



# LIVONIA JUNIOR ATHLETIC LEAGUE

Training Session  
March 19 – Noon to 6:30pm

# TRAINING AGENDA

TIME BUDGETED – 2.5 HOURS



- Be willing to learn / Be open to critique
- Group Work –
  - Be approachable/professional
  - Mechanics
  - Conducting a plate meeting
  - Appeals / Help
  - One-man system
- Cage Work -
  - Balls / strikes
  - Working the dish
  - The slot, positions, body control
  - Timing
- 2-man System -
  - Situation and where on the field
- Scenarios





# GROUP WORK

What you all need to know



# FIELD WORK

## PROPER MECHANICS

- Ball / Strike
- Fair / Foul
- Safe / Out
- Foul Tip
- Balk
- Time – Deadball
- Infield Fly
- Delayed Call

## Official NFHS Softball Signals

A. DO NOT PITCH



Signal toward pitcher

B. PLAY BALL



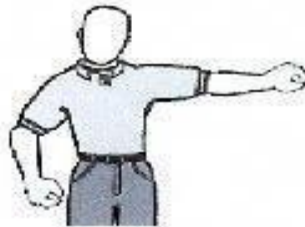
Verbally calls "Play ball"

C. TIME OUT/FOULBALL/DEAD BALL



Verbally calls "Time," "Foul ball" or "Dead ball"

D. DELAYED DEAD BALL



E. STRIKE/OUT



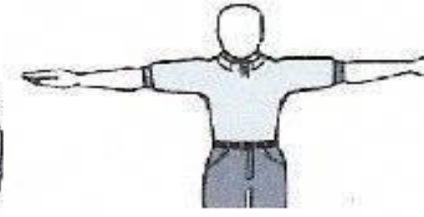
Fist to hammer at 90 degrees or greater

F. INFIELD FLY



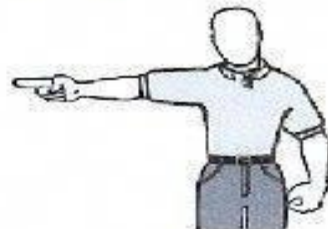
Verbally call "infield fly"

G. SAFE



Verbally call "Safe"

H. FAIR BALL



Point to fair territory with hand closest to infield. No verbal call.

I. FOUL TIP



Fingers touch together, chest high, followed by strike call.

J. COUNT



Left hand indicates balls, followed by strikes on the right hand. Verbally give



# FIELD WORK

## PLATE MEETING



- Introductions
  - Coaches and Yourself, Partner
  - ID the scorekeeper for both sides
- Establish Home team
- Firm and Direct
  - Ground Rules – mercy/inns
  - Field of Play
  - Expectations
  - Time Limit
- Confirm Understanding
- Game time starts when the meeting ends.
  - Make note of time you call it.
  - Put it on the coaches to get the game going.
- Playball!!



# FIELD WORK

## APPEALS / ASKING FOR HELP



- How to make a proper appeal
- Always let everything run its course
- Don't tip your hand / poker face
- Ball must be in play – time in
- Make the call, adjust whatever needs to be done.
- If the appeal was a force play for a third out, you take the runs off the board.
- If you need help – call time. Make sure you discuss with your partner. Make the call
- If you are in the field – never take a check swing from the catcher! NEVER! Only the home plate umpire.



# HANDLING SITUATIONS

WHEN YOU GET MAD, YOU LOSE!

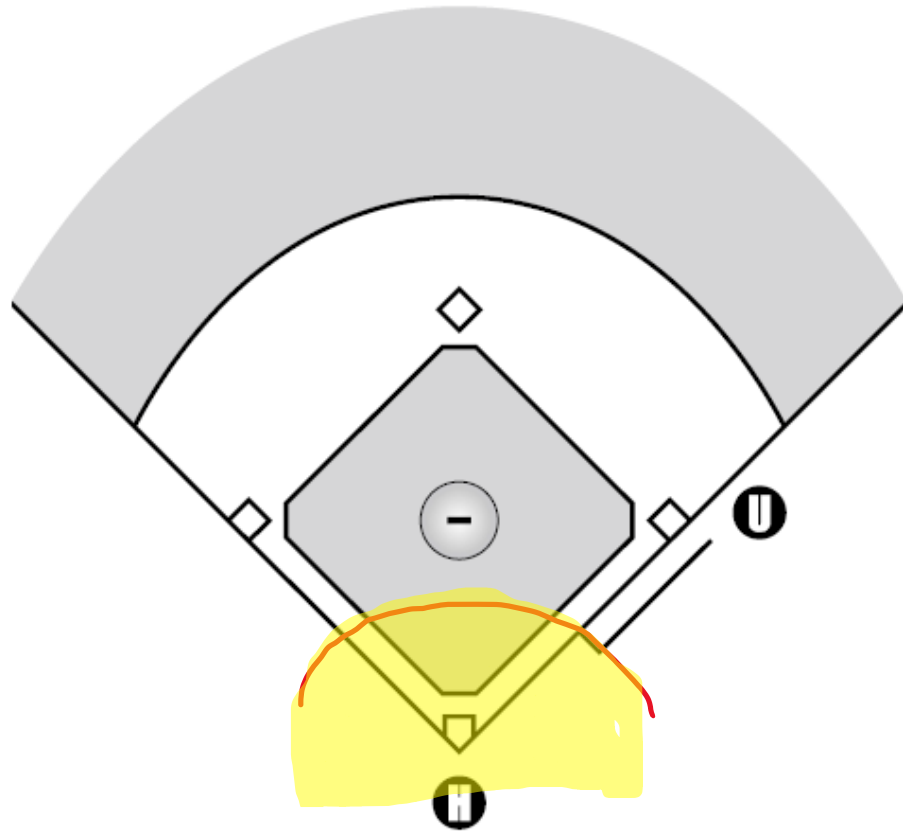


- Lower the tone, Lower your voice
- Be attentive and listen, be firm
- Keep all personalities out of it
- Never be sarcastic. Don't walk after anyone.
  - If they turn let them go.
- NOT PERSONAL – once this happens game over
- Issues with players take it to the coach
- Issues with the coach take it to the side
- **Last resort is ejection**

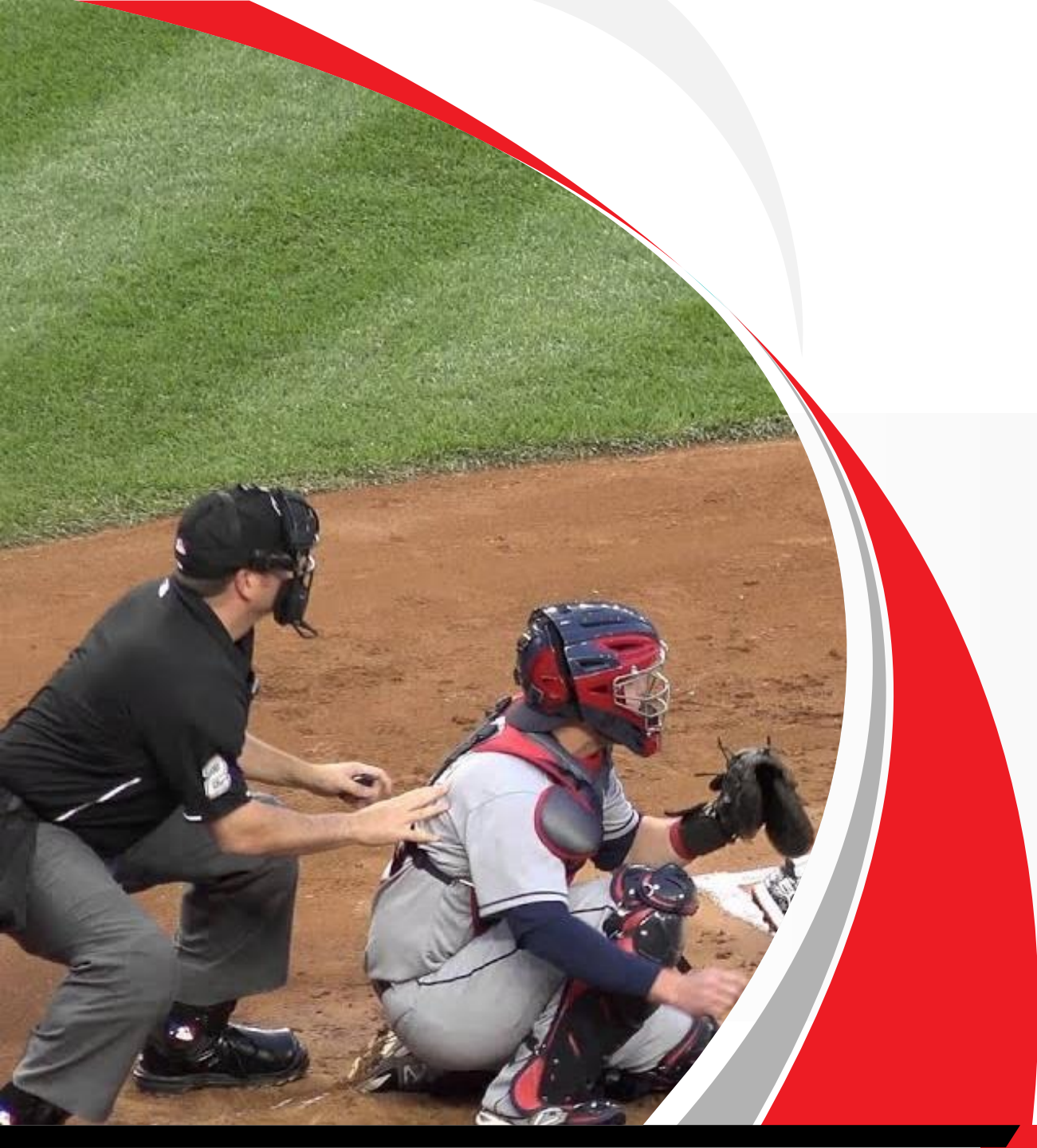


# FIELD WORK – 1 MAN SYSTEM

ALL SITUATIONS



- This is how most of you will get started
- Call at the plate first – everything else second.
  - The catcher is your best friend
- Get yourself in motion.
- Rotate around the front.
- Keep the ball in play – don't call time, unless you have to.
- The key is angles – move to see things.
- Keep you body square to the play, know where the ball is at all time.
- Steal extra steps and distance.
- You must see it all.
- Don't over rotate/over anticipate



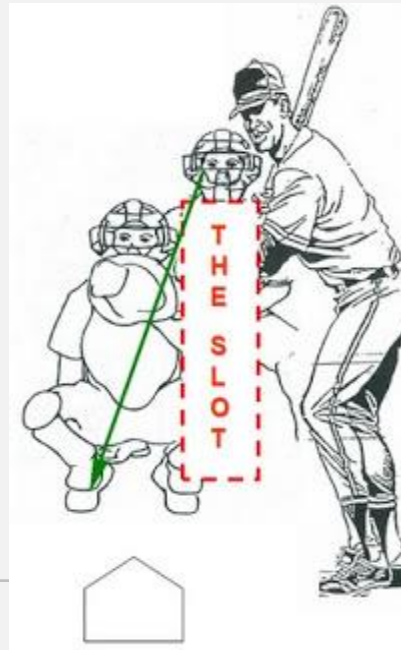
# PLATE WORK

You need your mask, hat and counter

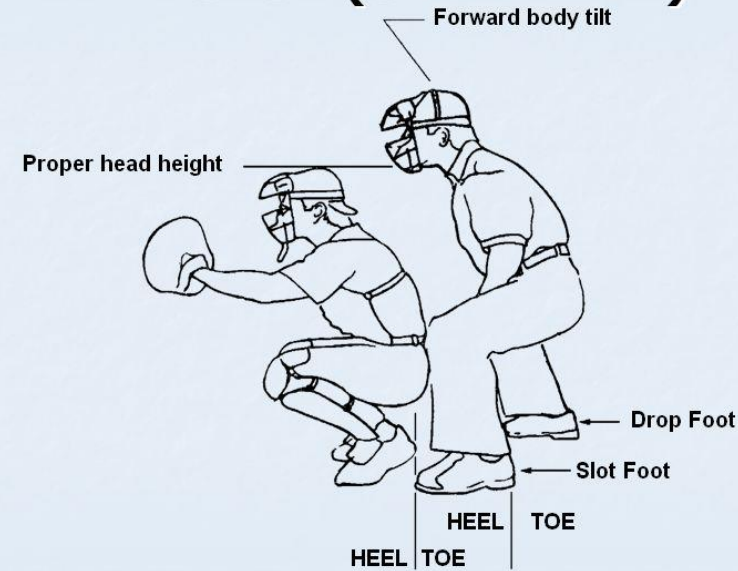
# PLATE WORK

## MAIN CONCEPTS

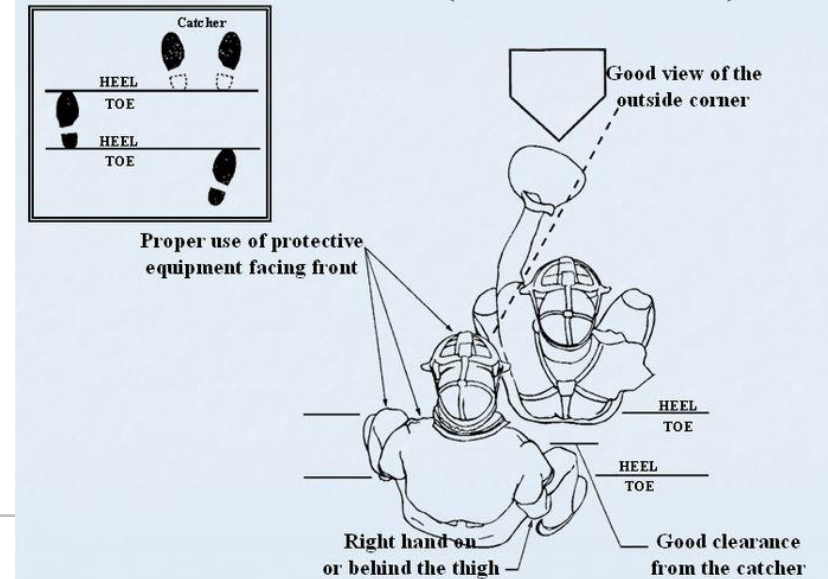
- Rec level – strikes/balls – get big “hunt strikes”
- Travel level – strikes/balls – tighter but call ‘em.
- Keep the game moving.
- Get in the slot, stay balanced
- Head still – top of zone
- Call the pitch not the catcher.
- Pitch first, everything else second
- Always let everything run its course



## THE SLOT (SIDE VIEW)



## THE SLOT (TOP VIEW)



# PLATE WORK

## PRO TIPS

- *Watch the ball as it comes in – lock in*
- *Make a decision when the ball crosses the plate*
- *Call the pitch after the catcher has the ball*
- *Practice timing*
- Show the count every couple pitches
- Brushing the plate – backside to the pitcher (NOT THE FANS). In between innings, in between pitches, try not to stop a game.
  - You have time. Hustle



# GOOD PRACTICES - PLATE

THESE THINGS WILL KEEP YOU SANE!

- Know your signals
- Swing and miss – make the motion, no verbal
- Foul tip – make the motion, no verbal
- Avoid saying “strike three, batter out”.
- Mask in your left hand
- Between innings – go to the backstop.
  - DON'T sit in the dug outs.
- Toss pass balls to the catcher, get warm ups in





# 2-MAN UMPIRE ROTATIONS

Where you need to be on the field

# FIELD WORK – 2 MAN SYSTEM

## MAIN CONCEPTS

- Number of outs does not dictate anything
- Communicate your intentions between pitches/during play
- You may have more than one base
- Goal is to bracket the runners
- If you go out, make call hustle back in
- Know your “V”
- One play, one call.
- Important to get it right
- Always let everything run its course



# GOOD PRACTICES - FIELD

THESE THINGS WILL KEEP YOU SANE!

- Don't call a play too soon
- Fist or open hand – no thumb
- Foul tip – make the motion, no verbal
- Avoid saying "strike three, batter out".
- Mask in your left hand
- Between innings – go to the backstop.
  - DON'T sit in the dug outs.
- Only make a call if there is one
- Have your partners back/blind spots

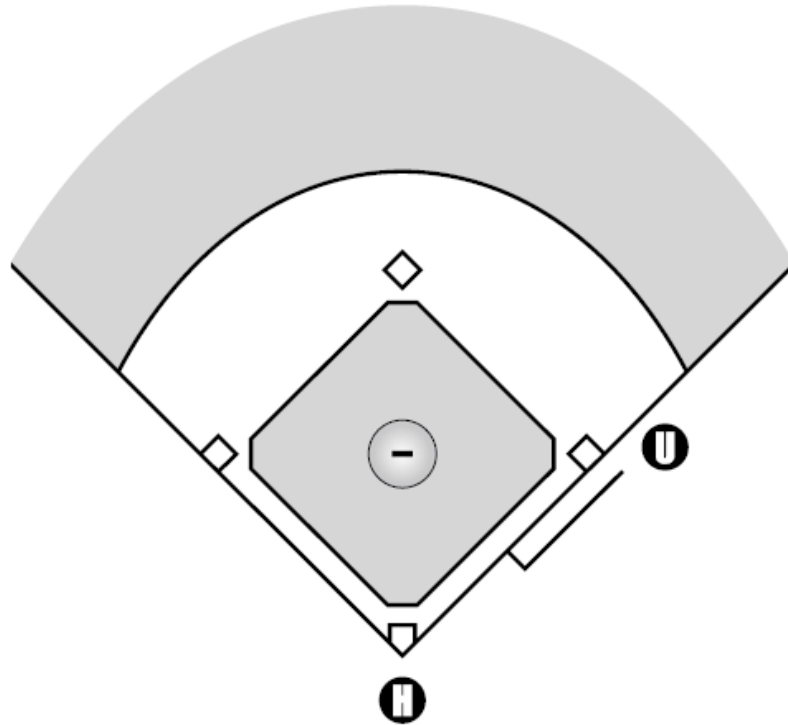


# FIELD WORK – 2 MAN SYSTEM

NO RUNNERS ON



No Runner on Base



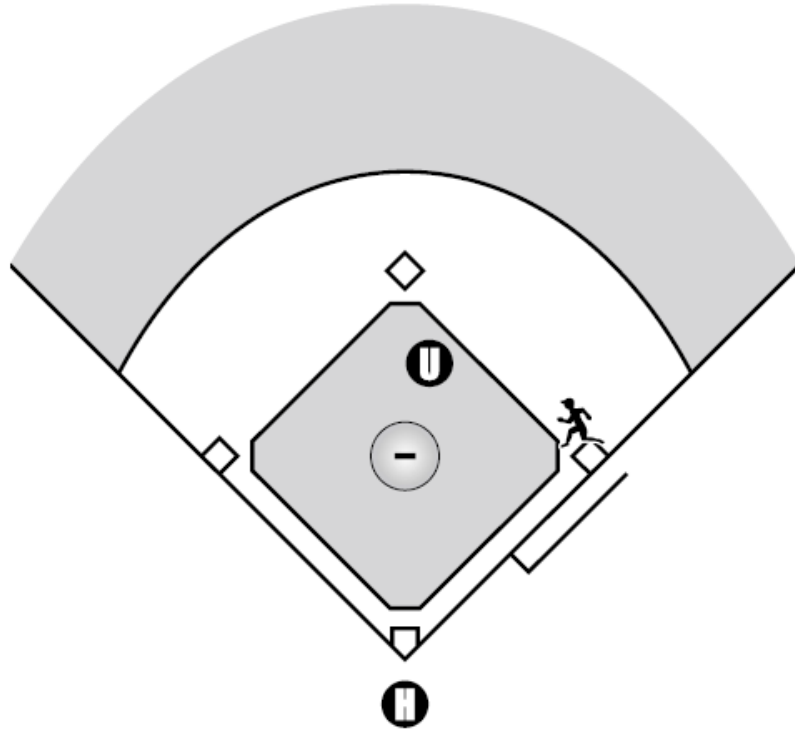
- FU – get the runner 1 and 2 base.
  - Talk to your partner about 3<sup>rd</sup>
- PU – Get up line for play at 3
- FU – rotate around to home plate once clear of a run down
- FU – Cut in behind runner – take the angle
- FU – foal ball after 1<sup>st</sup> base.
- PU – 3<sup>rd</sup> base line, fly balls back up FU

# FIELD WORK – 2 MAN SYSTEM

## RUNNER ON FIRST BASE



Runner on First Base



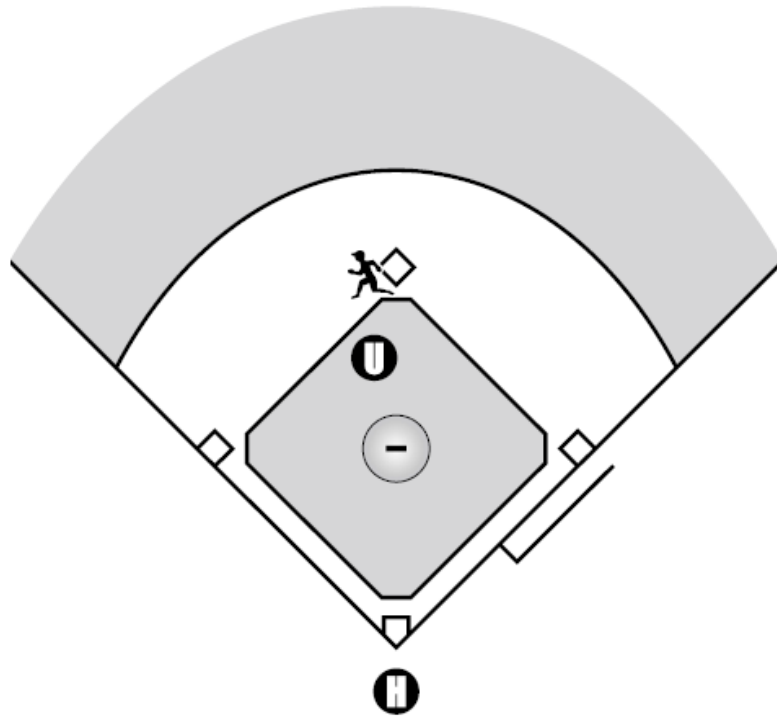
- FU – steal into 2, Advance to 2,

# FIELD WORK – 2 MAN SYSTEM

RUNNER ON SECOND BASE



Runner on Second Base

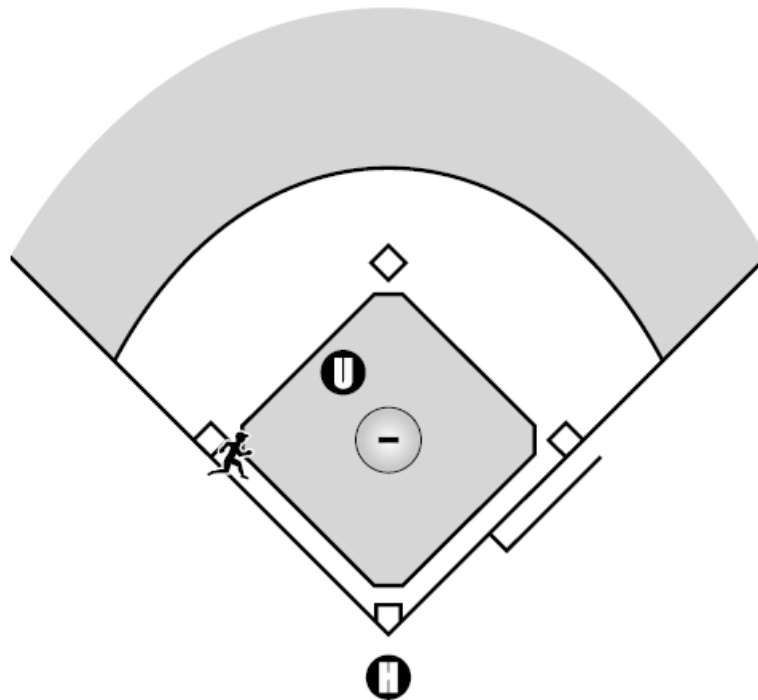


# FIELD WORK – 2 MAN SYSTEM

RUNNER ON THIRD BASE



Runner on Third Base

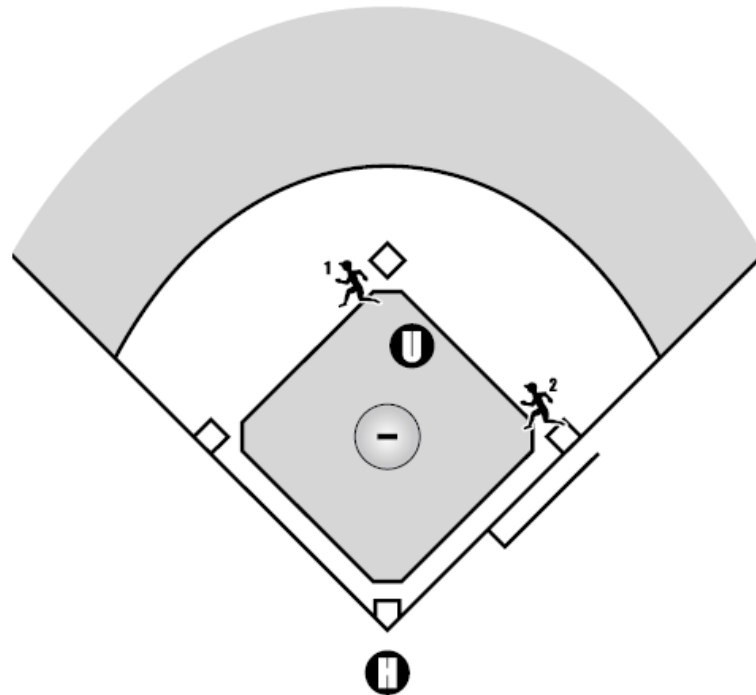


# FIELD WORK – 2 MAN SYSTEM

RUNNER ON FIRST AND SECOND BASE – LESS THEN TWO OUTS



Runners on First and Second, less than two outs

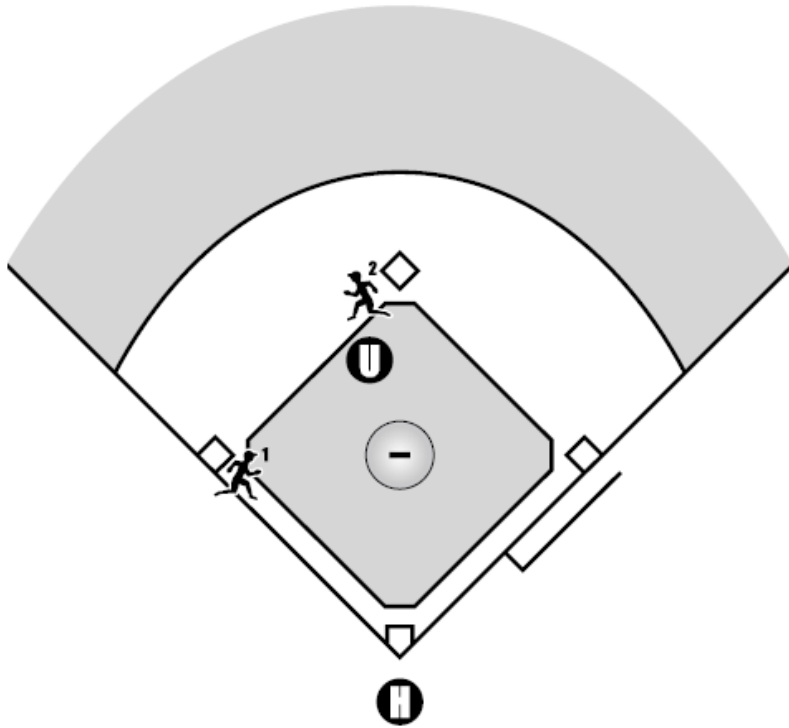


# FIELD WORK – 2 MAN SYSTEM

RUNNERS ON SECOND AND THIRD



Runners on Second and Third

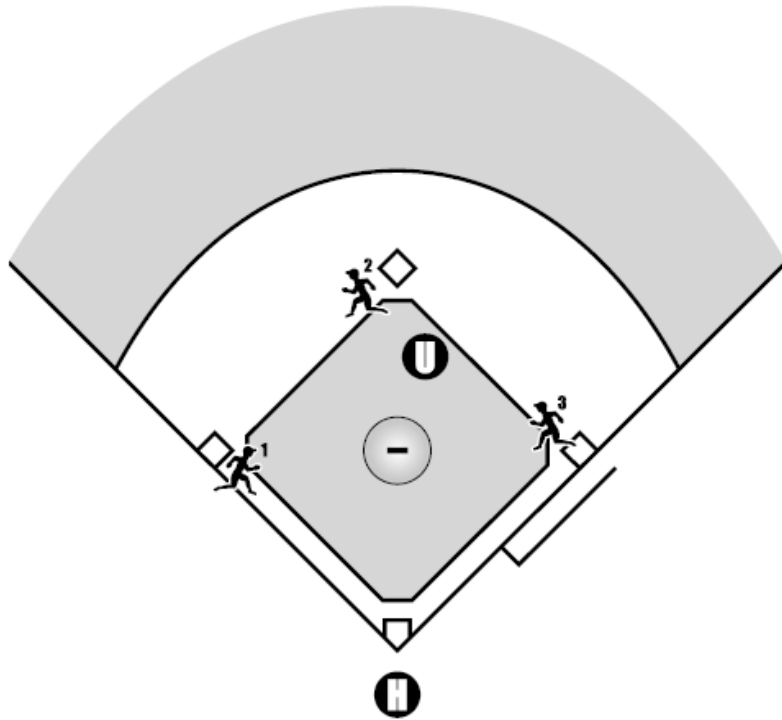


# FIELD WORK – 2 MAN SYSTEM

RUNNERS ON FIRST, SECOND AND THIRD – LESS THEN TWO OUTS



Runners on First, Second and Third  
with less than two outs

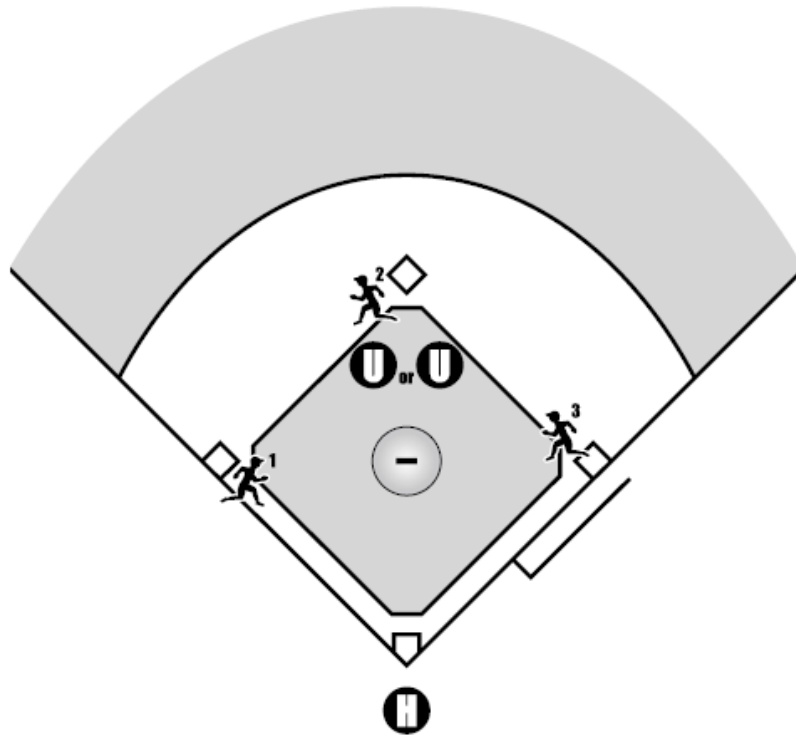


# FIELD WORK – 2 MAN SYSTEM

RUNNERS ON FIRST AND THIRD – WITH LESS THEN TWO OUTS



Runners on First and Third  
with less than two outs





# SCENARIOS

Live action situations

# SCENARIOS– 2 MAN SYSTEM

WHAT MIGHT YOU RUN INTO ON THE FIELD



- Team will execute a play – you react
- Two-man system
- Rotate around – make the calls
- Execute – stop grade
  
- Next Umpires rotate in
  
- Some scenarios – run down, overthrow, two guys on a base, multiple runners, missed base, balk, obstruction/interference





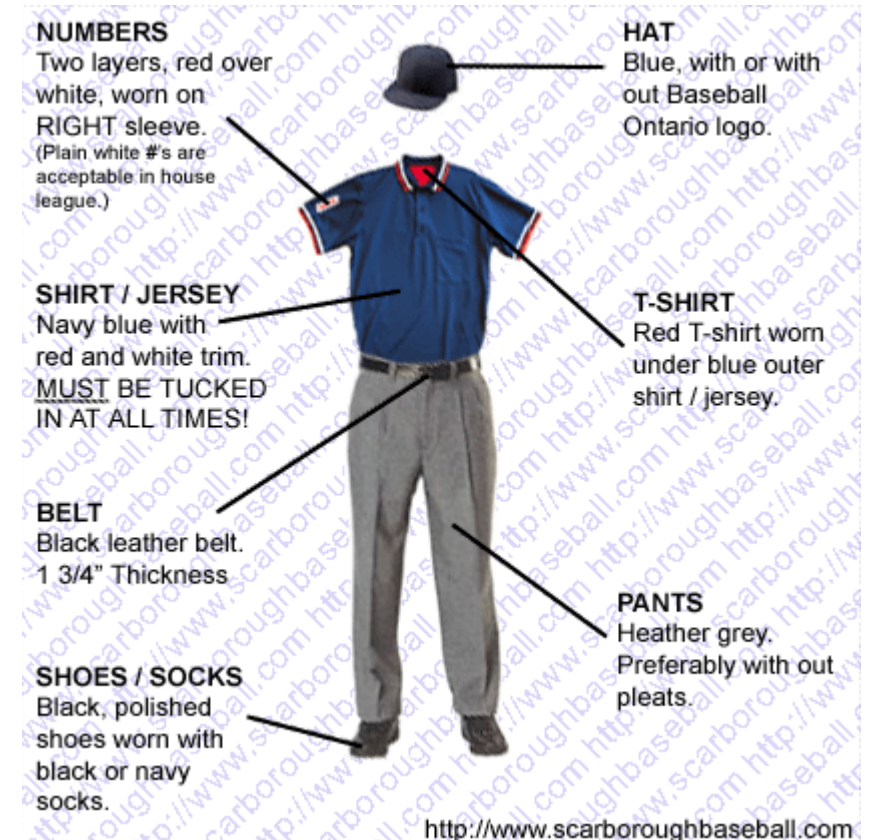
# SKILLS AND QUALITIES NEEDED TO BE A GREAT UMPIRE

You can learn these!  
Some of you have these!

# APPEARANCE

## YOU WILL DO THESE THINGS!

- Grey Slacks – you get them, clean them and hem them
- Blue shirt / Umpire shirt – tucked in & match your partner
- Black socks – NOT WHITE
- Solid under shirt – NOT WHITE
- No wrinkles – hang your stuff up
- Black belt (no braids-dress) / black hat (no insignia)
- Shin guards, chest protector go under your shirt
- Don't smoke at the field. Don't come speeding in the park.
- LOOK serious, walk with purpose, be friendly and sincere.
- **You are being watched, judged and evaluated even before you get to the field! Own it, set the tone without saying a word**



# YOU COMMUNICATE MANY DIFFERENT WAYS

HOW YOU CARRY YOURSELF CAN MAKE THIS EASY OR HARD!!



## It's Not What You Say...

- Perceptions are made about officials in the following ways:
  - 10% Based on what you call.
  - 30% Based on tone of voice and delivery.
  - 60% Based on non-verbal cues and body language.

Officials should be just as concerned with how they communicate, as to what they communicate.

# VOICE / FLAIR

LETS SET THE TONE - QUIZ



- You are the plate umpire, tight game.
- Bottom of the 7<sup>th</sup>, two outs, 3-2 count to the batter
- Next pitch is knee high, outside
- You should –
  1. Say nothing
  2. Say "ball" loud enough for the catch and batter to hear
  3. Stay in your crouch (locked in) shout out "BALL".
  4. Call it a strike "close enough".
- Well, we are waiting??

# VOICE / FLAIR

## EVERY PLAY HAS A CALL

- See it / Say it – Own it. You don't have to sell it!
- Stay locked in, be in position
- Set the tone with your voice
- Let the closeness of the play dictate your voice/flair
  - Lock on, call it walk off
- This can give you the advantage when you need it.
- Don't show anyone up. Be professional. Have fun!!
  - Nothing better than "ringing 'em up"
- They come to watch the players not you!





# ANTICIPATION

Makes life easy – Good & Bad Anticipation



Know what the situation is – don't over commit

- (first base example)

Know where you are in space

Think ahead, primary, then secondary play

- Where are the runners
- *Remember this is youth baseball, expect the unexpected*

ALWAYS just let everything play out.

- Evaluate and reset.
- You can not put the game back in motion

Types of Anticipation

- Good – how a play will develop
- Bad – what the call is (safe/out – strike/ball)

# TIMING

## THE MOST DIFFICULT THING FOR AN UMPIRE

- Every umpire who has been around has said safe, signaled out.
- One play, one call!
  - Count to two – see it, call it.
  - Don't trip / go over your partner
- Slow timing = better judgement
- Difference between quick and immediate.
- Set-up your phone – record a video
  - Watch for head staying still
  - Proper mechanics, up/down
- You can train yourself to do this.
- My biggest issue



# ATTITUDE

MAKE IT YOUR GAME!



- Eyesight is important but...
  - GUTS, Honesty, Common Sense, Desire for Fair Play are just as important
- Anger is unproductive
  - Be quick to think, be slow to anger.
- You are not a cop, you are an umpire.
  - Nothing here is personal! Don't make it so.
- You can not "control" the game. Let the game happen – baseball always works out the right way.
- Listen, wait, talk – defuse first, address issue second. You can not hear when you are talking.

# JUDGEMENT

SOME ARE JUST BAD, BUT NOT YOU!



WE CAN  
NOT TEACH  
IT!

Hope that  
umpire grow  
with time  
and games

Gain  
confidence,  
work with  
mentors, ask  
questions

Every  
individual  
has a world  
view.

# SPEED UP RULES



## YOU GET PAID THE SAME, HELP THE GAME MOVE

- To speed up the game / keep the coaches, kids & parents involved – turn a 2:15 game into 1:40 (get paid the same)
  - **Get an extra ball from each team** – get it from the bucket – start with 4
  - Pass balls, no one on, **toss a new one in** – on deck guy get it
  - Get the batter in the box.
    - **S/He don't need 4 practice swings**
  - Foul balls, get a new one in – “coach gotta have it”
  - **Pitcher – 3 and go, 5 on a new guy in the game**
    - **3<sup>rd</sup> one goes down**
  - Coach gets the pitcher warmed up – tell them.
  - Hustle on / hustle off
  - Courtesy runners – catcher and pitcher
  - Mound visits – **10 count and walk out there.**
    - Don't let the catcher beat you back.
  - Not everything needs an explanation
    - At the break or between innings
  - Keep the ball in play – don't call time all the time.
- Where is the score keeper – **Get in front of problems**



# CONCUSSION

## KNOW THE SIGNS – INFORM PEOPLE

- You can take a player out of the game
- Pitch to the head
- Batt to the head
- Throw to the head
- Hard slide headfirst
- Collisions
- Not everyone needs to be removed



## Concussion INFORMATION SHEET

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

### What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

### How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



**Plan ahead.** What do you want your child or teen to know about concussion?

### How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

#### Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

#### Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"



# NOW THE BOOK WORK STARTS

Being an Umpire

# RULES – DON'T OVERCOMPLICATE

WE EXPECT YOU TO KNOW THE RULES



- League Rules
- KVBSA
- MLB
  - Common Rules
  - What are you going to run into out there
- Batting out of order
- Obstruction / Interference
- Running out of baseline
- Two runners on a base



# STRIKES AND OUTS WILL GET YOU HOME

MAKE THE GAME MORE FUN



## STRIKE ZONE ENFORCEMENT

Umpires should have a “strike-first” approach throughout each game of the season.

Strikes by rule must be called strikes. A pitch is a strike until it is proven to be a ball.

Be aggressive. Borderline pitches should be called strikes.

