



DSA
Coaches Manual

Develop | Teach | Prepare | Discipline | Fun



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DSA Mission Statement

Diamond Sport Academy is the standard of excellence that is built on hard work, discipline, respect, and brotherhood, while emphasizing the importance of team, family, academics and playing the game the right way. We provide opportunities & exposure in the best environment while competing at the highest levels in youth and HS club baseball.

Philosophy

Our philosophy at **DSA** is about Teaching, Development, Preparation and Discipline while always having **FUN** in the process.

Develop – Physical, Mental, Fitness Skills – Triple Fit.

Teach – Positions, Mechanics, Situations – The Game.

Prepare – Practice, Train, Visualize, Focus – Success.

Discipline – Self, Team, Execution, Consequences – Mental Toughness.

Fun – Play, React, Enjoy – Game Time.

We will instill the importance of learning the game of baseball through professional instruction, advanced training aids, first class facilities, and technology. Through hard work - physical, mental and fitness skills can be learned to give our athletes a competitive edge.

Goals & Expectations

DSA is about quality sportsmanship, class, and a winning attitude. This is not a win at all costs program, but we believe by developing all aspects of the game, executing game situations, and focusing on fundamentals, each team and individual will achieve success. We will teach mutual respect to our family, coaches, teammates, and opponents through a system of following direction, goal setting, and trust. Our desire is to have players that are willing to work together towards achieving the goal of playing aggressively, unselfishly, and smart.



Coach's Responsibilities & Expectations

- Coaches **will** always represent the DSA/Ghost Club brand with class - 1 priority.
- Coaches **will** promote sportsmanship and class to other teams, parents, coaches, and umpires.
- Coaches **will not** demean, degrade, or talk down to players in any given situation. We are here to teach and mentor. Be encouraging and positive.
- Coaches **will** have the right to discipline, when necessary, by sitting player out of practice or games for specific period. Equipment throwing, swearing, yelling outburst, arguing with umpires, parents, coaches, lack of sportsmanship, etc....
- Coaches **will** be on time and on task. Arrive 10 minutes prior to players arrival time for training, practices and games.
- Coaches **will** be available for your specific team's practice and games.
- Coaches **will stay off phones** during any activity including picking up balls/stations. Phones should be checked during break times only.
- Coaches **will stay off phones** during games except quick checks between innings.
- Coaches **will plan** and **supervise** training sessions – **TEACH, TEACH, TEACH!**
- Coaches **will stay engaged** when scheduled for any training, team practice or game. **There is no down time. There is no sitting down when activity occurs.**
- Coaches **will remain** on the floor and supervise between activities except for short bathroom breaks.
- Coaches **will** teach/develop skills and situational strategies.
- Coaches **will** develop game management plans and strategies.
- Coaches **will** monitor pitchers and pitch counts.
- Coaches **will** keep playing time fair and balanced, but in appropriate positions based on skill level.
- Coaches **will** refrain from using profanity, foul, or vulgar language around parents, players, umpires, or tournament directors. No arguing outburst with umpires, opposing coaches, and/or opposing fans, ever. Questioning rule book calls are ok. Keep chirping to a minimum and focus on players.
- Coaches **will** avoid being ejected from any game. We understand that as coach, we want to be competitive, but our goal is to separate ourselves from the rest of teams/clubs as a first-class club in the baseball community.
- Coaches **will not** engage in talks with parents about playing time, decisions made during games, or any other disputes until a period of 24 hours has passed. Politely advise any parent of this rule as outlined in the Parent Code of Conduct if they approach you during a tournament/game.
- Coaches **are expected** to wear appropriate DSA/Club 1/Ghost issued attire during all games. It is preferred but not mandated for practices.
- Coaches **will** run all private instruction opportunities with club players through DSA ownership.
- Coaches **will** return all written materials and equipment upon request.
- Coaches **will** always ask themselves how you want to be remembered and how do you want to make an impact? You have a bigger impact then you think, and the biggest reward is to see these young men years later and they still address you as "Coach".

Infractions – See Below

1. Pre-Warning – Coaches Manual Distribution
2. 1st Infraction - Verbal Warning
3. 2nd Infraction – Termination

Coach/Instructor Signature: _____ Date: _____



Pre-Game/Practice Prep

High Knee
Quick Feet Backwards
Shuffles L/R
Heisman L/R
Carioca L/R
Sprints
Lunges
Frankensteins
Stretch

Practice/Pre-Game Throwing/Warm-up

Throwing Routine – Pivot | Rockers | 1-2 Throw, Follow | Shuffle, Throw, Follow | Long Toss | Quick Hand

Pre-Game Outline

Players show up 1 hour prior to game time, Coaches show up 15 minutes prior to players.

60-50 minutes prior – Put away/hang bags behind bench or under dugout-NEATLY. Line up helmets along front of dugout-NEATLY. Line up bats in on-deck area within dugout. LACE UP/GAME MODE!

50-35 minutes prior – Hitting Routine

- Two On-deck Hitters – Stride to Load Timing
- Whiffle Balls Live Hitting
- Soft Toss Whiffle Balls Hitting

35-30 minutes prior – Dynamic Warm-Up

30-20 minutes prior – Throwing/Warm-Up

20-10 minutes prior – Ground balls/Flyballs

10-5 minutes prior – Base Stealing

- 2 straight steals
- 2 Hit & Runs
- 2 Secondary Lead w/ reaction to ball in the dirt
- 2 Pickoffs (everyone yells back)



Sample Practice Outline – 1 hour and 50 minutes

Minutes

Drill

0:00 - 0:20

Teach Practice Expectation

Dynamic/Throwing Warm-up

0:20 - 0:35

Double Fungo (Work in Throwing Across, DP's, Slow-Rollers)

Optional: Work in Outfielders Backing Up as infielder throw across and dp's

0:40 - 1:25

Team Defense (Pick Any One to Four as skills improve, add to list as you wish)

- Bunt Coverage (Optional: Outfielders Backing Up)
- 1st & 3rd Steal Defense (Optional: Outfielders Back Up) (Optional w/Runners)
 1. Throw Thru to 2nd (Catcher Touches Shoulder)
 2. Throw Thru/Cut Home (Catchers Touches Arm)
 3. Throw to 3rd (Catcher Touches Mask)
 4. Throw to Pitcher (Catcher Touches Hand)
 5. Work on Leave Early/Step Off
- Cut-Offs and Relays
- Run Downs
- Catcher - Back Door Picks
 1. To First (C Picks Up Dirt/1st Base Takes Off Hat – Verbal “Joey”)
 2. To Second (C Takes off Glove/Middle IF Takes Off Glove – Verbal “Alex”)
 3. To 3rd (Catcher Kicks Dirt/3rd Takes Off Glove – “Nolan”)
- PFP's
- Fly Ball Communication
- Infield Pop Up Priorities
- Two Strike Game (Optional: Start w/ runners)
- Situations
- Pickoffs
 1. To 1st
 2. Backdoor to 1st (3 seconds, 1st breaks on 2 seconds – Verbal “Freddie”)
 3. Daylight to 2nd (Verbal “Sonny”)
 4. Inside Move to 2nd (Verbal “Izzy”)
 5. To 3rd – (Pitcher lifts leg, 3rd breaks to bag – Verbal “Kris”)

1:30 - 1:45

Specials

- Catcher Drills
- Outfield Drills
- Infield Drills

1:45 - 1:50

Baserunning/Signs/Mental Game

- Home to 1st
- 1st to 3rd
- 2nd to Home
- 3rd Base Tags/Wild Pitch/Ground Ball
- Steals/Hit & Runs/Secondary Leads



Indoor Hitting Routine

Minutes

0:00 - 0:15

Set Practice Expectation & Topic Focus

Med Ball Warm-Up/Hit Pause Tee Drill (All 6 Tee Stations) – Focus on Launch & Balance

0:15 – 1:00

Up to 6 Players on Each Side – Keep Same Players on Each Side

3 Stations – 15 Minutes Each (Leave 2 Minutes Pick Up/Rotate)

- Station 1 – Tee Drill #1
 - Balance & Timing Drills
- Station 2 – Tee Drill #2
 - Rotation and Hands Drills
- Station 3 – Live Round
 - Round 1 – Front Toss – 8 Swings
 - Round 2 – 2 Bunts, 1 Squeeze – 3 Swings
 - Round 3 – 2 Hit & Run, 1 GB Out Infield Back – 3 Swings
 - Round 4 – 2 Behind Runner, 1 Sac Fly – 3 Swings
 - Round 5 – 2 Two Strike Hitting - GB, 1 Two Out Base Hit – 3 Swings
 - Round 6 – Approach – Do Damage – 8 Swings/Repeat if Time/Contest