



Coaching Resources

Thank You!



MISSION STATEMENT

**LITTLE LEAGUE® BELIEVES IN THE
POWER OF YOUTH BASEBALL AND
SOFTBALL TO TEACH LIFE LESSONS
THAT BUILD STRONGER
INDIVIDUALS AND COMMUNITIES.**

“A coach will impact more people in one year than the average person will in an entire lifetime.”

- Billy Graham



Role of a Coach

- Teacher
- Motivator
- Mentor
- Friend
- Role Model
- Encourager



Core Participation in Select Sports, Ages 6-12

Percentage of children who participated on a regular basis in 2022

Sport	2019	2020	2021	2022	2019-22 Change	# of Kids in 2022
Baseball	14.4%	12.2%	12.6%	11.5%	-20.1%	3,279,977
Basketball	14.0%	14.8%	14.5%	14.0%	-0.4%	3,971,445
Cheerleading	2.9%	2.3%	2.2%	2.2%	-23.1%	634,169
Flag Football	3.5%	3.4%	3.4%	3.5%	0.3%	1,002,228
Tackle Football	2.9%	2.8%	2.3%	2.6%	-13.2%	724,916
Golf	4.6%	5.3%	5.2%	6.1%	32.6%	1,700,000
Gymnastics	3.6%	2.9%	3.0%	3.0%	-15.6%	863,180
Ice Hockey	1.2%	1.0%	0.9%	1.0%	-17.5%	272,290
Lacrosse	1.0%	0.9%	0.7%	0.7%	-26.2%	204,626
Soccer (Outdoor)	7.7%	6.2%	7.4%	8.0%	4.3%	2,272,176
Softball (Fast-pitch)	1.4%	1.2%	1.2%	1.2%	-15.7%	344,343
Swimming (Team)	1.3%	1.0%	1.1%	1.0%	-26.9%	279,324
Tennis	4.3%	5.9%	5.8%	6.5%	51.2%	2,100,000
Track and Field	1.1%	1.2%	1.1%	1.0%	-10.5%	286,264
Volleyball (Court)	2.9%	2.5%	2.6%	2.5%	-14.2%	710,176
Wrestling	0.7%	0.6%	0.6%	0.5%	-23.2%	144,277

Source: Sports & Fitness Industry Association. Golf data came from National Golf Foundation. Tennis data came from U.S. Tennis Association.

Note: Core participation means playing regularly a number of times per year as defined by SFIA depending on the sport.

Now What?

- Make it Fun!
- Make it Challenging!
- Make it Competitive!
- Make them Curious!
- Make them want to Come Back!
- Make them want to Practice on their own!



Practice Design

- Take time to write it down (T.E.S.S.)
- Time?
- Equipment?
- Space?
- Staff?

Date : _____ Practice Time: _____ Location: _____

6-7 yr old Practice (1.5 hrs)

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

5 Minutes: Base running Drill: _____

8-10 Minutes – Throwing/Receiving Drills:

Drill / Activity #1: _____

Drill / Activity #2: _____

3-4 Minutes: Group meet – Explain Hitting & Fielding Rotations and divide players into groups

25-30 Minutes – Hitting Rotations

Hitting station #1: _____

Hitting station #2: _____

Hitting station #3: _____

Components of A Successful Practice

- Chalk Talk
- Warm Up
- Engagement
- Repetition
- Competition
- Homework



Chalk Talk

- Beginning of practice
- Life Lessons
- Teamwork
- Quote of the day
- Joke of the day



Warm Up

- Running
- Skipping
- Jumping
- Balancing
- Fun Games



Engagement

- No laps, No lines,
No lectures
- Divide and Conquer
- Ask questions
- Rule of 10



Repetition

- Throwing
- Catching
- Hitting
- Fielding
- Pitching



Competition

- Hula Hoop
- Throwing
- Baserunning Races
- Around the Horn
- Homerun Derby
- Winners/Losers



Homework

- Play Catch
- Wall Ball
- Self Catch
- Whiffle Ball
- Watch BB/SB on TV



Practice Time Recommendations

- T-Ball: 60 minutes
- Pee Wees: 75 Minutes
- Rookies: 75 Minutes
- Minors: 90 Minutes
- Majors: 105 Minutes



Tools That Every Coach Needs

- Practice Plan
- Baseballs/Softballs
- Cones
- Whiffle Balls
- Watch/Stopwatch
- Batting Tee



Ballard Little League Drill Library

Tee Ball:

[Hi/Low Throwing](#)

[Home to 1st Baserunning](#)

[Throwing Technique 1](#)

[Hitting Technique](#)

[Throwing Technique 2](#)

[Fielding Drills 1](#)

[Running the Bases](#)

[Team Throwing](#)

[Learning Outfield Positions](#)

[Defensive Progression 1](#)

[Hitting off the Tee](#)

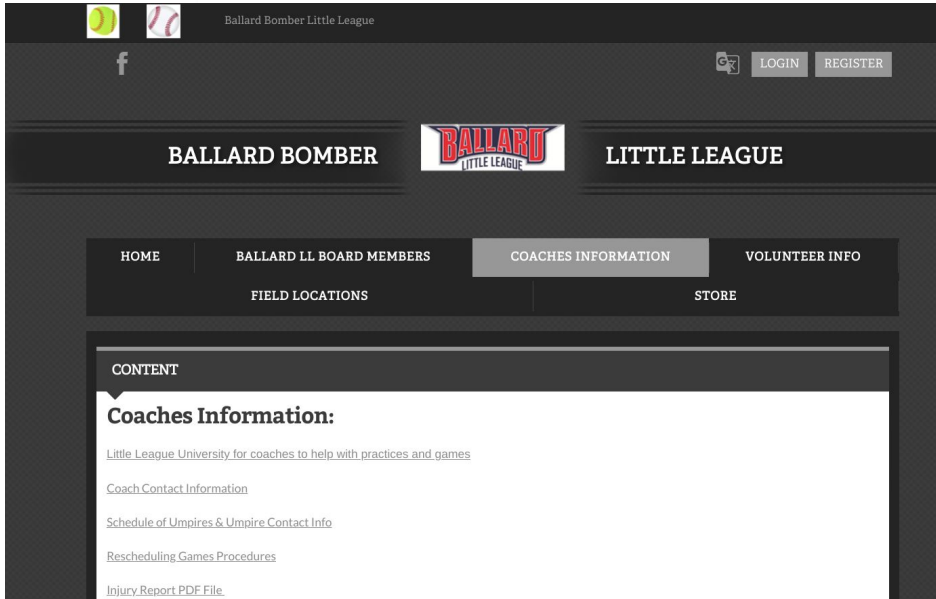
[Fielding a Ground Ball](#)

[Catching a Ball for Beginners](#)

[Bean Bag Self Catch](#)

[BB/SB Self Catch Without Glove](#)

[Partner Infield Drill](#)



The screenshot shows the website for Ballard Bomber Little League. At the top, there are social media icons for YouTube and Instagram, followed by the text "Ballard Bomber Little League". Below this is a Facebook icon and a search icon. On the right side of the top navigation bar, there are "LOGIN" and "REGISTER" buttons. The main header features the "BALLARD BOMBER" logo on the left, the "BALLARD LITTLE LEAGUE" logo in the center, and the text "LITTLE LEAGUE" on the right. Below the header is a secondary navigation bar with the following items: "HOME", "BALLARD LL BOARD MEMBERS", "COACHES INFORMATION" (which is highlighted), and "VOLUNTEER INFO". Underneath this, there are "FIELD LOCATIONS" and "STORE" buttons. The main content area is titled "CONTENT" and features a section for "Coaches Information:" with a downward-pointing arrow. Below this section, there are several links: "Little League University for coaches to help with practices and games", "Coach Contact Information", "Schedule of Umpires & Umpire Contact Info", "Rescheduling Games Procedures", and "Injury Report PDF File".

More Resources

- Megan Rembielak
- David Klein
- Dugout Captain
- Marty Shupak
- Dominate the Diamond



JOIN DAVID "CAPTAIN FUN" KLEIN FOR FOR A

FREE
COACHES CLINIC
FOR YOUTH BASEBALL AND SOFTBALL

- ONLINE WEBINAR
- LIVE Q&A
- FREE COACH RESOURCES

LEGENDS
COACH ACADEMY
WHERE COACHES BECOME LEGENDS

FEB 29TH 6PM PST - RSVP NOW!

The graphic features a man in a baseball cap and dark shirt, smiling and pointing. He is holding a stack of papers and a laptop displaying a video. A certificate is also visible. The background is a blurred outdoor setting, likely a baseball field.

T-Ball Sample Practice Plan

60 Minutes

Chalk Talk: 5 minutes

- Connect with each player
- Get players smiling/laughing
- Review something you did last practice or last game

Warm-Up: 5 minutes

- Play TAG on the infield dirt
- Incorporate different movements when doing this - run forward, backpedal, shuffle, hop, jump,
- Make sure players break a sweat

Station Work: 30 minutes (Rotate groups every 8 minutes with 2 minutes in between stations)

Station 1: Hi/Low Throwing (Drill Library)

Station 2: Bean Bag Self Catch (Drill Library)

Station 3: Hitting off the Tee (Drill Library)

Competition: 5 minutes

Bean Bag Around the Horn

Step 1: Put your players in teams of 4

Step 2: Arrange each player in a square approximately 5 feet away from one another

Step 3: Teams will see how many times they can underhand toss the bean bag around the square in 2 minutes while also working on proper catching technique

Step 4: The team with the most times around the square in 2 minutes wins a jolly rancher

Fun: 5 minutes

Baserunning Game (Drill Library)

Debrief: 5 minutes

How many of you had fun today?

What is something that you learned today?

What is something that you saw your teammate doing well today?

Homework: Before next practice/game each player needs to do 50 self catches either on their own or with their mom/dad/sibling



“Your record at the end of the season is not how many games you win or lose. Your record is how many kids play next year.”

- Andrew Bartman - USA Baseball

Coaching Questions?

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