that my child will attend all games and practices possible and, when not possible, I agree to inform the coach in advance.

I will respect all facilities made available so my child can play games and practice his/her sport.

I will respect any equipment or uniform that may be loaned to my child so that he/she can participate.

I will respect the officials and their authority during games.

I will never demonstrate threatening or abusive behavior or use foul language.

I will be responsible to report to KIDSPORTS any perceived misconduct by coach, player, parent or official so it can be dealt with in the appropriate manner.

___________________________________  _______________________
Parent signature                        Date

___________________________________
Childs Name
Player Conduct Pledge

1) I promise to give my best effort at all times.
2) I promise to respect the coach during practices and games.
3) I promise to be a good teammate by being positive and supportive with all players.
4) I will live up to the high standard of sportsmanship established by my coach.
5) I will respect my opponent, remembering we can compete on the field and be friendly off the field.
6) I will respect the officials at all times, never arguing with them about calls.
7) I will do my best to be at all practices and games on time and ready to play.
8) I will have fun.

_________________________  __________________
Player Signature