



COACHES HANDBOOK 2026

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2026 JP Regan Youth League Contacts

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The Jamaica Plain Regan Youth League

History, Mission, and Values

History of the League

The Jamaica Plain Regan Youth League is an independent youth baseball league. Started in 1969 by a few parents in the Hyde Square section of Jamaica Plain, the league has grown to serve more than 800 local children ages 5-18.

Mission

The Regan Youth League is a welcoming and inclusive environment where all youth in Jamaica Plain and surrounding communities can experience the joy of baseball. We foster growth, teamwork, and respect through engaging gameplay, constructive coaching, and a commitment to creating a positive community for players, families, and volunteers.

Core Values

Inclusivity: We celebrate diverse identities and ensure equal opportunities for everyone to learn, play, and thrive.

Sportsmanship: We promote respectful play, positive attitudes, and celebrating both victory and defeat with grace.

Development: We provide opportunities for each player to hone their skills and confidence.

Community: We cultivate a supportive environment where players, families, and volunteers collaborate for the mutual benefit of all.

Expectations

Healthy competition: We prioritize good sportsmanship, learning, and fun.

Equal participation: All players deserve equitable opportunities to learn, practice, and play.

Positive support: Encouragement and enthusiasm are welcome, but negativity and disrespect will not be tolerated.

Contributing to the league: As an all-volunteer organization, we expect participating families to play a role in the success of each season.

Together, we create a vibrant community where everyone can discover the joy of baseball in a safe, inclusive, and enriching environment.

Misión

La Liga Juvenil de Regan es un ambiente acogedor e inclusivo donde todos los jóvenes de Jamaica Plain y las comunidades circundantes pueden experimentar la alegría del béisbol. Fomentamos el crecimiento, el trabajo en equipo y el respeto a través de un juego atractivo, un entrenamiento constructivo y el compromiso de crear una comunidad positiva para jugadores, familias y voluntarios.

Valores fundamentales

Inclusividad: Celebramos las diversas identidades y garantizamos la igualdad de oportunidades para que todos aprendan, jueguen y prosperen.

Deportividad: Promovemos el juego respetuoso, actitudes positivas y celebramos tanto la victoria como la derrota con gracia.

Desarrollo: Brindamos oportunidades para que cada jugador perfeccione sus habilidades y confianza.

Comunidad: Cultivamos un entorno de apoyo donde los jugadores, las familias y los voluntarios colaboran para el beneficio mutuo de todos.

Expectativas

Competencia sana: Priorizamos el buen espíritu deportivo, el aprendizaje y la diversión.

Participación igualitaria: todos los jugadores merecen oportunidades equitativas para aprender, practicar y jugar.

Apoyo positivo: el aliento y el entusiasmo son bienvenidos, pero no se tolerará la negatividad ni la falta de respeto.

Contribuir a la liga: como organización totalmente voluntaria, esperamos que las familias participantes desempeñen un papel en el éxito de cada temporada.

Juntos, creamos una comunidad vibrante donde todos pueden descubrir la alegría del béisbol en un ambiente seguro, inclusivo y enriquecedor.

Resources for JP Regan Youth League Coaches

- Heads Up Online Training Course
- Sample Parent Information Sheet
- Game Management Tips
- Player Development Goals by Division
- Sample Drills by Division
- Sample Practice Plans
- Other Resources (website links and books)

Heads Up Online Training Course

[HEADS UP to Youth Sports Coaches: Online Concussion Training | HEADS UP | CDC](#)

(Link is also available through the Info for Coaches section at www.reganyouthleague.org)

HEADS UP Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion.

Once you complete the training and quiz, please print out a certificate, making it easy to show the Regan League that you have completed the course. One coach or assistant coach per team must be trained.

What Will I Learn in This Training?

This course will help you:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

Sample Parent Information Sheet

JP Regan Youth League Farm Division – Team X

Coaches:

Name – 617-555-0101

Name – 617-555-0202

If your child can't come to a practice or game please call or text one of us above ASAP!!

Key Goals and Rules for the League:

1) This league is an INSTRUCTIONAL league, not a competitive league. The goals are for the kids to:

- HAVE FUN!
- LEARN TO PLAY BASEBALL BETTER/IMPROVE SKILLS
- LEARN TEAMWORK

2) Parents need to support their child and the team by:

- NEVER ARGUING WITH UMPIRES
- NEVER CRITICIZING YOUR CHILD OR ANY OTHER PLAYER WHILE IN PRACTICE OR A GAME
- NOT TELLING YOUR CHILD WHAT TO DO WHILE IN PRACTICE OR DURING A GAME (This is the role of the coaches; it's confusing for a child to hear multiple voices and instructions)

3) If a parent/guardian thinks their child should be doing something differently, tell one of us coaches your concern.

4) What to bring to practices: glove, cap, bottle of water, sneakers or cleats and comfortable pants and shirt

5) What to bring to games: wear uniform (cap, jersey, pants and either sneakers or cleats) and bring glove and a bottle of water.

Game Management Tips

- Prepare your lineup and substitution plan the night before and modify based on attendance
- Verify score with coaches after each inning.
- Ask players to hustle on and off field to move game along
- Have parent or assistant coach keep score
- Make sure hitters and on-deck batters are ready; only on-deck batter swings bat
- Keep parents off the bench!
- Ask parents not to shout out instructions to players during game to prevent confusion
- Have extra balls handy

JP Regan Youth League

Player Development Goals by Division

TeeBall (5-7 years)

- **Learn the basic rules**
 - Run in right direction when ball is hit
 - Runners must touch bases
 - How to record outs (catch ball in air, throw to first, or tag runners)
 - Run past first base
 - Scoring a run

- **Throwing mechanics**
 - Turn body so front shoulder points toward target
 - Elbow above shoulder- L shape
 - Bow and Arrow-point glove towards target
 - Step towards target w/ non-throwing foot
 - Release the ball

- **Tracking the ball**
 - Follow ball with eyes into glove
 - Use two hands to catch and field
 - “Alligator” hands to field ground balls
 - Catch ball out in front of body

- **Hitting**
 - How to hold and swing the bat
 - Batting safety (when not to swing bats)
 - Hitting off a tee
 - Hitting softly tossed balls (in practice for Teeball)
 - Go back to Go Forward- shifting weight from back to front

- **Learning Positional Play**
 - If ball is hit to your teammate let him/her field it
 - Everyone stay in their positions
 - Throwing ball to first base

JP Regan Youth League Player Development Goals by Division

Farm (7-8 years)

- **Learn the basic rules**
 - Force outs
 - Tagging up
 - Baserunning (when you do and don't have to run, not running past teammates)
 - Balls and strikes
- **Throwing Mechanics**
 - Introduce proper grip
 - Point front shoulder, step, and throw
 - Generating momentum toward the target and executing follow-through
- **Catching and Fielding**
 - Thrown and hit balls
 - Watch the ball into glove
 - Use Two hands
 - Forehand and backhand
 - Underhand flip
- **Hitting**
 - Choosing right bat
 - Proper grip
 - Hitting pitched balls from coach
 - Introduce "soft toss" and other hitting drills
 - Execute weight shift- Go Back to Go Forward to generate power
- **Learning positional play**
 - Learn different positions and areas each player should cover
 - Cover nearest base when ball not hit to you
 - Basics of cutoffs and relays
 - Making throw to bases- understanding force outs vs tag outs

JP Regan Youth League Player Development Goals by Division

Junior/Senior (9-12 years)

- **Learn the basic rules**
 - Infield fly rule (Seniors)

- **Hitting**
 - Hitting pitched balls from live pitcher
 - Understanding strike zone- swinging at good pitches
 - Working the count
 - Bunting
 - Develop weight-shift to generate power
 - Learn variety of hitting drills

- **Pitching and throwing mechanics**
 - Learning control- throwing strikes and pitching to locations
 - Pitcher covering first
 - Long-toss to strengthen arm
 - “Crow-hop” after fielding balls

- **Baserunning**
 - Stealing after ball crosses plate (Seniors)
 - Extra-base hits
 - Sliding
 - Listening to base coaches

- **Learning team fundamentals**
 - Cutoffs and relays
 - Basic bunt defenses
 - Basic first and third situations
 - Defending the steal (Seniors)
 - Infield and outfield communication

SAMPLE DRILLS BY DIVISION

Teeball Drills

RUN PAST FIRST

Put coaches at shortstop and first base. Throw grounders to the shortstop and have them make throws over to first. Have players line up at home and have one player run on each ground ball. Having a fielder gets the baserunners used to seeing someone covering the base and gives them a little more incentive to beat out the throw.

PRACTICING HITTING WITH THE T

When hitting off of a tee we want the players to concentrate on their weight shift. We want them to think about going back to go forward. The hitter should load all of the weight onto the back foot (almost like a pitcher's wind-up) and then take it all forward as the swing is completed. The hitter should swing hard. You can use wiffle balls at the start as they are learning to hit the ball off the T.

BOW AND ARROW THROWING

- Turn your body to the side
- Point glove at target- arm out straight- Throwing arm forms an L
- Throw without stepping and follow through with throwing arm

DON'T SWARM FIELDING DRILL

One of the biggest problems you may face on the field is swarming. That is, once the ball is hit, ALL your players will rush towards the ball and wrestle each other for it.

To prevent swarming, set-up designated zones that each player is "allowed" in. Cones can be used to set-up these zones. If the ball enters a player's zone he/she is allowed to field it. If the ball is not in their zone, the player should cover their base awaiting a throw.

ALLIGATOR ARMS

Prior to the drill starting, explain to the young ball players the idea of how an alligator jaw works. Then show them how catching the ball and fielding grounders works the same way. The ball is just like an alligator's food, and they need to capture it with both hands. Have the children stand in a single file line in the ready position. When you roll the ball, have them place their glove down in front of the ball, and explain to them that when the ball reaches their glove, the other hand should clamp down to secure the ball – just like alligator jaws – but only with their arms.

IMAGINARY LINE

Set up two cones about ten feet apart. Explain to the kids that they cannot let the ball get past them and cross the imaginary line between the two cones. You will roll or bounce the ball towards the player in an attempt to get the ball past them. Instruct them on how to shuffle from side to side with their glove in front of them to get their entire body in front of the ball.

LEARN THE BASES

Have the players follow you from base to base, starting with first base, and then in order (second, third, home). Explain to the youngsters what happens after you hit the ball, and then where you go after first base, where to go after second, etc.

Farm Drills

SOFT TOSS

A coach sits on a bucket slightly in front and to the plate side of the hitter. The coach should be 3-4 feet away from him/her so as not to get hit by the bat. He/she tosses a ball to batter who hits it into fence. Use tennis balls or soft balls for this drill.

COUNTDOWN DRILL

Have the players line up across from a partner about 20 feet apart. They are to make good throws back and forth as many times as they can while the coach counts down from 30 to zero. The player who does not have the ball at zero wins. (You should see the kids scramble for a dropped, or loose ball.)

RELAY GAME

Divide players into equal teams, numbers determined by space available, and age of players. Put each team in an extended line, spaced according to their age and throwing capabilities. Start the ball for each team at the same end of each line. Player with the ball turns his back to his line. On the signal, each player with a ball turns and makes a throw to the next player in line, who catches the ball, turns and throws to the next, all the way down the line. Winning team is the first team to complete one time down the line, or whatever standard you wish to set.

BALL TO FIRST

It is important for younger players to understand what happens when the ball is hit and it comes to them. Most will be focused on actually stopping the ball, but when they do secure it in their gloves, they need to know where to throw it.

The kids should have their gloves on and you can send them out to second base. Have one player play first base to field the throws. You can also have one near you (home plate) to field balls from first base to home. You can either toss or lightly hit the ball to the players in line at second base. Explain to them that when they get the ball, one of the first places they are going to throw is first base. So, they practice their fielding skills, and then add one more step to it by throwing it to first base. Then the first baseman can throw it home. Players can then rotate: the fielder goes to first, the first baseman goes to home plate, and then the 'catcher' will go to the back of the fielding line. Once the players get the hang of it, you might be able to just keep hitting in succession as all the players go through the drill.

SITUATIONAL PRACTICE

Have players take infield positions including pitcher and catcher. Other players are runners and line up at backstop. Coach hits ball and runner goes to first while fielders try to throw them out. Drill then continues with next runner and goes on until fielders have recorded three outs. When runners are tired, rotate. Teaches kids what to do in different situations.

Junior/Senior/Softball Drills

3-2 RUN

Place 3 balls on the ground evenly spaced, about 3/4 of the way from third base to home. The fielding team has a third baseman and a group at second base. Another team is at bat (without bats). When the coach yells, "Go", the batter (runner) runs as fast as s/he can to first base and on to second. The fielder at third base runs to the first ball and makes a throw to a teammate at second base, then goes to the second ball and makes a throw to the same fielder at second base and does the same thing with the third ball. The object of this game is to make 3 good throws from third base (third base line) to second base before the runner gets to second base.

PEPPER

This is a great drill to build hand-eye coordination, quick reaction and to teach older players the value of knocking the ball down at all costs. Have one or two groups set up with 5 or 7 players in a line facing the coach. Gloves on and players are spread out about 10 to 15 feet apart. One player should be snagging balls for the coach.

The coach will be about 15 feet away from the player and will begin by hitting grounders and line drives to the players. He or she does this in random order – the players do not know where the ball is going to be hit. They need to react quickly and then throw the ball to the player fielding balls for the coach. The coach will hit the ball as quickly as he or she can to the different players. Players are eliminated from pepper for missing balls or making errant throws. The focus should be on: reading, reacting, and making a good throw to person collecting balls for the coach.

BALLS AND STRIKES DRILL

Have the pitchers throw pitches and the batters just watch the ball into the glove and call balls and strikes. You'll be amazed at what batters think are balls. The best thing for good eyes are just seeing live pitching...lots of it, even if it is just being a batter while your pitcher is doing a workout. You can learn to read different pitches, and the pitcher gets better practice when there is a batter in the box.

HITTING DIFFERENT OBJECT

Try golf whiffle balls, small coffee can lids (thrown like frisbees), pinto beans, etc., anything that has them concentrating on a smaller than usual target and

hitting something that moves, rather than moving in a straight line. This will improve their concentration and teach them to follow the ball all the way in.

PICK A NUMBER

Take 3 or 4 balls, write a number on each ball. The player's job is to see the ball well enough to tell you which number is on the pitched ball.

THROWING DRILLS

- These drills allow the players to focus on the "mechanics" of proper throwing techniques, using certain isolation drills.

1) One Knee: Have the players proceed to the one knee position, stride leg in front pointing towards their partners. The players should move back to approx. 15-20 yards. This focuses on upper body mechanics and accuracy. Players should follow through with their throwing elbows outside their knee with bend in waist.

2) Standing: Players begin throwing from the standing position without taking step. Emphasize using the glove hand to point at the target as well as proper follow through.

3) Step and Throw: Players put everything together and play catch.

4) Quick throw: Players work on framing and quick release. Players catch and throw without hesitation for approximately one minute straight.

5) Throwing for distance: Once the series has gone through, continue to have the players back up until they are able to make accurate, strong throws DIRECTLY to the receiver. No lob throws. This allows arm strengthening.

GAME SITUATION

- Defense consists of infield, outfield.
- Coaches pitch. Coach may also fill the catcher position, or use cage.
- When a batter, or a base runner makes an out, they get their glove and move to right field.
- All defensive players rotate up, as offensive players are put out and move to defense. Example, one player coming out, one position move up. Two players erased on a double play, two positions moved up.
- Rotation goes: RF to CF to LF to 3B to SS to 2B to 1B to Hit.
- Play everything as a game situation, to include clearing the bases when the third out is made, starting a new inning.

Sample Practice Plans

Rules of practice for youth baseball/softball

1. Fun! If practice is fun, the players will be focused. They will give 100 percent, and they certainly will look forward to each and every practice.
2. Keep them moving. Players should not be standing around. They should always be moving or learning.
3. Always focus on positives.

TEEBALL (One hour)

5:00: Calisthenics/Warm up

5:05: Run around bases- one at a time- start next kid when runner gets to first

5:15: Fielding and Hitting Stations (7 minutes per station)

- Batting off T into fence
- Infield practice on field- ground balls
- Outfield practice- pop ups
or substitute with a fielding or running game/exercise

5:35: Batting Practice

- Have 4 kids in to hit and the rest in the field. Players hit off T or coach pitches underhand to players. Seven swings per kid and they run the bases on last swing. One coach works with hitter, one with fielders, and one pitches.

5:55: Running Bases

6:00: End of practice and snack

FARM (One hour)

5:00: Calisthenics

5:05: Throwing practice: one knee and work up to standing throw.

5:15: Fielding and Hitting Stations (7 minutes and rotate)

- Soft Toss into fence
- Ground balls
- Pop ups/Fly balls

or substitute for a fielding/situational drill

5:35: Batting practice

- Have 4 kids in to hit and the rest in the field. Coach pitches overhand to players. Seven swings per kid and they run the bases on last swing. One coach works with hitter, one with fielders, and one pitches.

5:55: Running Bases

6:00: End of practice (Note: Could extend to 1 ½ hours and have time for additional drills/games.)

JUNIORS/SENIORS/SOFTBALL (90 minutes)

5:00: Calisthenics

5:10: Throwing practice: one knee and work up to standing throw.

5:15: Fielding and Hitting Stations (7 minutes and rotate)

- Soft Toss into fence
- Ground balls
- Pop ups/Fly balls

5:40: Game Situation drill

6:00: Batting Practice

6:25: Running Bases

6:30: End of practice

Other Resources for JP Regan Youth League Coaches

NEW - <https://www.youtube.com/watch?v=B6iAY7jzw70>

https://www.youtube.com/results?search_query=little+league+coaching+drills