



5 Pitch Coaching Guide

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" trainer (soft)

Game Flow

- Each game proceedings will begin promptly at 6:00pm OR 7:00pm on scheduled nights
- The total run time for each game will be no more than 1 hour 15 mins
- The designated visiting team will bat first, batting until three (3) outs, or scoring four (4) runs
- The home team will bat once the visiting team has completed their turn, batting until three (3) outs, or scoring four (4) runs
- This process will repeat three times (four if time permits)
- 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 out"
- Coaches may have up to three (2) additional parents on the field
- Base runners may only advance one base per hit ball. (Otherwise known as "Station-to-Station" play)
 - If the ball is batted past the base line, the batter-runner may advance 2 bases
- Coaches will be used as pitchers in this division. Each batter will get a total of five (5) pitches. The coach is used as the pitcher in this division to help develop batting skills at this age. Pitcher development is emphasized in the next division up.
 - If the 5th pitched ball is batted "foul", another pitch will be thrown to the batter
- A regular infield must be used (pitcher, catcher, first, second, third, and short-stop. Coaches may put all of the remaining players in the outfield to ensure no player sits out)
- The catcher must be fully equipped (helmet with mask, chest protector, and shin guards)
- Batters are required to wear chin straps on their helmet
- The winning coach must let the convener know the final score of the game within 48 hours of completion



- Other:
 - Score will be kept
 - Maximum four (4) runs per inning
 - No “last inning” rule, ie, three (3) or four (4) full innings will be played regardless of score.
 - No stealing bases
 - No leading off bases
 - No extra bases may be taken on an over throw

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:
 - When your team is in the field (defense)
 - 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, you as the coach will be the pitcher
- 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!