



# U10 Coaching Guide

## Formerly Mites

### Division Goals

- Fun
- Teamwork
- Skill Development
- Game Basics

### Coaching Responsibilities

- Help to fulfill each of the Division Goals
- Communicate information from the league to your team (parents and players)
- Set-up and take down of the playing field prior to and after each game
- Ensure each game played follows the rules outlined by the organization, and fulfills the Division Goals

### Distances

- Base distance: 40' (see figure 1)
- Pitching distance: 30' (see figure 1)
- Ball size: 11" optic

### Game Flow

- Each game proceedings will begin promptly at 7:00pm on scheduled nights
- No new inning will begin after 1 hour 20 mins. It will be up to the umpires, and the coaches of both teams to monitor time. Umpires will have the final decision on when last inning is called.
- The designated visiting team will bat first, batting until there are three (3) outs, or until four (4) runs are scored.
- The home team will bat once the visiting team has completed their turn, batting until there are three (3) outs, or until four (4) runs are scored.
- When a team is not batting, ie on the field playing defensively, the goal is to have the player who receives the batted ball make a throw to the appropriate bag for a "forced" or "tagged" out
- Base runners may only advance one base on an over thrown ball.
- Last inning rule:
  - If when last inning is called, either the visiting or home team is ahead by 7 or more runs, the game is over. This will be known as the "Mercy Rule". There will be no "Mercy" if the visiting team leads by 7 or more runs part way through the final inning.
  - Once the umpire has called last inning, if the visiting team is behind by six (6) runs or less in the score, they may score deficit plus three (3) runs
  - Once the visiting team's batting is complete, if they are not ahead in the score, the game is over (the home team will not bat)
  - Once the visiting team's batting is complete, if they have equaled, or surpassed the Home Team's score, the home team will bat. If the Home Team surpasses the Visiting Team's score, the game is complete.
- Alternate boy, girl, boy, girl, for pitching when applicable.
- Other:
  - Score will be kept
  - Maximum four (4) runs per inning (Except for last inning, if applicable)
  - No infield fly rule
  - No stealing bases



## Best Practices

- Prepare your batting order prior to each game
- Prepare your fielding positions for each inning prior to each game
- If there is a TBall game on the diamond before your game, use the deep outfield, or space outside the diamond for warm up
- When your team is batting, have each player on the bench have their helmet on so that they are ready for their turn to bat
  - When one player is batting, have the next batter in order in the "On Deck" circle
- Request assistance from other parents on your team. You may find assistance from parents helpful:
  - During warm-up
  - When your team is at bat (helping to prepare players for their at-bat) (ie, getting helmets on, ushering them to the on-deck circle)
- When your team is batting, a coach may be in the First Base coach's box, and the Third Base coach's box
- Have your Back-Catcher dressed and ready to go between innings.
- Create a "Snack Schedule". Although not a requirement, past teams have found having a scheduled snack after each game is a great team bonding experience. As an example, this schedule could assign a parent to bring a snack on their designated game night for the team. (If possible, seek out a parent to organize this!)
- Have your team decide on a fun Team Name!