

**New Ulm Junior Baseball Association
Coaching Guide
2017**

Fundamental Skills by Group:

| K/1st | 2nd/3rd | 4th/5th |
|--|---------------------------|--|
| Rules of Game | Pitching Fundamentals | Specific Pitches |
| Field positions | Relays/Cuts from Outfield | Bunting |
| Base Running | Defensive Coverage | Stealing |
| Sliding | Tagging Up | Leading Off |
| Listening to Coach | Double Play | Bunt Coverage |
| Communication | | Run Down Plays |
| Hand/Eye Coordination | | Pick Off Plays |
| Throwing Mechanics | | Learning Signs |
| Fielding Position/ Catching Fly Balls | | 1 st and 3 rd Situations |
| Batting Mechanics | | |
| | | |

General Rules of the Game Include:

- *How runs are scored
- *How outs are made
- *Balls/Strikes
- *How and when runners advance
- *Understand force and tag out situations

Correct Techniques for:

Throwing: (Keep your thumb down as extending arm back, “reach in the cookie jar”, Step with the foot opposite your throwing hand, keep throwing elbow above shoulder)
<https://www.youtube.com/watch?v=HYaOlDEamHY>

Playing Catch: <https://www.youtube.com/watch?v=JTuoPUgmglw>

Catching Fly Balls: (Get under ball, Glove above head, Call for it)
<https://www.youtube.com/watch?v=23xvyLNNAFU>

Fielding: (Athletic Stance, “alligator hands”)
<https://www.youtube.com/watch?v=GfqSNwFVv1s>

Batting: (Be on the balls of your feet, “Squish the bug”)
<https://www.youtube.com/watch?v=xKtCatmNCLIA>

Pitching: <https://www.youtube.com/watch?v=-X26cwexfRU>
<https://www.youtube.com/watch?v=jEztxVkTWA8>

Catching:

<http://www.bing.com/videos/search?q=videos+on+catching+fundamentals&view=detail&mid=CB4272860B0373742D3ACB4272860B0373742D3A&FORM=VIRE>

<http://www.bing.com/videos/search?q=basebal+catcher+fundamentals&view=detail&mid=FF213ABBE7A030471F83FF213ABBE7A030471F83&FORM=VIRE>

Required Equipment:

- *Spikes (No metal)
- *Gray Pants
- *Appropriate Size Cup and Sliders
- *Helmet
- *Glove
- *Bat (Not supplied by association)

Appropriate Glove Size By Age:

| Age | Infield | Outfield |
|-------------|------------|--------------|
| 7 and under | 8-10.5" | 9-10.5" |
| 8-10 yrs | 10.5-11.5" | 10-12" |
| 11-13 yrs | 11-11.75" | 11.75-12.75" |

Choosing Appropriate Glove Size:

<http://www.baseballmonkey.com/baseball-softball-glove-buying-guide>

Appropriate Bat Size:

***No Big Barrels for K-3rd (2 5/8"-2 3/4" diameter)**

*Stand bat next to child, it should not exceed child's hip, Should be able to hold out in non-dominate hand and not dip)

<http://www.baseballexpress.com/custserv/content.jsp?cmsName=BatSizingChart>

<http://www.baseballmonkey.com/baseball-bat-buying-guide>

Practice Tips:

- *Have players at the field and ready to play by start of practice
- *Make sure everyone stretches before throwing
- *K/1st grade: Practice should be approximately an hour
- *Make practices interactive and use stations
- *Keep all the kids involved, use games and competitions to enhance skills
- *Be prepared and have a plan (Be flexible)
- *Look up drills and games to add variety to practice

Drill Ideas:

Fielding: Have kids use bare hands and stay down, use different size balls, Put hat bill in mouth to encourage fielding in front of body

Fly Balls: use tennis balls and a tennis racket

Batting: Use a tee, draw line in front of front foot to reduce stride

Throwing: Use target to step on to ensure use of correct foot

<https://www.youtube.com/watch?v=Yc7gxp7FNDA>

<http://www.theoleballgame.com/baseball-drills-by-categories.html#click>

<http://www.qcbaseball.com/drills/baseball-drills.aspx>

<http://www.stack.com/a/5-little-league-baseball-drills-to-teach-fielding-and-throwing>

Sample Practice Schedule:

1. Warm up/Stretch/Run
2. Throwing: Start with wrist flicks, thrown from knees, short to long, light to hard
3. Fielding/Catching
4. Hitting
5. Team Activity

Game Day:

*Have players at game 45 min-1 hour prior to game (dressed and ready)

*Stretch, throw, hitting and fielding practice prior to game

*Use a white board to post positions and teach players to pay attention to line up

*Talk with kids about where they feel comfortable playing. Rotate kids between positions but don't force them to play a spot if they don't feel comfortable. Gauge a player's skills and don't put them in a position where they can get hurt

*Encourage players to call out the number of outs and where the ball goes prior to each play

Sample Position Rotation:

*For Player Pitch League, Determine pitchers and catchers for each inning, Refer to league rules for pitching requirements

| Inning | 1 | 2 | 3 | 4 | 5 | 6 |
|---------|---|---|---|---|---|---|
| Pitcher | | | | | | |
| Catcher | | | | | | |
| 1st | | | | | | |
| O | | | | | | |
| 2nd | | | | | | |
| O | | | | | | |
| 3rd | | | | | | |
| O | | | | | | |
| SS | | | | | | |
| | | | | | | |
| | | | | | | |

*You can rotate each inning or every 2 innings, ensure players have the opportunity to play all positions if appropriate

*There can be additional players in the outfield for younger leagues

Baseball Code of Conduct:**Players**

- Follow and play by the rules.
- Never argue with a sports official. If you disagree, have your captain, coach or manager positively approach the official.
- Control your temper at all times. Verbal abuse of officials and verbalizing other players, deliberately distracting or provoking an opponent are not acceptable behaviors in any sport.
- Work hard for yourself and your team.
- Be a good sport. Applaud all skillful plays whether they are made by your team or the competitors.
- Treat all participants in your sport as you like to be treated.
- Cooperate with your coach, team-mates and opponents.
- Participate for your own enjoyment and benefit, not just to please parents, coaches and teachers.
- Respect the rights of all participants regardless of their gender, ability, cultural background or religion.

Parents

- Always remember that kids participate in sport for their enjoyment, not yours.
- Encourage kids to participate, do not force them.
- Be positive on the child's efforts and performance rather than winning or losing.
- Always encourage kids to play according to the rules following the code of conduct.
- Never make negative comments to a child for making a mistake or losing a competition.
- Remember that kids learn best by watching great role models.
- Reinforce the stance on removing verbal and physical abuse from kids sports games.
- Always respect the officials decisions and teach kids to do likewise.
- Always show appreciation for volunteer sports coaches, officials and club administrators.
- Respect the rights of all participants regardless of their gender, ability, cultural background or religion.

Coaches

- Always remember that kids participate for pleasure, enjoyment and winning is only part of the fun.
- Never use negative ridicule or yell at children for making a mistake or not winning.
- Be considerate and reasonable in your demands on kids time, energy and enthusiasm. Kids sports is only one part of their busy lives.
- Always operate within the code of conduct, rules and fair spirit of your sport and instruct the kids to do the same.
- Always ensure that the time kids spend with you as coach is a positive experience. All kids are deserving of equal attention and opportunities.
- Try to avoid overplaying the talented more skillful kids.
- Ensure that sporting equipment and facilities meet safety standards and are appropriate to the age and ability of all players.

- Display control, respect and professionalism to all involved within the sport. This includes opponents, coaches, officials, administrators, the media, parents and other spectators. Encourage players to do the same, be a great role model.
- Always show concern toward sick and injured players. Follow the advice of a trained medical trainer when determining whether an injured child is ready to recommence training and competition.
- Where appropriate obtain qualifications and keep up to date with the latest coaching practices and the latest principles of growth and development of children.
- Respect the rights of all participants regardless of their gender, ability, cultural background or religion.