



Annandale Baseball-Softball Association
Coaches Meeting
Wednesday April 2, 2025



The Role of the Coach

The most important factor in youth athlete's experience is the Coach!

Thank you for your commitment to the kids.



Role of the Coach

- Help kids enjoy their athletic journey
- Develop Baseball and Softball Skills
- Teach the Game
- Be a positive role model
- Make every day at the park fun!



Remember.....



- ✓ This is a game
- ✓ These are kids
- ✓ Umpires are human (and many inexperienced)
- ✓ You represent Annandale



Practice Planning



1. Have plan!..... and communicate the plan to your assistants
2. Practices should be:
 - A. Instructional- Teach basics skills and techniques
 - B. Active- Keep kids moving. Small groups with lots of reps. Station based practices
 - C. Fun and Exciting- Bring the energy!



Game Management

- Make each game a positive experience
 - Find a role for all players
 - Players need to feel like they contributed
 - Encourage competitive play
 - Teach situations
 - Celebrate successes
 - Support players who fail
 - Foster a culture of teamwork
 - Demonstrate fair play and sportsmanship



Playing Time - Ages 9-12

		9-10 BB	10U SB	11-12BB	12U SB
Double Rostering	Community Ed	Rostered Team activities are the priority	based on Evaluation results and coach discretion	AA teams may consider double rostering A players for tournaments or State	Tier I team may double roster Tier 2 players for tournaments and State
League		Crow River	Crow River	Crow River- A/Gopher State/MYAS- AA at Director and coach discretion	Big West - Tier I, Crow River - Tier II
Playing Time		Equal	Equal	League: Equal playing time, Tournaments: Equal playing	League: Equal playing time, Tournaments: Equal playing
Positioning (INF/OF)		Balanced playing time INF/OF. Consider giving each player one or two infield positions to limit the amount of coverage responsibilities to remember	Balanced playing time INF/OF. Consider giving each player one or two infield positions to limit the amount of coverage responsibilities to remember	Some INF playing time for all . 1-2 innings in the INF per game for each player during league play and tournament	Some INF playing time for all . 1-2 innings in the INF per game for each player during league play and tournament
Pitching/Catching		Practice with any player who wants to try pitching/catching. Provide game opportunities for those that can throw strikes relatively consistently and can catch pitches being thrown.	Practice with any player who wants to try pitching/catching. Provide game opportunities for those that can throw strikes relatively consistently and can catch pitches being thrown.	Continue to develop as many pitchers and catchers as possible. Provide game opportunities for those demonstrating a competency and/or are practicing outside of team activities	Continue to develop as many pitchers and catchers as possible. Provide game opportunities for those demonstrating a competency and/or are practicing outside of team activities



Playing Time - Ages 13-18

A	E	G	H	I	J	K
		13-14BB	14U SB	16U/ HS Softbal Tier II	Jr. Legion and Legion	HS SB
Double Rostering	AA teams may consider doule rostering A players for tournaments or State	Crow River- A/Gopher State/MYAS- AA at Director and coach discretion	Tier I team may double roster Tier 2 players for tournaments and State			
League	League: Equal Playing Time	League: Equal	Big West - Tier I, Crow River - Tier II	League: Equal	Gopher State and Legion/Jr Legion	Big West
Playing Time	Tournaments: Per Tournament Rule	Tournaments: Per Tournament Rule	League: Equal Tournaments: Per Tournament Rule	League: Equal Tournaments: Per Tournament Rule	League: Per League Rules Tournaments: Per Tournament Rules	League: Per League Rules Tournaments: Per Tournament Rules
Positioning (INF/OF)	Begin to specialize in positions. Less commitment to balancing INF and OF postioning	Begin to specialize in positions. Less commitment to balancing INF and OF postioning	Begin to specialize in positions. Less commitment to balancing INF and OF postioning	Begin to specialize in positions. Less commitment to balancing INF and OF postioning	Playing to win. Coaches to find ways for all players to contribute to the team success.	Playing to win. Coaches to find ways for all players to contribute to the team success.
Pitching/Catching	Continue to develop as many pitchers and catchers as possible. Provide game opportunities for those demonstrating a compency and/or are practicing outside of team activities	Likely 2-3 pitcher pitching most inning and 1- 2 catchers. Priority to those with skills AND are practicing outside of team activities		Coaches Discretion	Per League and Tournament Rulles. Playing to win. Coaches to find ways for all players to contribute to the team success.	Per League and Tournament Rulles. Playing to win. Coaches to find ways for all players to contribute to the team success.

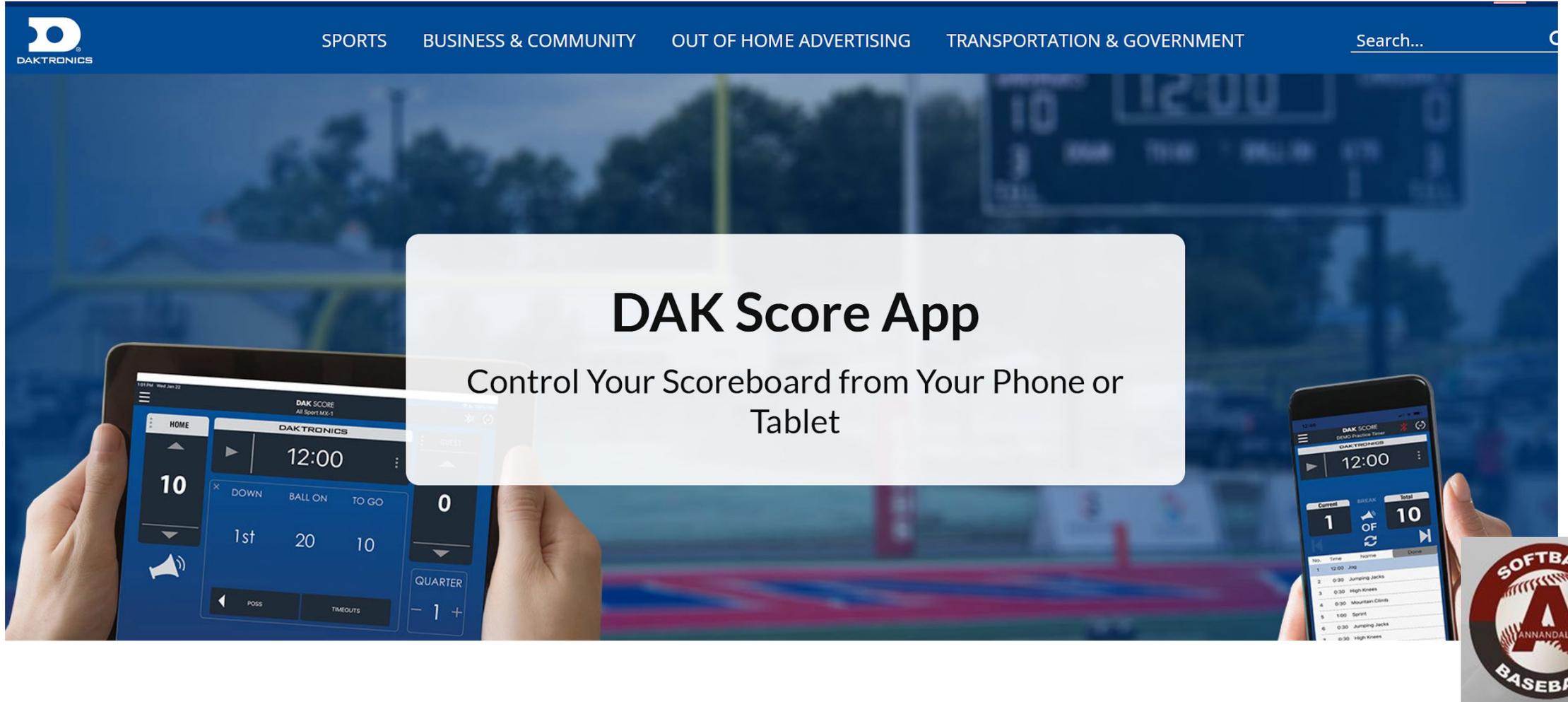


Fields

- ARP 1-4
- Driste
- JV Baseball
- JV Softball
- Big Woods
- City Park
- South Haven



Scoreboards Controllers



The image displays the DAK Score App interface on both a tablet and a smartphone. The tablet screen shows a scoreboard with a score of 10 to 0, a 12:00 timer, and game controls like 'DOWN', 'BALL ON', and 'TO GO'. The smartphone screen shows a similar scoreboard with a score of 1 to 10 and a list of activities. A central white box contains the text 'DAK Score App' and 'Control Your Scoreboard from Your Phone or Tablet'. The background is a blurred image of a sports field.

DAK Score App
Control Your Scoreboard from Your Phone or Tablet

SOFTBALL ANNANDALE BASEBALL

Field Maintenance

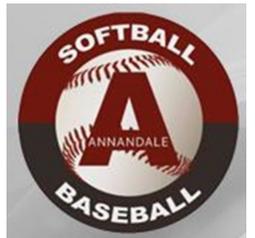
- Field Crew
 - Grady Miller and Keagan Grube
- Daily Field Prep
- Tournament Field Prep



Field Conditions/Cancellation/Re-Schedule



- Keith will work with Community Ed to make a decision on field conditions.
- Communication will be sent to all coaches. Target 1:00 decision.
- Coaches view Field Schedule on ABBSSB website to find an open field for re-schedule.
- Reserve the field by emailing/texting Travis Jenniges. trjenniges@gmail.com or 612-306-5723.
- Coordinate with your opponents



Putting the Field to Bed



- Take out Bases
- Pitching Mounds- 3rd base line
- Remove temporary pitching rubbers (SB)
- Raking- mound, home plate, high traffic sliding areas
- Blow out dug-outs
- Blow fan seating area- (Seed piles)



Restrooms at ARP

- Concession stand volunteers will have the keys to the Restrooms at Annandale Rec Park



Concession Stand

- Each Team will be assigned to volunteer a night in June.
- Please work with your manager to staff that night.
- Families will be asked to volunteer for tournaments.
- Please encourage participation.
- Tournaments are a significant revenue source providing resources and keeping fee down.



Coaches Checklist



- Equipment Pick-up -
 - Thursday April 3rd 6:00-8:00 ARP
 - Tuesday April 8th 6:00-8:00 ARP
- Key- #3216 Padlocks- Access to equipment room, white boxes, Big Woods
- Trusted Coaches
- Recruit a Manager
- Schedule a Parent Meeting



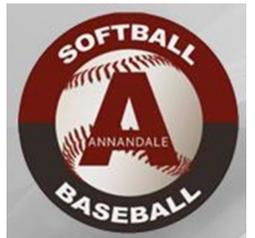
Parent Meeting

- Communicate:
 - Player Expectations
 - Parent Expectation
 - Coach Expectations
 - Playing Time
 - Positioning
 - Batting Order
 - Uniforms
 - Bat Regulations



Uniforms

- Baseball 11-Jr Legion
 - Grey Pants, Black Belts, Black Socks, Black Helmets,
- Softball 12U-14U
 - Black Pants, Red Belts, Red Socks, Black Helmets



Fastpitch Approved Bat Stamps

				
<p>Allowed in all games</p>			<p>Allowed in all Slow Pitch, Men's and JO Boys Fast Pitch and Men's Modified Only</p>	



Baseball Bat Regulations

9-14 YEAR OLDS

Big Barrel Bats (2 5/8" or 2 3/4"- 14u & Below) - Only those big barrel bats made by approved USSSA or USA licensed manufacturers that are either...

- (1) Made with the USSSA or USA Mark (see image); or
- (2) Is a qualified BBCOR bat; or
- (3) Is Wood

Small Barrel Bats (2-1/4" in diameter or less) - Only those small barrel bats made by approved USSSA or USA licensed manufacturers that are either...

- (1) Made with the USSSA or USA Mark (see image); or
- (2) Is Wood

Small Barrel Bat Comment: The above includes Tee Ball bats that are longer than 23 inches in length. Tee Ball bats 23 inches and shorter in length from approved USSSA licensed manufacturers will continue to be allowed without the NEW or Old USSSA marks.

15-19 YEAR OLDS

Big Barrel Bats (2 5/8" or 2 3/4")

NFHS RULE

Rule 1-3-2: the bat which may be a wood or non-wood product shall be a smooth implement, from the top of the cap to the top of the knob. All non-wood bats shall meet the Batted Ball Coefficient or Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark.



Baseball Bat Regulations

AGE	MAX DIAMETER @ THICKEST PART	LENGTH	WEIGHT DIFFERENTIAL	EXAMPLE
9U - 11U	2 1/4"	Unlimited	Unlimited	
	2 1/2"	Unlimited	Unlimited	
	2 3/4"	Unlimited	Unlimited	
	2 5/8"	Unlimited	Unlimited	
12U - 13U	2 1/4"	Unlimited	Unlimited	Unlimited
	2 1/2"	36" or less	-10	31-inch bat cannot weight less than 21 ounces
	2 3/4"	36" or less	-10	
	2 5/8"	36" or less	-10	
14U - 14/15A	2 3/4"	36" or less	-5	32-inch bat cannot weight less than 27 ounces
15U - 14/15A - 16U-19U	2 5/8"	36" or less	-3	32-inch bat cannot weight less than 29 ounces



Questions?

