



# Hopkins Baseball Association

2018 Coaches Clinic



# TOPICS OF DISCUSSION

- **Welcome**
- **Guest Speaker: Jason Mihalakis**
  - Hopkins High School Head Baseball Coach (15AAA)
- **Administrative Topics**
- **Baseball Topics**
- **Fundraiser: Chipotle**



# JASON MIHALAKIS

- **Develop a Defensive Mindset**
- **Don't Coach the Athlete Out of the Player**
- **Be Aggressive and Let Players Make Mistakes**
- **Let the Ball be their Feedback**
- **Keep Them Healthy**
- **Fun Through a Competitive Purpose**





# ADMINISTRATIVE TOPICS

- **Background Checks**
- **Concussion Training & Certification**
- **Equitable Play Rules**
- **Pitch Count Rules**
- **Team Webpages**
- **Practice Sign-up – DIBS**
- **Inclement Weather**
- **Equipment Distribution**
- **Team Insurance – USSSA**
- **GameChanger/Scorebook**



# BACKGROUND CHECKS

## VOLUNTEER BACKGROUND CHECK

All volunteers that serve on our board of directors or in a coaching capacity are required to submit a background check annually. The league pays for the screening and the results are confidential. You will need to submit your SS#. The data you enter is safe and secure. Please click the Background Check - Registration link below to complete your Volunteer Background Check.

[BACKGROUND CHECK - REGISTRATION →](#)

<https://hopkinsbaseball.sportngin.com/register/form/985962304>



# CONCUSSION TRAINING

## HEAD & ASSISTANT COACHES

If you are a head head or assistant coach with any of our HBA teams, you are required to pass a background check and concussion training certificate. This service is paid for by HBA as a way to ensure the volunteers working with your children have been properly screened and trained. Head coaches are required to have concussion certificates for their staff with them at many tournaments.

All information will kept confidential to a small portion of our board.

[COACHES CONCUSSION TRAINING SITE →](#)

<https://headsup.cdc.gov/>



# EQUITABLE PLAY RULES

PLAYER DEVELOPMENT > Tryouts Camps/Clinics HBA Rules

PITCH COUNT RULE

**EQUITABLE PLAY RULE**

OTHER RULES

## Defensive Playing Time

For the season as a whole, each player must **average** 3.5 innings per game defensively for all games the player is available to play. Games missed due to injury, absence, etc. are not counted for this calculation.

## Plate Appearances

The ratio of plate appearances (PA) from the player with the most PAs to the player with the fewest PAs shall not exceed 5:3. This is equal to the player with the fewest PAs getting to bat at least 60% as much as the player with the most PAs. Missed games due to injury, absence, etc. shall count as (2) PAs for this calculation.

These rules apply to the whole season (tournament and league games alike), with no individual game minimums.

<https://www.hopkinsbaseball.com/rules>



# PITCH COUNT RULES

PLAYER DEVELOPMENT > Tryouts Camps/Clinics HBA Rules

**PITCH COUNT RULE**

EQUITABLE PLAY RULE

OTHER RULES

Required Days of Rest	Number of Pitches (13U)	Number of Pitches (14U)	Number of Pitches (15U)
0	1 – 20	1 – 20	1 – 30
1	21 – 35	21 – 35	31 – 45
2	36 – 50	36 – 50	46 – 60
3	51 – 65	51 – 65	61 – 75
4	66+	66+	76+
<b>Daily Max</b>	<b>85</b>	<b>95</b>	<b>95</b>

## OTHER DETAILS

1. Once the pitch limit is reached a pitcher may finish pitching to that batter without advancing in required days rest; except in the case of pitching in multiple games in a single day. If this occurs the actual number of pitches delivered in Game 1 will determine the number of rest days required. See reference below.
2. A minimum of one day of rest is required if a pitcher pitches two straight days.
3. The maximum number of pitches in one inning should be limited to 30 pitches.
4. Days of rest are measured in calendar days, not 24 hour periods. If a 15U player throws 55 pitches on Monday they are not eligible to pitch on either Tuesday or Wednesday, but are eligible to pitch anytime on Thursday
5. Only pitches thrown to a batter count toward the pitch count.
6. All games count towards pitch count and required days rest whether it's a league game or tournament game.



# PITCH COUNT RULES

PLAYER DEVELOPMENT > Tryouts Camps/Clinics HBA Rules

**PITCH COUNT RULE**

EQUITABLE PLAY RULE

OTHER RULES

7. A pitcher who delivers more than 40 pitches in a game cannot play the position of catcher for the remainder of that day.
8. A catcher who catches more than 3 innings is not allowed to pitch the remainder of the day.
9. It is recommended pitchers do not pitch twice in one day. If they do the summation totals will be in effect. For example, at 15U, if a pitcher delivers a total of 31 pitches in Game 1 Saturday he will not be allowed to pitch again until Monday. If a 15U pitcher delivers a total 22 pitches in Game 1 Saturday he may be allowed to pitch again in Game 2 Saturday with the sum of all pitches dictating the total number of days off not to exceed the "Daily Max".

## **VIOLATION OF PITCH COUNT RULE:**

When a pitcher pitches more than the allotted number of pitches or does not meet the rest requirement they become an ineligible athlete.

Failure to record and track pitches as per the following stipulations will result in the following penalties:

- 1ST Offense: Head coach is warned of the offense, and consequences of not following the policy
- 2ND Offense in the same season: Head coach is suspended one (1) game
- 3RD Offense in the same season: Head coach is suspended four (4) games
- 4TH Offense in the same season: Head coach is removed from their position

The pitcher in violation will not incur any penalties but will be required to adhere to his days rest requirements.

<https://www.hopkinsbaseball.com/rules>



# TEAM WEBPAGES

RESOURCES > [Links](#) [Coaches Corner](#) [Parents Corner](#) [Handbook](#) [Website Help](#)

## MANAGING YOUR TEAM PAGE

Welcome to our website support page. We have many powerful tools available to us in this user friendly platform and want to provide resources for everyone to best take advantage of them.

To the right, we have posted videos and links to the most common tasks you will need to perform. Below you will find some of the more common terms and elements that the site uses.

I recommend beginning with the Adding Content to your Team page video to get a good overview. Remember, to make any changes you must first have a user account and then be logged in.

[LINK TO THE MASTER KNOWLEDGEBASE](#)



[ADDING CONTENT TO YOUR TEAM PAGE](#) →

*This video tutorial provides step-by-step directions on adding and modifying page elements within a team page.*


[HOW TO ADD A PLAYER TO YOUR ROSTER](#)



<https://www.hopkinsbaseball.com/page/show/502276-website-basics-and-guidelines>



# PRACTICE SIGNUP – DIBS

-  Home
- Teams
- Tournaments
- League News
- HBA Calendar
- Senior League
- Dibs

## Hopkins Baseball Association Dib Sessions



Chris Johnson



My Dibs: View all of my currently claimed Dib items.

ACTIVE

ARCHIVED

"Dibs" is an online tool that helps keep members organized by providing a platform to assign and claim responsibility. Site members can browse Dib Sessions below and claim responsibility for Dib Items. Members then complete Dib Items to fulfill their Dib Session requirements.

DIB SESSION	ATHLETE	PROGRESS
PRACTICE FIELDS 2018	Chase Johnson	0% 0.0 Completed 7.0 Claimed 0 Needed

### AVAILABLE SESSIONS

DIB SESSION
Field Set Up and Bathroom Cleaning
Practice Fields 2018

[https://www.hopkinsbaseball.com/dib\\_sessions](https://www.hopkinsbaseball.com/dib_sessions)



# INCLEMENT WEATHER

HOME > About Us Registration Player Development Fields Resources Rain Status Sponsors Recruiting

## RAIN STATUS

FIELD STATUS	UPDATED: APR 7, 2018 @ 10:50 PM
Gulliam Field	Closed
WJH Field	Closed
Big Willow Field	Closed
Hopkins HS Field	Closed
Eisenhower Field	Closed
NJH Field	Closed

<https://www.hopkinsbaseball.com/page/show/388829-rain-status>



# EQUIPMENT DISTRIBUTION

- **Ball Bucket**
  - 4½ Dozen New Practice Baseballs
- **Three Boxes of Hopkins Baseball Association Game Balls**
  - Request More as Needed
  - Added Used Balls to Your Practice Bucket
- **Catcher's Gear**
- **Medical Kit**
- **Hitting Tee**
- **Game Jerseys & Hats**
- **Allan Charney – HBA Equipment Coordinator**



# USSSA REGISTRATION

- **Needed for Team Insurance**
  - Create a Login, Register Your Team, Enter Your Roster
  - Required for Team Insurance

The screenshot shows the USSSA website interface. At the top, there is a navigation bar with links for MEDIA CENTER, NEW TO USSSA?, WHAT'S NEW?, SPORTS, PROGRAMS, and LOGIN. Below this is a banner for the previous version of the site at v10.usssa.com. The main content area is divided into several sections: RECENTLY VISITED (with buttons for Events, Teams, and Players), QUICK SEARCH (with buttons for Event Search, Team Search, Player Search, and Ranking), and TEAM MANAGER (with links for Dashboard, Your Account, Billing Info, and Your Payments). The QUICK SEARCH section includes dropdown menus for Baseball, All statures, Select a director, All ages, 2 weeks ago, Enter a zip c, All classes, lowa, Within range, and Select a park. There are also buttons for Reset Form and Search. The USSSA MEDIA logo is visible at the bottom of the search section.

<https://www.usssa.com/home/>



# GAMECHANGER

- **Needed for Team Statistical Tracking**
  - Will be Created by HBA
  - Used to Track Pitch Count
  - A Metric Used for Team Selection

**GAMECHANGER** [How it Works](#) [Find Teams](#) [Pricing](#) [Your Teams](#) [Chris Johnson](#)

**HBA Hopkins 13AAA 13U** Spring 2018  
Hopkins, MN · Prep Baseball 0-0

[Team Home](#) [Schedule](#) [Opponents](#) [Roster & Lineup](#) [Season Stats](#) [Community](#)

You're an Admin. [Upgrade access for fans](#)



# BASEBALL TOPICS

- **Field Prep/Maintenance**
- **Develop the Controllable Skills**
- **Age-Based Development Expectations**
- **Practice Plans & Organization**
- **Baseball Resources**



# **GUILLIAM FIELD PREP & MAINTENANCE**

## **GAME DAYS**

- **Board Will Decide if We Will Be Hiring Field Prep Staff**
  - A Handful of Youth Applicants Have Emerged
  - Coaches & Parents May Be Asked to Prep the Field
- **Always Rake/Drag and Cover the Field After Games**

## **PRACTICE DAYS**

- **No Field Prep Will Be Done**
- **Last Practice to Rake/Drag When Done**
- **Day Practices or Individual Work is Allowed**



# CONTROLLABLE SKILLS

- **AS COACHES, WHAT CAN WE HELP OUR PLAYERS CONTROL?**
  - Effort, Body Language, Communication
  - Being A Good Teammate
    - “A Lot of ‘We’, Very Little ‘I’.”
- **AS COACHES, WHAT BASEBALL SKILL CAN WE DEVELOP THAT OUR PLAYERS CAN CONTROL?**
  - Individual Defense
  - Team Defense



# AGED-BASED DEVELOPMENT

## PROGRESSION BASED DEVELOPMENT

- **Feeder Program Age Groups: Practicing to Practice**
- **13U: Learning to Practice – Individual Based**
  - Practicing to Improve
  - General Body-Awareness: Develop Athletes
- **14U: Practicing to Learn – Team Based**
  - Greater Self-Awareness
  - Constructive Self-Evaluation
- **15U: Process Based Learning**
  - Day-to-Day Readiness: Thriving on the Process of Getting Better
  - Mental Preparedness & Self-Motivation
- **Ask More Questions – Do Less Directing**
- **The 3 Mistake Rule**



# ORGANIZATION

- **Practice Plans & Organization**
  - Come Prepared Everyday
- **Have a Detailed Plan Everyday**
  - Start the Same Way Everyday
  - Individual Defense
    - Ground/Fly Balls, Double Plays, Slow Rollers, Catching
  - Team Defense
    - Bunt, 1<sup>ST</sup> & 3<sup>RD</sup>, PFP, Pick Plays, Passed Balls
  - Team Offense
    - Situational Offense, Base Running, Batting Practice
  - Bullpen Sessions
    - One Inning & Multi-Inning



# PRACTICE PLAN

## Friday, April 6<sup>TH</sup> Practice Plan (90-minutes)

### Practice Begins

0-5 min 6:00pm: Call Practice to Attention

### Physical Warm-ups

- 0-15 min 6:00pm: Standard Warm-up & Stretching
- Light jog (pole to pole)
  - Lunge & Twist/Side Stretch (2x15yds)
  - Dynamic Skips (2x15yds)
  - Shuffle (2x15yds)
  - Caraoke (2x15yds)
  - Walking Box Jumps/Hip Hoor (2x15yds)
  - Recovery/Backpedaling (2x15yds)
  - 3-Station running off lead runner (2x10yds)
  - Arm Circles: Pick-up / Pick-down

### Throwing Progression

- 15-25 min 6:15pm: Standard Throwing Progression
- 6x Wind Up
  - 6x Square foot throws
  - 6x 90° throws
  - 6x Shuffle throws
  - Play catch
  - Long toss
  - Run-Down Simulations
  - 4-Curve Feeds

### Team Discussion

0-5 min 6:15pm: Practice Plan Overview & General Discussion  
➤ Focus on getting better everyday

### Infield Skill Work

- 15-25 min 6:15pm: Infield - Ground Balls
- 45° (one-step-45-1st)
  - Dukes: Short-taps, forehand, paddle, glove (3-player rotations)
  - Fungo: ball in bucket (standard, forehand, backhand)
  - Ladder Drill: Footwork for infielder in bucket
  - Position specific: 1B footwork, runner on, receiving throws, short toss from coach
  - Coach: Tomask, Kapke, Johnson
  - "The Stop"

### Outfield Skill Work

- 15-25 min 6:15pm: Outfield
- 45° (ready-via-out-receive)
  - 51 speed run/catch
  - 51 speed run/close
  - Athletic receiving: Side/Back/in
  - Coach: Tomask, Champagne

### Team Defense

- 10-25 min 7:15pm: PD
- Station 1: Base coverage at 1B
    - Pitcher & 1B: Communicate best defensive fielding on ball rolled towards 1B
  - Station 2: Cornerbackers & Throwing to 2B, or 1B (no throw)
    - Pitcher: Shoot the 55; ball dictates where to go
  - Station 3: Covering 1B
    - Pitcher: Clear the line, check for the runner
- Coach: Kapke, Tomask, Champagne

### Bullpen Sessions

- 15-25 min 7:00pm: Pitching
- Bullpen routine
    - Pitchers: Robinson, Johnson, Tomask, Champagne
    - Catchers: Stone, Hucsey
- Coach: Champagne

### Formal Ending

10 min 7:30pm: Formal Enders & Recap

### Practice Priorities

- Being a Good Teammate
- Body Language & Communication
- Learning to Practice → Practicing to Learn

# Bullpen Routine

FASTBALL(FB) - CHANGE UP(CH) - BREAKING BALL(BB)

## 20 Pitch Bullpen

*Stretch*

*Wind Up*

2 FB Glove Side

2 FB Glove Side

1 FB Middle

1 FB Middle

2 FB Arm Side

2 FB Arm Side

2 CH Middle

2 CH Middle

1 FB Glove Side

1 FB Glove Side

2 BB Middle

2 BB Middle

10 Total

10 Total

\* Make two easy throws after the last two breaking balls \*

\*\* Finish with facing a simulated hitter \*\*



# BASEBALL RESOURCES

- **There Are Many Valuable Resources Available**
  - **Baseball Dudes:** <https://baseballdudes.com/>
    - Available on Social Media
  - **USA Baseball:** <https://www.usabaseball.com/sport-development>
    - Includes a Mobile App
  - **Pro Baseball Insider:** <http://probaseballinsider.com/baseball-instruction/positioning-for-double-cuts-and-relays/>
  - **Quality Coaching Baseball:** <http://www.qcbaseball.com/>

