

## SCLL Coaching General Tips

- For Single-A and higher, winning the game is a goal, as it should always be in sports, but it is, by far, a secondary goal, at this level, to developing players' baseball skill-set, knowledge of the game and overall enjoyment of the sport.
- Focus on effort. Maybe the player is not the next Bryce Harper, or cannot catch a ball if it was handed to them, just focus on the effort and attitude of the player. If they are listening and trying their best, know that there will be incremental improvement, even if you barely notice it. Some will make dramatic improvement and some will struggle to make any improvement. Little League accepts all who want play and it is our job to do our best with what we are given. Bottom line is we want the players and parents to enjoy their experience with SCLL.
- Treat all player's equally. Do not give any parent a reason to complain. Manager's or coach's player's do not get special treatment. NOTE: Majors and below – No player sits twice before everyone sits once
- Stay positive. Yelling and criticizing players will get you nowhere and make you and the players feel lousy. Avoid long end of game or end of practice lectures. Stay positive and encouraging, but do not say ok to bad form or mechanics or bad behavior. Use positive coaching skills to correct problems.
- Please note that SCLL is providing the following training aids
  - Pitching practice area behind the T-Ball field next to the field 5 batting cages
  - Pitching machine and generator at each field to be used for batting cage for A-Ball and higher, as well as for field hitting, fielding and pop-fly practice.
  - Two Jugs pitching/hitting screens at each field. They are stored in each field shed. Please return to shed when you are done using them after practice.
  - One quality tee at each field. This is also stored in each field shed. Please return to shed when you are done using it after practice.
  - A set of three weighted sand hitting practice balls are being provided to each manager as part of other equipment that will be kept until the end of the season. Please return to SCLL at the end of the season.

## SCLL Recommended Practice Template

SCLL would like to get a consistent approach to how practices are run. The goal should be to make sure players are idle as little as possible. For AA and higher, emphasis will be on developing pitching accuracy and velocity via things like long-toss and focusing on a standard of pitching from the stretch and tuning mechanics. For all levels, fielding and catching will also be worked on through repetition with the goal to get as many reps in as possible via a busy, intense properly planned practice. Don't forget about water breaks!

- 0:00 – 10:00: Warm-Ups (see Warm-up page)
  - Group outfield foul pole to foul pole fast paced jog
  - Dynamic stretches
  - Static stretches
- (A-Ball) 10:00 – 20:00 or longer: Practice throw and catch
  - Hard to do, but the goal is to get the players to throw close enough to catch the ball. Use a tennis ball without out gloves if needed at first. Their confidence will build with each catch. We need A-Ball players to get good at catching the ball before they can be considered for future AA play.
- (AA and above) 10:00 – 20:00: Warm-up throws & Long Toss
  - One player stays on the foul line and the other is the mobile one who backs up
  - Short Dart Throws (6)
  - Semi-short throw with one knee on the ground (focus on seat-belt form follow-through) (5)
  - Figure-8 throws (feet square to player then twist left, then twist right then throw) (8)
  - Rocker throws (line-up like your pitching with legs far apart, then rock forward and then backward as low as they can go and then throw hard to other player using good form) (6)
  - Step and throw (goal is to move back as far as they can and still throw accurately to other player) (5 for first progression, 2-3 each for the following progressions). Be sure that each pair of players is far apart from other players so no one gets hit by a bad throw
  - Then start moving back in towards player on foul line, then throw and then move further in
- 20:00 to 50:00: Stations
- 50:00 to 80:00: Game situation drills
- 80:00 to 90:00: Finish with a bang with a fun baseball related game
- 90:00: End of practice quick team meeting