



# White Plains Little League

2021 Coaches Clinic

*March 23<sup>rd</sup>, 2021*



# Agenda

- Coaches Clinics Plan and Resources
- Keys to being a good Manager
  - *Communication with Parents/Guardians*
  - *Empower your Coaches*
  - *Establish goals for each player*
  - *There's room for everyone on the nice list*
- How to Run a Good Practice
- How to Prepare for Games
- Final Thoughts



# Coaches Clinics Plan and Resources

- Coaches Clinics Plan
  - Initial Zoom Call as part of Safety Meeting
  - Dedicated Zoom Call for All Managers/Coaches --
  - In-person Clinic in April -- TBD
- Resources
  - WPLL Website – [www.whiteplainslittleleague.com](http://www.whiteplainslittleleague.com)
  - Little League Int'l Website -- [www.littleleague.org/university/coaches/](http://www.littleleague.org/university/coaches/)
  - USA Baseball Coaches Clinics > <https://bit.ly/3dnKLy4>
  - Division VP, Board Members



# Keys to being a good Manager

- Communication with Parents/Guardians
  - “You can’t over-communicate!”
  - Introductory email
  - Managers Pre-season [timeline](#)
  - Weekly email outlining schedule for upcoming week
    - Reinforce team rules...
      - Be on time, support teammates, uniform, etc.
    - Highlight key teachings...
      - Ex: Know the situation,
    - Homework
      - Ex: Have a catch, swing a bat, etc.
- Empower your Coaches
  - Identify the strengths of each coach and give them responsibility
  - Encourage parents to volunteer as “part-time” coaches for practices
    - *Need to go through background checks*
  - Rotate coaches from first to third to dugout to broaden their expertise
  - Ensure coaches are not just coaching their child
  - Openly discuss game situations and strategy with your coaches



# Keys to being a good Manager

- Establish goals for every player
  - Every player is at a different level. Assess them and ID how/where they can improve
  - Give each one something to think about or work on at practice, a game or for the season
  - Encourage progress
  - Praise proficiency
  - Identify a new goal and repeat
- There's room for everyone on the nice list...
  - Lead by example (be on time, be positive, be kind...)
  - Always use positive reinforcement **LOUDLY**
  - Correct mistakes quietly
  - Show the umpire, other coaches and other team respect, and your players will too



# Keys to being a good Manager

How will your players remember you?

- They will remember how you treated them more than wins or losses...
- They will remember whether you were encouraging or discouraging to them...
- They will remember how you treated their teammates, the umpire and the other team...

*You aren't going to make any of them into Major Leaguers, but you can help make them good human beings!*



# How to run a good practice

- Start with stretching and running (outfield or bases)
- Have players warm-up their arms
  - Form two lines and work on relay throws; rotate players
- Split team into two for infield and outfield practice
  - Rotate infield positions; “hit the cut-off man” in outfield practice
- Conduct batting practice – 5 swings and run the last one out...
  - Work pitching/catching on the side
- Practice your pre-game I/O – use that as a teaching opportunity for positioning, throws, situations...
- Finish with 5 mins on “three things we did today” ...



# How to prepare for games

- Ask your coaches for input to the game plan
- Create a plan to develop pitching and catching skills
  - Give a pitcher an inning, or 6 batters, or 20 pitches
  - Get different kids behind the plate
- Ensure you are rotating players for equal playing time
- Rotate players in batting order to create different situations
- Plan coach's responsibilities in advance



# Resources



- WPLL website > [www.whiteplainslittleleague.com](http://www.whiteplainslittleleague.com)
  - Rules and expectations by Division
  - Several "easily consumable" pieces
  - Expectations: Coach's Code of Conduct
- Little League Int'l website > [www.littleleague.org/university/coaches/](http://www.littleleague.org/university/coaches/)
  - Entire section dedicated to drills, insights and recommendations on how to coach/manage little league baseball/softball
- USA Baseball Coaches Clinics > <https://bit.ly/3dnKLy4>
  - Virtual Coaches Clinics on multiple topics
- Other Links:
  - <https://www.facebook.com/Domin8thediamond/>
  - <https://www.baseballcoachtraining.com/home-page>
  - <https://www.youtube.com/channel/UCk6JqaSf3XA5Poj4I99vzqA>



# Final Thoughts

- Managers have a lot of responsibilities!
  - Share the load with your coaches.
- Encourage parents/guardians to "be involved"
  - Talking, working outside practice/games helps
- Positive reinforcement will generate positive results
  - Negative reinforcement will generate negative results...
- What you say or do has a tremendous impact on your players
  - Be respectful to the umpire, other team, etc.
- Treat each player as an individual

# Sample Introductory Email to Parents/Guardians



Folks, my name is (Insert Name) and I'll be managing your son/daughter this spring in White Plains Little League. Our team name is (Insert Team Name) and along with Coaches #1, #2, #3, and #4, we are looking forward to a fun spring season of baseball/softball.

The boys on the team are:  
(List of players...).

We don't have a practice or game schedule yet but I am expecting that information soon. In the meantime, please let me know if you'd like me to add anyone else in your family to this email distribution. Also, please let me know if there are any medical or other issues we need to be aware of -- Asthma, diabetes, dietary restrictions, etc.

Lastly, my cellphone # is xxx.xxx.xxxx and you can reach me via cellphone or this email address if you have any questions or issues throughout the season. Thank you.

# Pre-season Managers To Do List (Timeline)



- Contact Coaches - Introduction, Explanation of Coaches roles during games, practices, etc...
- Contact Team - Introductory email to team - get confirmation from parents, updated email/contact list
- Method of Communication - Email, Text, Game Changer App
- Coordination with Division VP about pre-season and in-season practice schedules, and batting cage schedules (if applicable)
- Equipment/Uniform inventory - Contact Division VP if you are missing any items
- Plan to distribute uniforms and collect Medical Release forms before or at the beginning of first practice