



# COACHING GUIDE

## SUPPORTING OUR COACHES

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This packet is designed to support our program's new and experienced coaches and prepare them for the upcoming season. We gathered insightful information on three key aspects of coaching we felt could help their role be easier, efficient and more rewarding – planning, volunteer support and communication. This packet is one step in our continued effort to find ways to build a positive relationship with all our coaches. By improving the coaching experience, our hope is to build coaching continuity and consistency from season to season. Thank you for volunteering to help the Loveland Youth Baseball Organization.

## LYBO COACHING RESOURCES

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### LYBO PRACTICE BINDER

- Included in each coach's team equipment bag
- Binder is available on the LYBO website: Coaches Corner > Coaches Manual

### LYBO WEBSITE – COACHES CORNER

- Rules and regulations
- Little League bat standards
- Baseball resources including curriculum, videos and drills
- Umpire information
- Coaches Manual - Binder Information

## OTHER COACHING RESOURCES

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### WEBSITES

- Little League University
- USA Baseball
- Coach Lisle
- Dominate The Diamond
- [baseballcoachtraining.com](http://baseballcoachtraining.com) (pay)

### YOUTUBE

- Ultimate Baseball Training
  - You Go Pro Baseball
- Zoned Sports Academy

## CONTACT INFORMATION

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### LYBO PRESIDENT

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# COACHING GUIDE

## BUILDING A PRACTICE PLAN

### TRY THIS...

Players tend to focus and learn the routine better if they are leading their teammates.

### WARM-UP ROUTINE

- Establish a consistent stretching and throwing progression
- Use this same plan for gameday pregame warm-ups
- Rotate warm-up captains

### BREAKOUT STATIONS

- Small group stations keep players active - rotate in 10/15 minute intervals
- Stations provide time for individual instruction
- Small groups increase the players focus
- Vary the stations for each practice to keep things fresh

### SPECIALTY SESSIONS

- Create breakout sessions designed to develop pitchers and catchers
- Outfield drills - tennis racket fly ball drills - cutoff drills
- Identify who can play everywhere and who is better served learning 1-3 positions

### FUNDAMENTALS & SITUATIONAL BASEBALL SESSIONS

- Batting practice can double as situational baseball
- Focus one practice segment on a specific game situation
- Build a season long plan to cover all the key game situations

### CONTEST & MINI GAMES

- Disguise fundamental drills as contests of skill
- Quality reps vs. quantity reps – mini games makes reps feel important
- Skill games increase focus and add fun at the same time

### END WITH SOMETHING FUN!

- They leave with smiles if you end practice with a game of kickball or wiffle ball
- Fun kids games can help build team unity

### TRY THESE...

- How many in a row?
- Target throw contests
- "Pitch a Strike" Eliminator
- Classic game of pickle
- Warm-up Throw "21"

## BUILDING OUT A SEASON LONG PRACTICE PLAN

### ROTATE DRILLS & FUNDAMENTALS

- Build on the plan to add more and more
- Mix in new ways to make practice feel new

### ALTERNATIVE PRACTICE OPTIONS

- Joint practice with another LYBO team
- Mentor practice – invite an older Generals team to help guide a practice.
- Use scrimmage games to work on situational baseball and try new pitchers

### TRY THIS...

A different voice can often keep younger kids more engaged in learning. Older kids learn leadership and enjoy being mentors.



# COACHING GUIDE

## BUILDING A SUPPORT TEAM

### LEAD ASSISTANT

- Leads pregame warm-ups while the Head Coach handles ground rules with umpires
- Primary in-game role is dugout organization - lineup, catchers gear, position info

### BASE COACHES

- Arrange game day volunteers before the season if possible
- Educate your volunteers on the specific base running rules for your age level

#### TRY THIS...

Create a full season list of rotating "parent assignments" before the season.

### PREGAME / POST GAME VOLUNTEERS

- Home game setup - measure bases and pitchers rubber, line the field
- Home game post game - rake field, put away equipment, cleanup dugout
- Scorebook - secure early. Baseball scoring is becoming a lost art
- Snack Schedule Coordinator - assign and adjust a rotating schedule

#### TRY THIS...

Introduce yourself and coaching style. Then set expectations on playing time and lineups before the season begins.

## COMMUNICATION CHANNELS

### EMAIL LIST

- Be sure to request if additional parents/guardians are to be added
- Use email for main messaging and season updates
- Request volunteers to help with roles before the season begins

### TEAM SNAP

- Scheduling - locations, directions, arrival times
- Parent contact information database
- Availability (subscription) - extremely helpful for preparing lineups
- Messaging - great for rain out, last minute field changes
- Assignments - can list assignments for each game (snacks, field prep, ect)

### GAMECHANGER

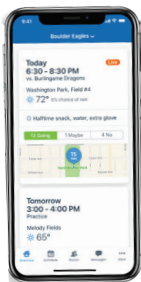
- Score Games Electronically
- Schedule Building and availability
- Stat recording (subscription)

### PARENT COMMUNICATION

- Clarify equipment needs - only USA Bats, proper glove sizes, protective cups
- Explain the importance of arriving on time for pregame warmups
- State your plans for the batting order and position rotation
- Set expectations for parent behavior - during plays, between pitches, with umpires
- Hurt vs. Help - limit in-game visits to the dugout for injuries and supplies
- While winning is fun, the goal is development and having fun

#### Parent Reminder...

Yelling during plays or between pitches only adds stress and confusion. A parent's voice of encouragement should come after the play is over.





# COACHING GUIDE

## BUILDING COACHING RELATIONSHIPS

### WITH PARENTS ABOUT THEIR PLAYERS

- A mid-season email or meeting to communicate a players progress, positive contributions and ways he can improve can help build trust.

### WITH PLAYERS

- Build confidence with rewards like game balls or best effort callouts
- Set team goals that earn rewards to build team comradery
- Wait until after an inning has ended for individual teaching moments


### WITH OTHER COACHES

- Pregame and postgame conversations can lead to possible scrimmages
- Create a "Coaching Thread" to share information on fields and teams outside LYBO
- Request help to link you to other LYBO Coaches for advice with practices and drills

### TRY THIS...

Create a "best effort" award to recognize all your players during the season schedule.



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NO.	PIRATED PLAYER	1	2	3	4	5	6
4	ANDREW	B	2B	RF	B	L	2B
9	TYSON	RF	P	1B	C	B	1B
11	BRAYDEN	1B	C	B	SS	C	B
2	LOGAN	B	L	CF	C	2B	P
10	MOOSE	P	B	SS	CF	B	CF
6	RIVY C	L	F	B	3B	RF	SS
11	STEVEN	SS	CF	B	P	CF	SS
7	HAYDEN	C	SS	2B	B	P	B
8	KEECH DUSS	B	RF	L	2B	B	RF
1	ZACH	3B	B	C	3B	1B	3B
3	EDWARD	2B	3B	B	L	RF	C
12	OIO	CF	1B	P	1B	2B	B