

THANKS FOR MAKING THE CHOICE TO COACH LITTLE LEAGUE®

A GOOD COACH CAN
IMPROVE YOUR GAME.

A GREAT COACH CAN
IMPROVE YOUR LIFE.



Failure is good. It's fertilizer. Everything I've learned about coaching,
I've learned from making mistakes.

[Rick Pitino](#)

Really, coaching is simplicity. It's getting
players to play better than they think
that they can.

[Tom Landry](#)

Constant, gentle pressure is my
preferred technique for leadership,
guidance, and coaching.

[Danny Meyer](#)

YOU LEARN MORE
FROM FAILURE THAN
FROM SUCCESS.
DON'T LET IT
STOP YOU.
FAILURE BUILDS
CHARACTER

Humility is what makes teams great. I've
preached it for a long period of time.

[Rick Pitino](#)

HELPFUL TIPS FOR BECOMING AN SRBA COACH

Items you will need to complete in order to coach:

Everyone must pass a Little League approved background check, complete the Diamond Leader Training Course, as well as the Little League Abuse Awareness Course. Background checks will be emailed to each coach individually.

Links for the other courses:

<https://www.littleleague.org/diamondleader>

<https://www.littleleague.org/university/articles/abuse-awareness-training-course>

Some tips to get started:

MAKE IT FUN!

Kids learn better when they are having fun. Incorporate games into practices.

- Garbage Can Target
- Pickle Ball/Ping Pong with Glove
- Backwards Baseball
- Target Practice
- Relay Races- seems to be kids' favorite

Consider appointing another parent to be in charge of a snack list. They can get parents to volunteer to bring a snack on game days for a post-game treat. This helps you focus on coaching while still providing a fun reward at the end of a game. Keep it simple! Be sure to check for any allergies on the team.

Positive reinforcement works best!

KEEP DRILLS SHORT

Most kids do not have the attention span to keep doing the same drill for more than 10-15 minutes. After that, it will become ineffective as they go through the motions.

If you have enough assistant coaches, consider breaking into groups for different drills and rotating through them every 10-15 minutes when possible.

Pick a few skills to really focus on at each practice. Do not try to cover everything in one day.

PRIORITIZE THE LONG TERM GOAL OVER THE SHORT TERM

Winning games is great. But if it comes at the expense of developing players, it's a loss. Our goal is to develop every kids' love of the game so much so that they keep wanting to come back year after year. If we have a lot of kids leaving due to lack of opportunity to get better, but we end up with a winning season as far as games go because we put the win over the kids, what do those wins really mean? In the end, our league as a whole will suffer. At the end of every kid's career, no matter if it happens at the youth level or beyond, those individual wins will be forgotten. They will remember their teammates, their coaches, the after-game celebrations, and how they felt, not any score or stat.

REWARD GOOD CHOICES AND GOOD CHARACTER OVER SKILL AND ACCOMPLISHMENTS.

Age Level Player Progression Guidelines for Coaches

A SUCCESSFUL SEASON FOR A COACH IS ONE IN WHICH THEIR PLAYERS CAN'T WAIT TO COME BACK AND PLAY THE FOLLOWING YEAR

Games and practices during the SRBA recreational season are the times to instill courage, confidence, and provide skills instruction to ALL players and to give fair game-playing opportunities to each and every child on a roster.

SRBA players at every age level expect to be provided with opportunities to learn the fundamentals of baseball and softball – our basic mission. Moreover, managers, at their discretion, are encouraged to provide players with opportunities to experience play at a variety of field positions and in different batting order slots. However, again at the coach's discretion, no player should be placed in a position that poses a physical danger to that player (e.g., a player should not play 1B unless he/she can make a consistent and solid attempt to catch a ball). Rotation of player positions throughout the season is a must. Players should always learn multiple positions. You never know where they will end up when they get older or what spots will need filled that they may find themselves in.

TEEBALL

TeeBall is generally the first introduction to organized baseball and softball and sometimes sports in general. Keep in mind that if the kids are having fun and staying engaged, that is a successful season. Most kids are more excited about the after-game snacks than the game itself at this age. The primary objective by the end of the season at this level is to ensure that each player has a "positive experience", desires to play again the following year, and has a basic understanding of the following:

- Names of defensive positions
- How to execute a throw (proper grip, basic form)
- Proper fielding position (down and ready)
- How to hold a bat properly
- What to do after the ball is hit (as a batter and a runner)
- Knows how, why, and when to run to the next base (run through 1st, stop on the rest)

Safety is a top priority at this age. The only child with a bat in his/her hand should be the one who is batting. If there are times during practices when players will be holding their bats, "bats on toes" is a good phrase reminding players to keep the barrel of their bat on their toes in order to keep from accidentally swinging and hitting someone. Also, reminding them to make sure your friend is looking at you when you throw the ball is a good idea.

MINOR LEAGUE 8U COACH PITCH

The primary objective by the end of the season at the 8U level is to ensure each player has a “positive experience” with baseball/softball, desires to play again the following year, and has learned the skills listed below. While the competitive aspect of the sport begins at this level, the focus should still be on development and having fun. Here are some items to focus on:

- TEAM concept- no one is singled out, everyone contributes to the team.
- Good sportsmanship- always cheer your teammates on and never negatively speak to or about them
- Number of outs per inning- this is new from TeeBall
- Fielding techniques- glove up in high five position for catching throws and pop ups, triangle and alligator chomp for grounders
- Proper down and ready position (glove palm facing up, no elbows on knees)
- Uses both hands to catch the ball vs one handed stabs or trapped catches
- Understands where to make the defensive play
- Proper batting position for tee work (front foot lined up with tee, not body centered with the tee)
- Proper batting position in batter’s box
- Proper base running (on the ground vs in the air and 2 outs vs less than 2 outs)
- How to handle yourself during wins and losses. Be humble and kind.

MINOR LEAGUE 10U PLAYER PITCH

The primary objective at the 10U level is the same as the previous level with an emphasis on learning to pitch and hit from player pitchers as well as preparing players for advancement to the next level. 10U is both instructional and competitive during the regular season. It is critical the managers and coaches of this division provide sound training and good balance of playing time and position rotations for ALL players. Players will build upon skills learned at the previous level and work on the following.

- Coming prepared and on time to practices and games (practice attire should include pants or long socks with sliding shorts underneath, NO SHORTS from this level on up)
- Good warm up techniques- stretching, reverse progressive throwing from wrist flicks up to full throws
- The ball is always “LIVE”, look for the next play
- Begin stepping or hopping to get ready when pitch is released or right before being hit
- Where to make the play
- Difference between a Force Play and a Tag Play
- Communication- calling for a fly ball, when a runner steals, where is the play
- Relaying ball in from outfield
- Proper footwork to field and throw quickly
- Ground ball fielding techniques- forehand/backhand, continuous motion
- How to go back on a fly ball-tuck and run
- How to rundown a base runner (pickle)
- Covering bases (proper foot placement) and backing up positions after a hit
- Pitching mechanics
- Batter’s box positioning
- Proper grip of the bat
- Using good hitting mechanics
- Determining ball vs strike but going in with the intent to get a hit and not walk
- Introduction to Bunting and Bunt coverages
- Proper base running techniques including: Inside corners, stealing after ball crosses the plate or passed ball, when to tag up, how and when to slide

Always show good Sportsmanship on and off the field (no bad-mouthing other players)

MAJORS AND INTERMEDIATE (50/70) 12U

The 12U level is both competitive and instructional with admittedly more emphasis on the competitive aspects of the game than the previous levels. Managers focus on fielding a competitive team while also providing players with a fun learning experience. All players are ensured playing time.

Players should work on refining their skills with a strong emphasis on consistency. Often the difference between an average player and a good player is the ability to consistently execute the required skills.

Players at the 12U level should work on the following:

- Come on time to practice and prepared for practice or games
- Emphasis on good communication between players
- Learning to work through the ball when fielding
- Learn how to execute a variety of throws- flip, short toss, full throw, crow hop throw
- Proper batting stance, bat position, and swing execution
- Know the difference between bunting for a base hit and a sacrifice bunt
- Baseball introduces leadoffs at this level- work on primary and secondary
- Proper base running techniques including: Exploding off the base (or from lead off) upon pitcher's release when stealing, when to tag up vs going halfway, proper sliding techniques
- Proper pitching motions when runners are on vs no runners on (Baseball). Identifying balks.
- Use good catching skills (blocking with head down, hand hidden, and with hips to the ball; and throwing out runners
- Cover bases correctly when receiving a ball and vacating when there is no play

Always show good sportsmanship!!

JUNIOR/PONY 14U (15U FOR SOFTBALL)

The Junior/Pony level focuses on strategy and situational plays, mastering specific positions and preparing for play at the High School level if desired. Managers focus on fielding a competitive team while also providing the players with a positive development/learning experience. Skill levels vary from recreational to highly competitive levels of play. All players are ensured playing time.

Within this general framework, let's play ball!!!