



Managers | Coaches Orientation

Safety

First-Aid

2026



Thank you
for volunteering

This is

- ▶ Coaching-philosophy
- ▶ Mandates
- ▶ Safety
- ▶ First-Aid

This is not

How to coach (resources available)

- ▶ Little League University

<https://www.littleleague.org/university/>

- ▶ YouTube

Rules clinic

- ▶ D4 and West Region Rules videos

http://www.californiadistrict4littleleague.org/d4_umpires

<https://www.youtube.com/@CAD4>

Manager

- ▶ Appointed by president
- ▶ Safety: number one priority
- ▶ Responsible for team's actions on the field
 - ▶ Conduct, observing the rules, and deference to the umpires
- ▶ Represent the team in communication with umpires and opposing team

Coaches

Support the manager and be a role model

Safety Coordinator

- ▶ Oversees safety of team and reports injuries to League Safety Officer
- ▶ Ensure Medical Releases and First-aid kit is available at all practices and games
 - ▶ Ensures first-aid kit is stocked
- ▶ Liaison between parent(s)/guardian(s) and League Safety Officer
- ▶ Manager assumes responsibilities in the absence of a Safety Coordinator

Mandated Training

- ▶ **Background (annually)/LiveScan (complete once)**

- ▶ **Abuse Awareness (complete annually)**

<https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>

- ▶ **Concussion Awareness (complete once)**

<https://www.cdc.gov/headsup/youthsports/training/index.html/>

- ▶ **Sudden Cardiac Arrest (complete once)**

- ▶ <https://epsavealife.org/sca-prevention-training/>

- ▶ **First-aid (recommended)**

Abuse

Little League has increased awareness of abuse and not only physical but also emotional, off-field and on-field.

Appropriate

Inappropriate

Constructive Criticism



Berating

Affirmation



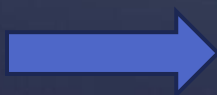
Belittle

Consequences



Punishment

Positive Reinforcement



Negativity

Safety

- ▶ Background/LiveScan
- ▶ First-aid kit
- ▶ Hydration
- ▶ Sun screen, medication
- ▶ Cellular phones
 - ▶ Available but only used in an emergency
 - ▶ Can be used for pitch counter, scorebook application
- ▶ Equipment
- ▶ Field
- ▶ Do not expect more than what a player is capable of

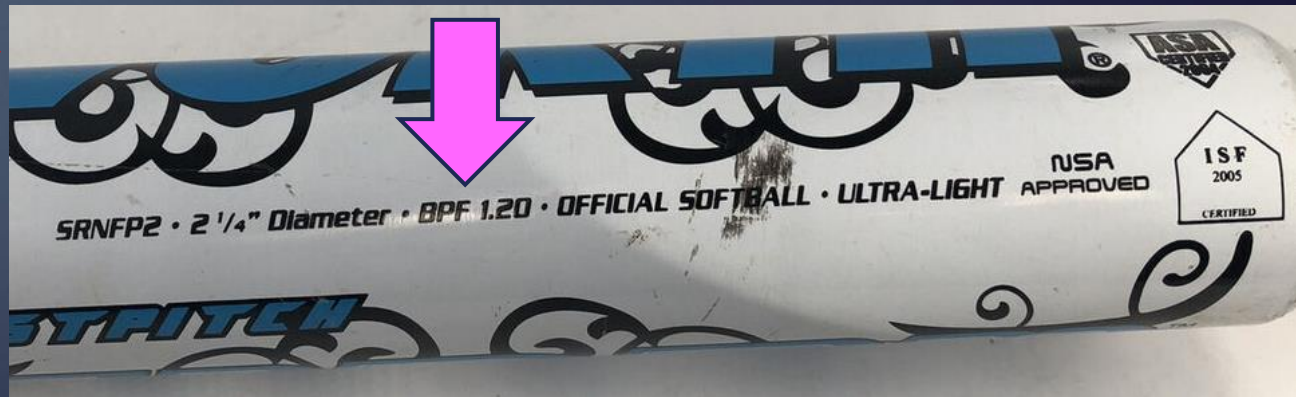
Equipment

Bats

- ▶ T-Ball bats may be used in coach pitch/machine pitch divisions with the use of approved tee balls
- ▶ Minors and Majors: USA Baseball bats; 2-5/8" barrel and 33" maximum length
- ▶ Intermediate and Junior: USA Baseball bats or BBCOR; 2-5/8" barrel and 34" maximum
- ▶ Good condition
- ▶ Softball-BPF 1.20



**BBCOR
CERTIFIED .50**





Equipment

Helmets

- ▶ NOCSAE stamp
- ▶ C-flap and face guards
- ▶ Condition (foam not missing/deteriorated, screws secure, not damage)

Gloves

- ▶ First base can wear mitt style
- ▶ Catcher
 - ▶ Baseball must use a mitt
 - ▶ Softball can use any glove or mitt





Equipment

Cleats

- ▶ Minor and Major: molded cleats
- ▶ Intermediate, Junior, and Senior Softball: molded or metal



Jewelry: allowed as long as it is not a safety concern

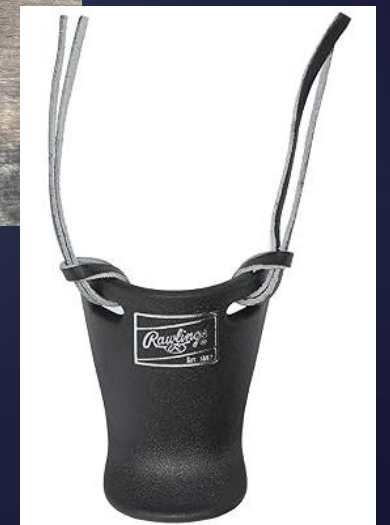
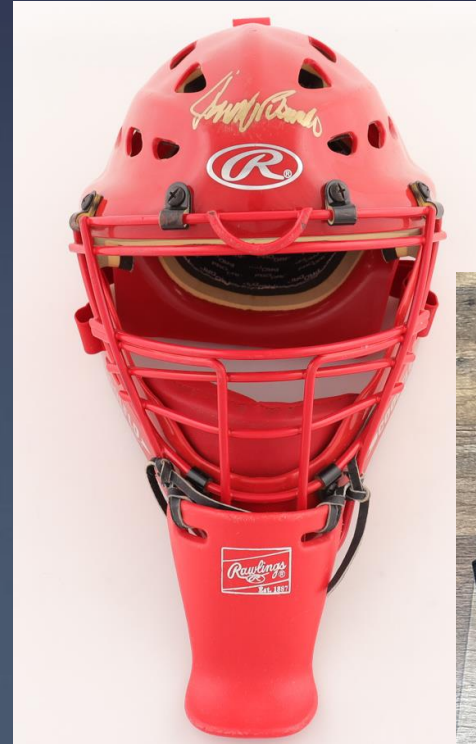
Play calling bands: worn as manufacturer intended



Equipment

Catchers

- ▶ Helmet-NOCSAE stamp
- ▶ Dangling throat guard
- ▶ Chest protector
- ▶ Shin guards
- ▶ Male catchers-cup



Pre-Game

- ▶ **Players and coaches:** only rostered, eligible players and approved coaches on field
 - ▶ Players or coaches with casts are not allowed on field
- ▶ **Batting helmets** if swinging a bat or near a swinging bat
- ▶ **Catcher's helmet** if receiving throws near a coach swinging a bat
- ▶ **Field:** managers agree on the playability of the field

Game

- ▶ **Gear:** not on field (includes foul territory/dead ball area)
- ▶ **Adult in dugout:** at least one at all times
 - ▶ Only rostered players and approved coaches in dugout
- ▶ **On-deck batter**
 - ▶ Minors and Major: not allowed
 - ▶ Between half innings: one batter allowed on his/her dugout side
 - ▶ Intermediate, Junior, and Senior Softball-allowed

Game

- ▶ **Base coaches:** take positions after ball is thrown down
- ▶ **Gates:** closed
 - ▶ Do not exit dugout until time is granted
- ▶ **Bats:** in rack or against fence in dugout (not in hands)
- ▶ **Bat boy/girl:** not allowed-player with batting helmet on will retrieve bat

Game

- ▶ **Bullpen**

- ▶ Catcher: helmet and cup (males) if squatting
- ▶ Unprotected bullpen: spotter wearing batting helmet

- ▶ **Fences and Gates:** no climbing, swinging on

- ▶ **Dugouts:**

- ▶ Players and coaches in dugout unless on field
- ▶ No visitors

Pitchers (Baseball)

- ▶ Pitch limit based on age and corresponding calendar days of rest
- ▶ Once removed cannot return to pitch
 - ▶ Intermediate/Junior: moved to another position but remaining in game, can return to pitch once per game
 - ▶ 41 or more pitches: cannot move to catcher position

Pitchers (Baseball)

Age	Maximum Pitches in a Game
13-16	95
11-12	85
9-10	75
6-8	50

Days of Rest (14 and under)

1-20	0 days
21-35	1 day
36-50	2 days
51-65	3 days
66+	4 days

Days of Rest (15 and 16)

1-20	0 days
21-35	1 day
36-50	2 days
51-65	3 days
66+	4 days

Pitchers (Softball)

Any player on the team roster may pitch

- ▶ Exception: Minor League-a player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League
- ▶ **Minors and Majors:** a player may pitch in a maximum of twelve (12) innings in a day
 - ▶ If a player pitches in seven (7) or more innings in a day, one calendar day of rest is mandatory
- ▶ **Junior/Senior:** no pitching restrictions

Catchers (Baseball)

- ▶ Cannot pitch if play catcher four or more innings
- ▶ Move to pitcher and delivers 21 or more pitches (31 for 15-16 year-olds), cannot return to catcher for that calendar day

Post Game

- ▶ Cool down
- ▶ Team meeting: praise effort
- ▶ Notify parents/guardians of injuries
- ▶ Do not leave until all players are picked up
- ▶ Reports
 - ▶ Injuries/Accidents/Injuries and safety Issues
safety@pinoleherculesll.org
 - ▶ Medical clearance to return to play

First-Aid

- ▶ **ASSESS** the injury
- ▶ **CALL 911** immediately if the person is unconscious or seriously injured
- ▶ **LOOK** for signs of injury (*blood, black-and-blue, deformity of joint, etc.*)
- ▶ **LISTEN** to the injured player describe what happened and what hurts if conscious
- ▶ **FEEL** gently and carefully the injured area for signs of swelling or grating of broken bone
- ▶ **TALK** to your team afterwards about the situation if it involves them

First-Aid

- ▶ **Do not administer** any medications
- ▶ **Do not provide** any food or beverages (other than water)
- ▶ **Do not hesitate** in giving aid when needed
- ▶ **Do not be afraid** to ask for help if you're not sure of the proper procedure (CPR, etc.)
- ▶ **Do not transport** the injured individual except in extreme emergencies

First-Aid

- ▶ **Abrasion:** clean wound, band-aid with/without antibiotic cream/ointment
- ▶ **Strain/Bruise/Contusion:** Ice pack
- ▶ **Sprain:** rest, ice pack, compression, elevation (RICE)
- ▶ **Concussion:** assess; remove from game, professional medical treatment (EMS)
- ▶ **Sliver:** remove with tweezers if possible, bandage
- ▶ **Laceration:** gauze, direct pressure; bandage, professional medical treatment (EMS)
- ▶ **Anaphylactic shock:** professional medical treatment (EMS)
 - ▶ Epinephrine (“Epi”) Pen
- ▶ **Broken bone:** immobilize, professional medical treatment (EMS)
- ▶ **Choking:** clear blockage (coughing, back blows, abdominal thrusts/Heimlich maneuver)
- ▶ **Sudden cardiac arrest:** chest compressions, CPR, AED, professional medical treatment (EMS)

Chest Compressions

Call 911




Adult and Child

- ▶ With your elbows locked and arms straight, lean over the chest and compress the chest two inches in depth 30 times at a rate of **100 to 120 compressions per minute**
 - ▶ **Infant:** 1-1.5" (1/3 of chest depth)
- ▶ **AED:** follow directions on device

CPR

- ▶ After 30 chest compressions, check for breathing
- ▶ If breathing, continue chest compressions
- ▶ If not breathing, begin rescue breathing
 - ▶ Clear airway
 - ▶ Tilt chin back (beware of spinal cord injury)
 - ▶ Administer two rescue breaths
 - ▶ Repeat chest compressions
 - ▶ Check for breathing and repeat until breathing

CPR SUMMARY

	Hand Position	Compress	Breathe	Cycle	Compression Rate
Adult 	Two hands on the middle of the chest	At least 5 cm (about 2 in.)	Just enough volume to make the chest start to rise (1 second per breath)	30 compressions and 2 breaths	Rate of 100–120 per minute: 30 compressions in about 15–18 seconds.
Child 	Two hands on the middle of the chest	At least 1/3 of the chest's depth	Just enough volume to make the chest start to rise (1 second per breath)	30 compressions and 2 breaths	Rate of 100–120 per minute: 30 compressions in about 15–18 seconds.
Baby 	Two fingers on the middle of the chest (just below the nipple line)	At least 1/3 of the chest's depth	Gently, with just enough volume to make the chest start to rise (1 second per breath)	30 compressions and 2 breaths	Rate of 100–120 per minute: 30 compressions in about 15–18 seconds.

Report Injuries

- ▶ **Injury:** any incident requiring first aid (ice pack, band-aid, wound care, professional medical care, concussion, etc.).
- ▶ **Includes:** players, managers, coaches, umpires, volunteers, contractors, spectators)
 - ▶ **Home team** is responsible for reporting umpire injuries (they will not report them and will need you to take responsibility)
- ▶ **Little League insurance**-supplemental to private insurance and claim must be filed (refer to Safety Officer)
- ▶ Rather have 100 minor injury reports (ice packs, band-aids) than only broken bones and concussions at the end-of-the-season

Report Injuries

- ▶ Complete the **Incident/Injury Tracking** and submit it **within 24-hours of the incident**
- ▶ The **manager** is responsible If the team does not have a Safety Coordinator for reporting the accident/injury

Safety Officer

- ▶ Reports injuries/accidents beyond first-aid to District Safety Officer within 24-hours of receiving report from team
- ▶ Follows up with the parent(s)/guardian(s)
- ▶ Follows up with the District Safety Officer if needed

For Local League Use Only

Activities/Reporting

**A Safety Awareness Program's
Incident/Injury Tracking Report**

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____
Field Name/Location: _____ Incident Time: _____
Injured Person's Name: _____ Date of Birth: _____
Address: _____ Age: _____ Sex: Male Female
City: _____ State _____ ZIP: _____ Home Phone: () _____
Parent's Name (If Player): _____ Work Phone: () _____
Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A.) Baseball Softball Challenger TAD
B.) Challenger T-Ball Minor Major Intermediate (50/70)
 Junior Senior Big League
C.) Tryout Practice Game Tournament Special Event
 Travel to Travel from Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.) Batter Baserunner Pitcher Catcher First Base Second
 Third Short Stop Left Field Center Field Right Field Dugout
 Umpire Coach/Manager Spectator Volunteer Other: _____

Type of injury: _____

Was first aid required? Yes No If yes, what: _____

Was professional medical treatment required? Yes No If yes, what: _____
(If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

Type of incident and location:

- A.) On Primary Playing Field **B.) Adjacent to Playing Field** **D.) Off Ball Field**
 Base Path: Running or Sliding Seating Area Travel:
 Hit by Ball: Pitched or Thrown or Batted Parking Area Car or Bike or
 Collision with: Player or Structure **C.) Concession Area** Walking
 Grounds Defect Volunteer Worker League Activity
 Other: _____ Customer/Bystander Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: (____) _____
Signature: _____ Date: _____

Link to League's website for Player Medical and Injury Forms

▶ <https://tinyurl.com/enunvpmu>



Behavioral Issue

- ▶ Address behavioral issues immediately and age appropriately-safety of the player and others is our priority
- ▶ Engage parent(s) as to how to address repeated behavioral issues
 - Ask him/her for his/her help
 - What works at home, school?
 - Ask parent to help out on the field (if it will not be disruptive)
- ▶ If it persists: document incidents, what corrective action was taken, and identify witness (Safety Officer will follow-up with witnesses)

Want to improve?



Be an umpire

- ▶ One of best ways to improve your managing and coaching skills is to umpire games
 - ▶ Increase your rules knowledge
 - ▶ Increase your understanding of the mechanics of the “third team”
 - ▶ Increase your reliability with umpires
 - ▶ Free local training





Final Thoughts

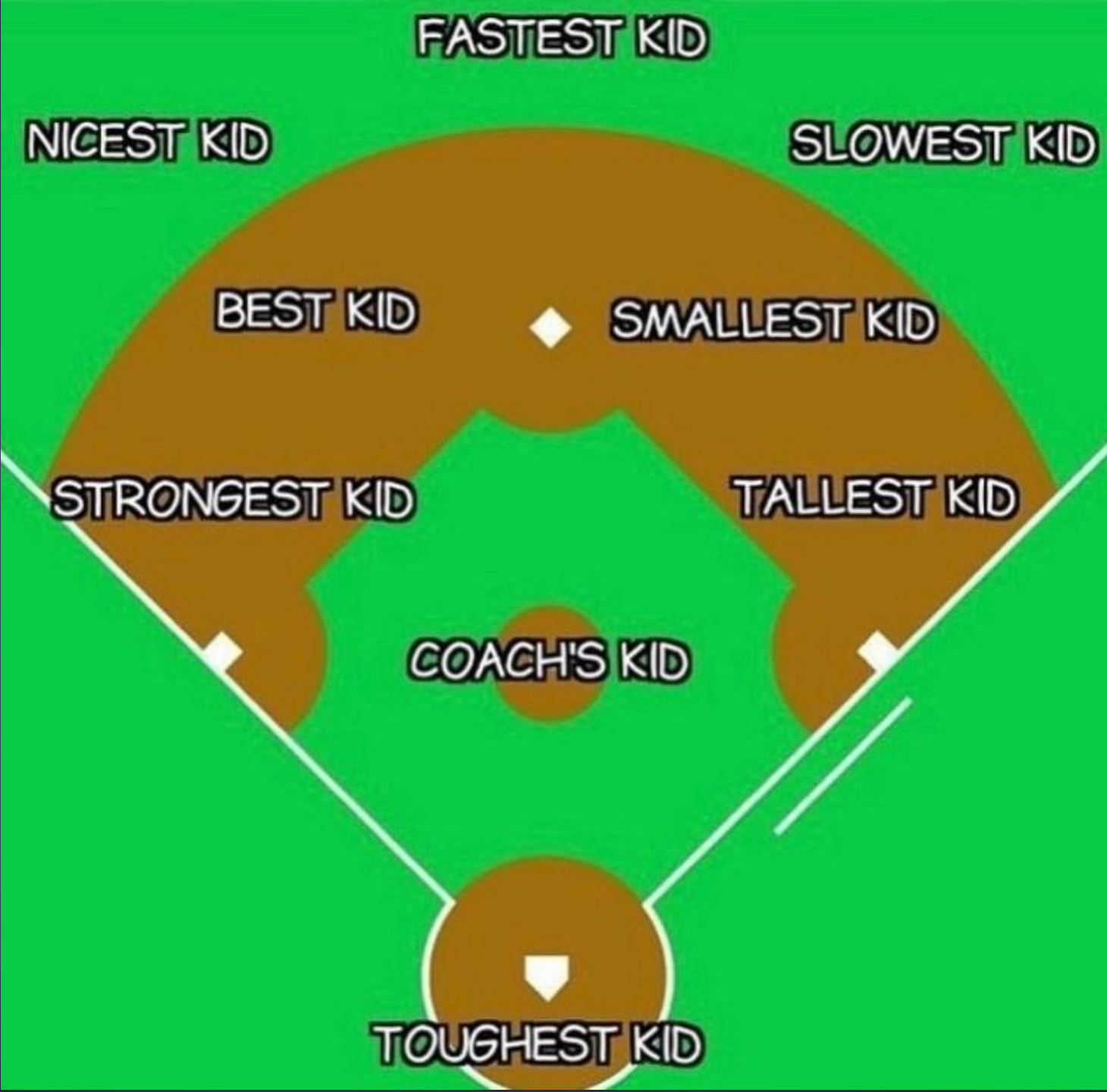
- ▶ Honor the game
- ▶ Appreciate the game
- ▶ Improve the game

- ▶ Enjoy the season and have fun



Questions?







Contact me if you need anything

Matt Avery

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coach@pinoleherculesll.org

safety@pinoleherculesll.org

What is Little League?

Little League believes in the power of youth baseball and softball to teach life lessons that build stronger individuals and communities

- ▶ Better Athletes, Better People
- ▶ Best possible experience for players is not necessarily winning
- ▶ Honor the Game

Positive Coaching

Double-Goal Coach

- ▶ Winning
- ▶ Teaching life lessons through sports
 - ▶ Honor the Game-ROOTS
 - ▶ **R**ules-don't bend the rules to win
 - ▶ **O**pponents-a gift that pushes you to get better
 - ▶ **O**fficials-show respect even when they make mistakes
 - ▶ **T**eammates-never embarrass them on or off the field
 - ▶ **S**elf-live up to your internal standards regardless of external expectations or other people's behavior

Positive Coaching

Second-Goal Parent

- ▶ Leave scoreboard to coaches and athletes
- ▶ Focus relentlessly on the life lessons a child takes away from sports
- ▶ Parents are their kids' biggest fan and are behind them no matter how they perform
 - ▶ Behave well when officials make a call against their child's team and when a child's coach makes disagreeable decision
 - ▶ Cheer on a good play by the other team

Positive Coaching

Triple-Impact Competitor

- ▶ Improve oneself
- ▶ Improve their teammates
- ▶ Improve the game

Positive Coaching

- ▶ **Win with class**
- ▶ **Lose with dignity**

<https://www.parenting.org/blog/Pages/win-class-lose-dignity.aspx>

Coaching Skills

- ▶ **Little League Diamond Leader**

<https://www.littleleague.org/diamondleader/>

- ▶ **Positive Coaching Alliance**

<https://positivecoach.org/>

- ▶ **Umpire**

http://www.californiadistrict4littleleague.org/d4_umpires

Do

- ▶ Leave tobacco, drugs, alcohol, firearms, weapons secure at home
- ▶ Park in legal parking places and in a manner allowing emergency vehicle access
- ▶ Water infield before dragging
 - ▶ Use figure 8 as well as circle and drag inward and outward
- ▶ Respect equipment and facilities
- ▶ Allow adults only to drive and ride on Gators

Do

- ▶ Spit seed shells into a cup or other container and deposit said cup/container in the garbage
- ▶ Use a net as a back stop for batting practice
- ▶ Clean-up dugouts after each game-use garbage cans and empty full cans/bags (dumpsters on your way to your car)
- ▶ Put away all equipment and place base covers on base pegs, and lock dugouts if you are the last to use the field

Why not only catchers wear a cup

- ▶ Uribe (3rd base): <https://www.youtube.com/watch?v=iqT2FxQ21rl>
- ▶ Pena (3rd base): https://www.youtube.com/watch?v=ZyOZ0jQdG_8
- ▶ Aoiki (right field): https://www.youtube.com/watch?v=RE_P6qVPT7E
- ▶ Perez (batting): <https://www.youtube.com/watch?v=bFNxWm1FphA>
- ▶ Iglesias (batting): <https://www.youtube.com/watch?v=ZhD3rliFtSo>
- ▶ Noorbaar (batting): <https://www.youtube.com/watch?v=L12Gca4rSEE>
- ▶ High school (batting): https://www.espn.com/video/clip/_/id/16071634
- ▶ Reyes (base runner): <https://www.youtube.com/watch?v=IP6DsEkTiRw>
- ▶ Baddoo (base runner): <https://www.youtube.com/watch?v=UjoMBJxldlc>