



# Duxbury Youth Baseball: The Coach's Playbook

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Fostering fun, teaching the game, and prioritizing age-appropriate development and sportsmanship.

# The DYB Developmental Pathway

## Step 3: AAA (Compete & Refine)

Advanced gameplay, strategy, and official rules.

## Step 2: AA (Learn & Transition)

The bridge to instructional pitching and tracked outs.

## Step 1: T-Ball (Discover & Have Fun)

Foundational exposure to the sport.

# T-Ball Foundation



## Score & Standings

- No scorekeeping.
- All games end in a tie.
- Outs are not counted.



## Fielding

- All team members play in the field every inning.
- Coaches stand in the field to direct players.



## Batting

- Continuous batting until a fair ball is hit.
- The final batter clears the bases with a home run.



## Pace

- Keep the game moving!!
- No walks, steals, or bunts.

# T-Ball Skill Development

## The Split-Squad Model

Half the team plays the infield game; the other half practices skills in the outfield. Switch after every full inning.

## Grouping

Split teams by age (older vs. younger) for appropriate skill development.

## Pitching Progression



**Games 1-2:**  
Batting Tee




**Game 3-4:**  
Underhand coach  
pitch (max 5 attempts  
before reverting to tee)

**Game 4-5+:**  
Overhand from  
short distance.





# AA League: The Transitional Phase

	T-Ball (Previous)	AA League (New)
 <b>Game Structure</b>	Play to completion.	Minimum 4 innings (try to play until 7 PM).
 <b>1<sup>st</sup> Inning</b>	Continuous batting.	Coach pitch. Entire lineup bats around. Outs are not tracked.
 <b>2<sup>nd</sup> Inning Onward</b>	Continuous batting.	Coach pitch. Outs are tracked (3 outs switch).

## Rule Restrictions

No walks, passed balls, leading, or stealing. Overthrows cannot be advanced. Play stops when an outfielder throws the ball toward the mound.

## Rule Restrictions



# AA Pitching & Catching Introduction

Week 1-3

**Week 4-7: The Transition**

Season End

## Eligibility

2nd graders pitching to 2nd graders (mid-May). 1st graders encouraged later in the season.

## Pace & Safety

After 6-8 pitches, the coach steps in to finish the at-bat to ensure contact. No strikeouts or walks.

## Limits

Pitchers throw no more than 2 innings.

## Coach Discretion

If teams lack pitchers on a given day, simply continue with coach pitch.

# AAA League: Competitive Operations



## Game Ops

- 7 players minimum.
- Complete games called after 3.5/4 innings.



## Mandatory Play

- All players must play the field at least 3 innings (4 encouraged).
- The entire roster bats in the lineup.



## Equipment Rules

- USA Bats only (up to 2 5/8 barrel).
- No metal spikes.
- Catchers must wear full gear including throat protectors.

# AAA Gameplay Constraints



## Pitching Limits

Max 2 consecutive innings/game, 6 innings/week (Mon-Sun).



## Run Limits

Slaughter rule is not in effect. Max 5 runs per half-inning (limit removed in the 6th inning).



## Base Running

Stealing allowed only from the 4th inning on. No leading (ball must cross the plate first).



## Overthrows

Advance one base if out of play. Advance at own risk if fair/foul.

# AAA Culture & Discipline



## Zero Tolerance

Ejection for fighting, unsportsmanlike conduct, throwing equipment, or berating umpires. Next-game suspension for any ejection.



## Safety First (Sliding)

Runners must slide if a fielder has the ball at the advancing base (except 1st) to prevent injury.



## Fielder Rules

Fielders cannot block bases or fake a play to force a slide.

# The DYB Skills Engine

## The Skills Engine

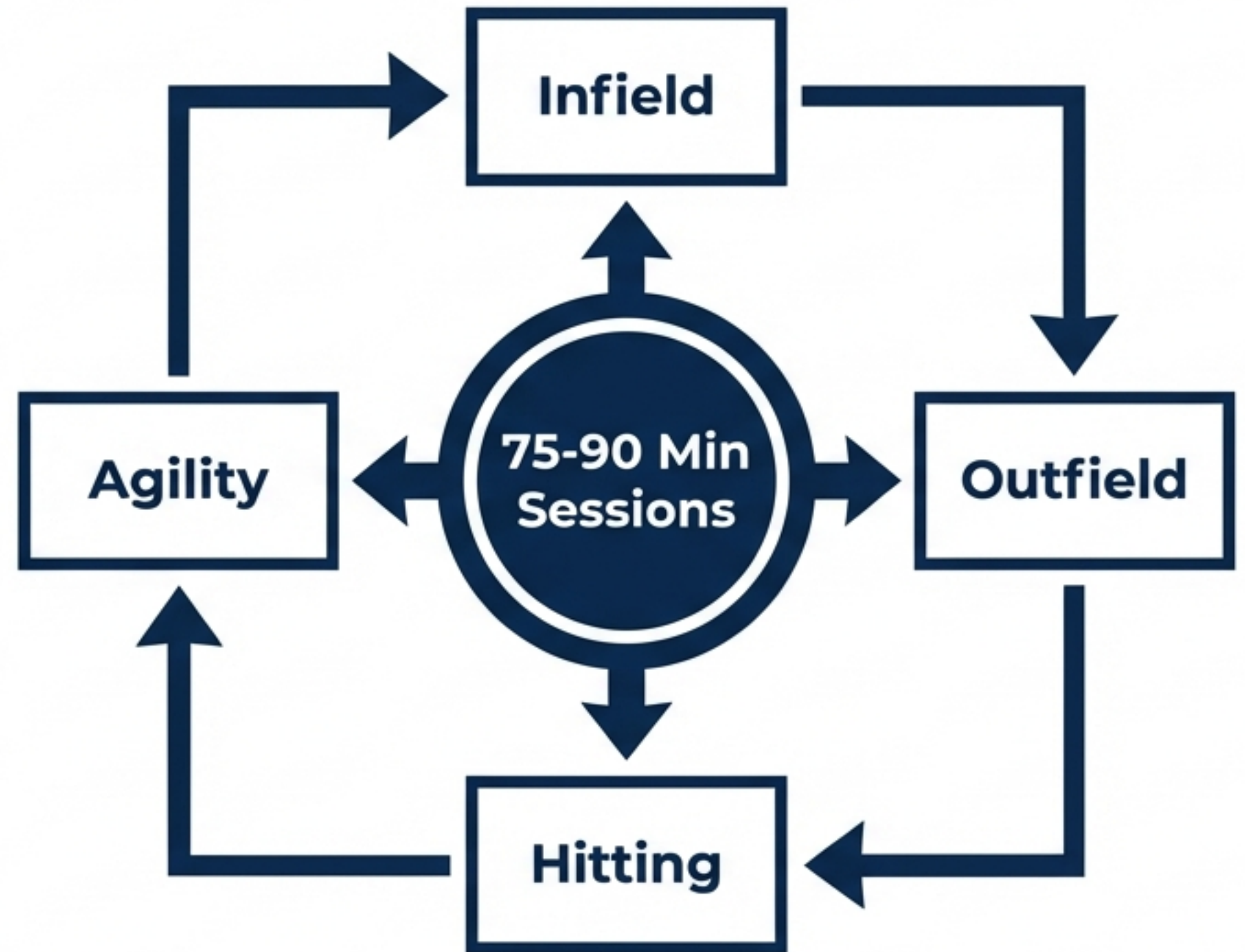
High-energy, station-based training model used in Winter/Spring clinics.

## Structure

Teams split into 4-6 rotating stations.

## The Golden Rule

No standing around. If players are waiting to hit, they should be getting work in the bullpen or fielding grounders.



# Training Blueprint: Throwing & Fielding



**Throwing:** 4-seam grip. Mechanics focus on Come Set, Balance Point, Drive & Throw.



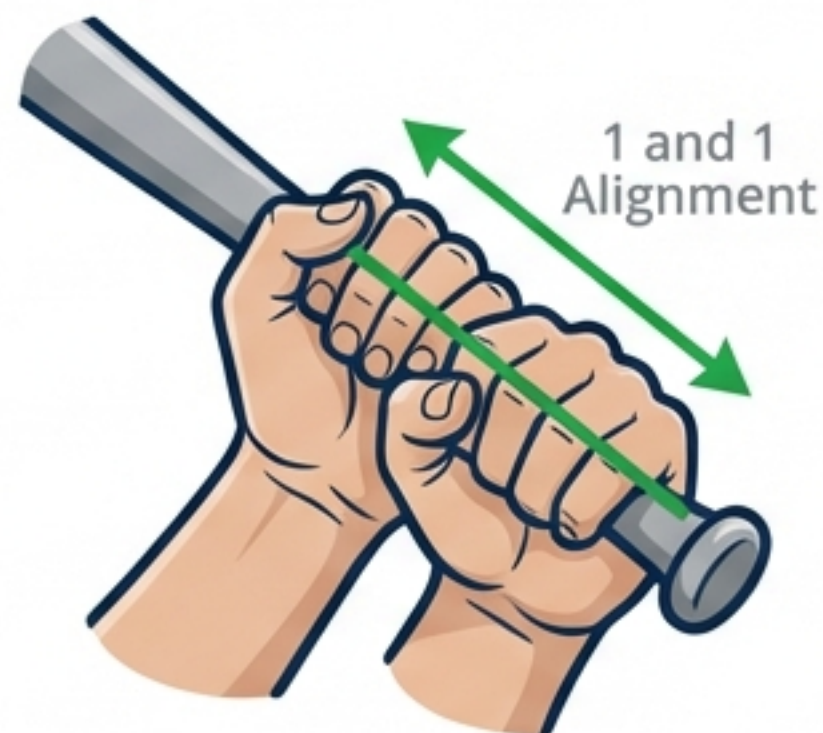
**Fielding Posture:** Prep step (right, left, hop).  
**Stance:** Butt back, flat back, hat test.



**Glove Work:** Palm up / alligator hands out in front. Avoid scooping.

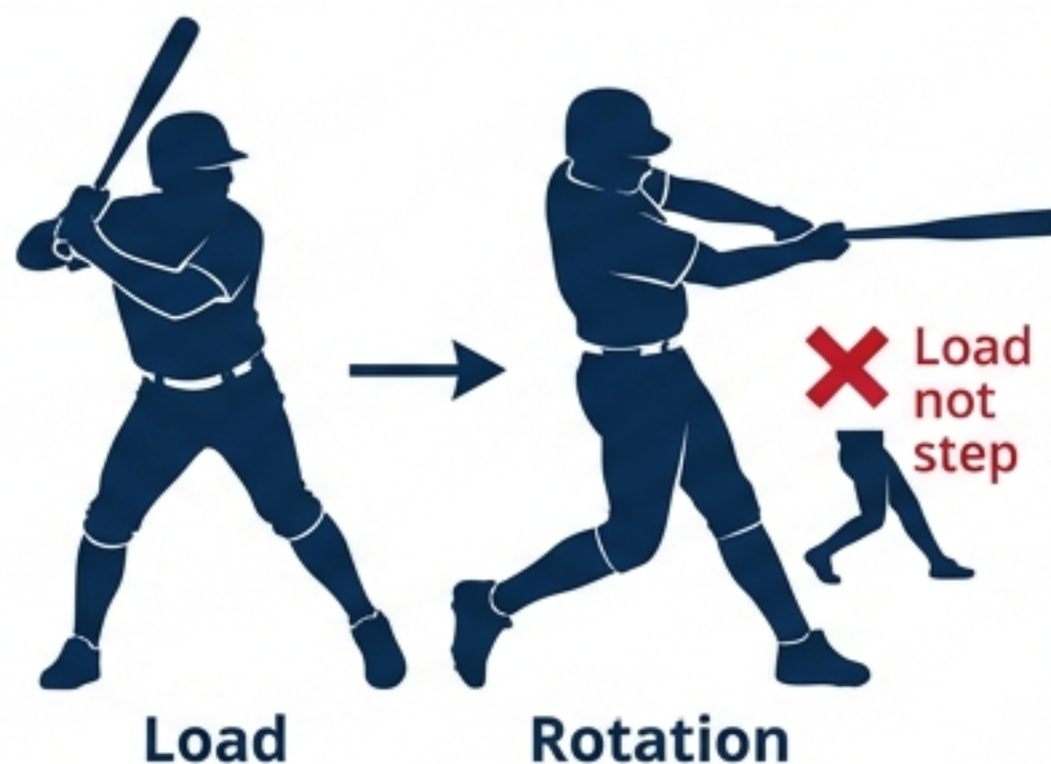
# Training Blueprint: Hitting & Base Running

## Hitting Grip & Stance



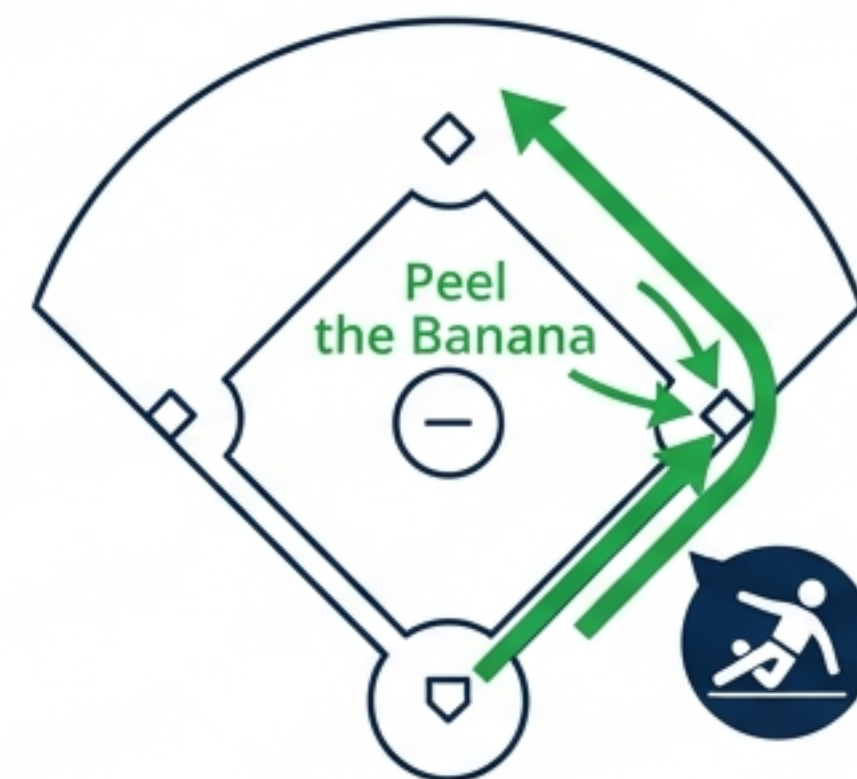
- Align knocking knuckles (1 and 1).
- Feet slightly wider than shoulders.
- Ignore the back elbow up myth.

## Hitting Mechanics



- Load not step (saying step throws kids off balance).
- Use the Airplane drill for hip rotation.

## Base Running



- Peel the banana to hit the inside corner with the right foot when rounding 1st.
- Use the Figure-4 technique for sliding.

# Agility & Tenniball (Gamifying Practice)



## The Tenniball Method

Use tennis balls for fear-free barehand catching and pop-ups (instruct kids to let the ball hit the button on their hat).



# The Coach's Toolkit



## Field Positioning

Use cones to show kids exactly where to stand to prevent wandering.



## Pitching to Kids

Throw from one knee or sit on a bucket. A 6' adult throwing to a 4' child creates a terrible angle.



## Communication

Always hold pre-game huddles to set expectations, and post-game meetings to break down the day.

# Beyond the Field

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## Celebrate Success



If there's a real baseball play, hit the griddy! Give out game balls for attitude, listening, positivity, and hustle.

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## Baseball Homework



- Play catch for 10 minutes.
  - Practice running through 1st base in the yard.
  - Wear team shirts to school on game days.
  - Watch an MLB/College game.
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***Thank you for building the Duxbury community on and off the field.***

