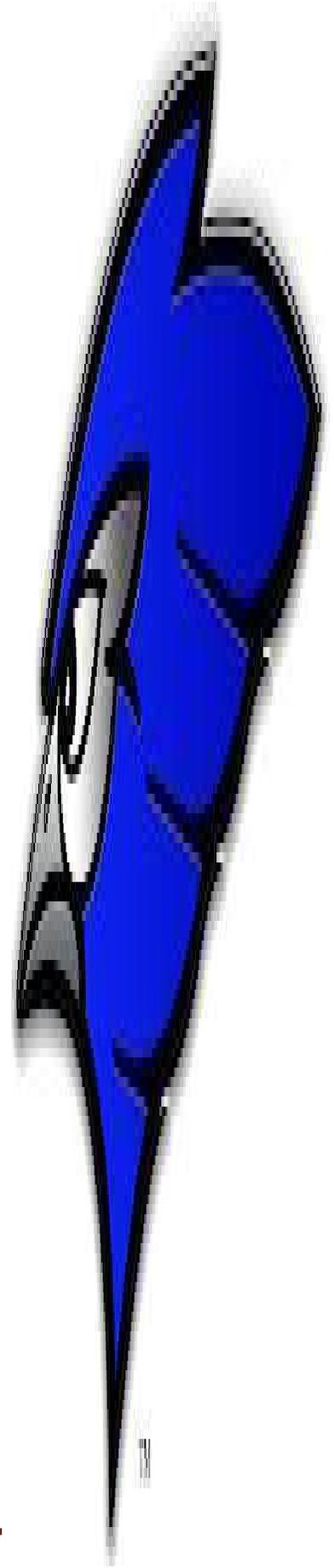


CONEMAUGH VALLEY YOUTH LEAGUE

TEE BALL DIVISION
COACHES HANDBOOK



CVYL



Conemaugh Valley Youth League

Tee Ball Division

COACHES HANDBOOK



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Introduction

Welcome to the Conemaugh Valley Youth League!

Coaching youth baseball is an exciting and rewarding way to be involved with youth sports. It is not always easy though. A majority of the coaches at the Tee Ball level are coaching for the first time and sometimes become overwhelmed or have reservations regarding their new responsibilities. This is not surprising because coaching young players requires more than bringing bats and ball to the field. It involves preparing them physically and mentally to compete fairly and safely in the sport of baseball and to provide them with a positive role model. We hope this handbook will guide you as a coach, and that you will experience the many rewards of coaching youth baseball. This handbook will give you tips regarding baseball and administrative tips to facilitate your coaching responsibilities. The manual will also give suggestions on drills to assist your players on skills development.

Tee Ball is a baseball game for young boys and girls. It is a way to have fun while learning how to play.

The Conemaugh Valley Youth League appreciates your support and involvement and thanks you for your time.

Coaches Introduction

Here is a list of ten points to keep in mind:

1. Keep things simple.
2. Avoid technical information.
3. Apply basic fundamentals.
4. Use easy to understand terminology and use it consistently.
5. Adopt the kids' slang and apply it to your baseball teaching.
6. Celebrate the individual talents and differences ... no cloning.
7. Work in small groups or stations.
8. Keep things interactive and fast moving. This will deal with their attention span.
9. Involve parents as your helpers. This is absolutely important.
10. Keep it fun and interactive.

Tips For Coaches

1. As a coach, get organized; develop a plan before for your practices and game situations. Learn as much about tee ball and baseball as you can.

2. Remember to present your material in kids' terms. Successful coaches know their audience and use analogies and common visual imagery for their coaching tools. For tee ball players, these images are best when they are a bit dramatic.

3. Don't assume anything. Go over all the basics: Where all the bases are and the defensive positions, which way to run to first, when to start and stop running, how to hold a bat and glove, number of outs, innings, fouls etc.

4. One of the most difficult things a coach has to do is see the players on the field who are not related to him or her. Remember to be a coach on the field and a parent off the field. If possible have your assistants instruct your son or daughter to avoid conflicts

5. Coaches need the assistance of their players' parents. Parents are normally willing to help out but are usually reluctant to come forward unless asked to assist. If you give them specific things to do, they will be more comfortable.

6. On the field, you have to be a teacher as well as a coach. Teach

them what they need to know, show them what you taught them, practice the things you taught them over and over, then be prepared to do it all over again

7. To make the most of your practice time, break the team up into two or three groups, depending on the number of coaches. This will enable you to keep more kids occupied and less bored. Remember the attention span of a 5-6 year old is measured in minutes.

8. The game: Sit the players on the bench in the batting order. No one should have a bat in their hands. Horsing around on the bench will translate into foolish behavior in the field. Place batting tee directly on top of plate. Position batter slightly back of tee. See illustration:

9. Keep the parents informed as much as possible. An ideal handout will have a schedule of practices and games, the times and location. It is important to include your phone number and try to insist that parents call if their child will not be at a game.

Coaches Checklist

First base

Show where 1st base person is to stand when no runner is on base and when one is on the base. Practice fielding plays; ball thrown to 1B by infielders.

Second base

Position player in place, anticipating action. Practice fielding plays; such as, tagging a runner out at 2nd base and if running in the base line to the base.

Shortstop

Show positions: one between 2B and 3B. Practice fielding balls and throwing to 1B or 2B for an out. Remind them they can tag a runner.

Third base

Show position, anticipating action. Practice action such as, player diving to knock down ball and fielding pop-ups in foul territory.

Pitcher

Stands in pitcher's area but acts as an infielder. Practice fielding ball and throwing to 1B. This position sees a lot of action and the player must pay attention.

General infield activity

Catching short fly balls.

Field balls and throwing to a base. (Do not run with ball)

Tagging runners on the base path.

Relaying a ball from an outfielder to a base.

Outfielders

Position players.

Practice catching fly balls in a crowd. "I've got it"

Practice catching ground balls and throwing to infield.

Have one outfielder receive relay from another and throwing to an infielder.

Batter

Give basic hitting instructions.

Practice hitting ball, then dropping bat properly and running to first. Don't watch the ball when running to first base.

Base Runners

Instruct runners to run the bases correct.

Player on base watch what next batter does; where the ball goes.

Bench

Team stays in dugout , encouraging the batter.

Coach talks to team: Listen for instructions. Play fair; follow the rules. Have fun.

Coach

Talking to team, after the game:

Summarize team's activity. Be specific and recognize progress. Note any humorous thing that happened.

No public criticism; as necessary, take player aside.

What's next: i.e., practice at home, next team practice and game schedule; tell parents.

Skills Checklist

Throwing

Throwing is one of the most important skills in baseball. Stress to your players that accuracy is more important than speed. Teach them to throw over the top and not side arm. This creates bad habits that are hard to change later. Thumb under the ball.

Windup

Bring the throwing arm back and up, turn your front shoulder so it is pointing at the target. The glove hand points toward the target. The arm extends behind the body with wrist cocked and elbow bent:

Delivery

As you start your delivery, you pick up the lead foot and stride toward the target. As the lead foot touches the ground, the hips rotate toward the target. Release the ball in front of the body and follow-through. Always look at the target throughout the throw.

Follow- Through

The follow-through ends with the throwing arm down in the front of the body and the feet almost parallel, in a balance ready position.

Catching

A major defensive skill is catching. Initially, some players will be afraid of catching a baseball. That fear will make them flinch right before the ball reaches their glove. This will cause them to drop the ball instead of catching it, or worse, the ball may hit them. This can create a fear that can eventually cause players to quit. Teaching players the correct catching technique is not easy. You must first

overcome their fear of getting hit with the ball. Demonstrate that the ball is softer than a standard hard ball.

Catching the baseball

- keep your eyes on the ball
- have both hands ready, with arms relaxed and extended toward the ball
- bend the elbows to absorb the force of the throw
- watch the ball into the glove and squeeze it

Hitting

Hitting a baseball is probably the most difficult skill to master in baseball.

Five separate hitting components should be taught to young players: grip, stance, stride, swing and finish.

Grip

Grip the bat firmly (don't squeeze) hands together above the knob with the middle knuckles lined up. The player at this level should be encouraged to hold onto the bat until contact is made and then to drop the bat vs. throwing it.

Stance

Players should be comfortable in the batters box. Don't try to make every batter assume the same stance, but do stress these basics:

- feet comfortably wider than shoulders, set in a square stance
- toes pointing towards the tee/plate
- knees slightly bent with weight centered on the balls of the feet
- upper body bent slightly at the waist, eyes focused on the ball
- bat at a 45 degree angle to the hands
- elbows out from the body and flexed, point towards the ground

Stride

The stride is a triggering motion to begin the motion of the shoulders hips and, knees as the pitcher releases the ball. This will become a more useful tool as the players

develop but for now a small stride of the front foot toward the mound will be a good start to force some weight distributions and begin their swing sequence.

Swing

Adjust the tee with the ball set even to the hitter's waist. The legs and hips initiate the swing. Eyes on the ball, shoulders level, bat and head steady. The swing should be level to slightly downward bring the bat through the center of the ball. Watch the bat hit the ball; keep your head down. Extend arms and follow through. Focus on making contact and not swing too hard.

Finish

Balanced position when the swing is over. Do not watch the ball. Drop the bat and run hard to first base.

Base Running

Run on the balls of the feet. Look at the base you are running to, not where the ball went. Run outside the foul line. Teach the players to run straight through 1st base ; don't jump on it or slow down. Watch and listen for coaches instructions. Keep one foot on base leaning forward until the batter hits the ball and use the base to push off. Know where the ball is. When running the bases touch the inside corner. Make sure you touch every base.

Practice Tips

Batting: Practice, Practice, Practice. Work with small groups using a tee and go over the five components of hitting.

Bounce to the bucket: Use a large basket or bucket and place it on the base. Outfielders try to throw it into the container. Can be done as a game with 10 points for in the bucket and 5 for hitting the bucket and 1 point for two feet either side of bucket

Catch: Two or more players catch. Keep track of the number of successful catches. See how many you can catch in a row.

Catching Flies: Hit or throw fly balls to fielders. Throw ball right to the player to develop confidence and then toss ball to right or left. During this drill you can introduce someone coming over to backup the play. Make sure to instruct the use of two hands.

Coach in the Middle: Circle the kids with the coach centered rolling the ball or tossing to each player. For practice have the kids field the grounders without a glove, to reinforce the use of two hands.

Crab Drill: Player is in basic fielding set position stance, crouched forward with glove open and down. Player takes three or four steps as the coach rolls the ball.

Track meet: Player stands at home plate with bat in hand. Coach claps hands and player drops bat and runs hard to first base. Time how long it takes to get to first and record it. Run drill later in season and see if there

is any improvement.

Conemaugh Valley Youth League Field Complex Regulations

- ❖ Please do not soft toss (hitting the ball into the fence) on any chain link fence in the complex.
- ❖ Smoking, tobacco products, and alcohol are not permitted on the field complex property. (East Conemaugh ordinance)
Designated smoking sections are located in the concession stand alley and Citron Alley behind the outfield.
- ❖ There are no dogs allowed on the field complex property.
(East Conemaugh ordinance)
- ❖ CVYL follows the Little League Zero Tolerance Policy and will not tolerate any disrespect to any player, coach, league official, or other spectators.
Fans that violate this policy are subject to ejection from the field complex.

Coaches

- ❖ Please put away the bases after practices and games and make sure all gates and doors are locked.
- ❖ CVYL managers and coaches are required to empty the garbage cans around the Tee Ball Field on Mondays when you are scheduled to have a game. This will be done after the last game. The tape and the bags are in the concession stand.
- ❖ Please keep CVYL clean and beautiful. Pick up any garbage you see laying around any time you are on the property.
- ❖ The kids like to hear their names called over the pa system. Please find a parent or kid to announce your games.
- ❖ Get involved and encourage the parents to get involved and help out with fundraisers, field work, and concession stand. We encourage new members to attend the monthly league meetings. Remember, you are the future of CVYL.
- ❖ For all the latest news and information visit www.cvyl.com and like us on Facebook.

THE CONEMAUGH VALLEY YOUTH LEAGUE SHALL NOT BE HELD LIABLE OR RESPONSIBLE FOR ANY VEHICLES THAT ARE DAMAGED OR INJURIES OCCURRING ON OR OFF THE BALLFIELD.

CONEMAUGH VALLEY YOUTH LEAGUE

TEE BALL DIVISION PLAYING REGULATIONS

The purpose of the Tee Ball division is to introduce the game of baseball through instruction in a modified setting. While this division should not be competitive, the ultimate goal is to develop players to bat and field correctly, while learning good sportsmanship before they enter the Minor League Division. All parents and Guardians are highly encouraged to attend games and practices.

1. Players age five and six will hit off the pitching machine all season. Once the batter receives five pitches from the pitching machine without a hit, then the batter will complete their turn at bat by hitting off the tee. Four year olds will only hit off the tee.
2. The coach cannot touch a live ball
3. There is no forfeit in the Tee Ball Division.
4. Every player on the roster that is present shall be placed in the lineup. Every player must have a turn to bat. Every batter must bat before the leadoff batter of that said inning shall bat again.
5. A regulation game is five innings with a time limit of 80 minutes.
6. The half inning shall end when the lineup has been cycled through once.
7. Only official Little League Soft Tee Balls and bats will be used.
8. A batted ball that does not travel more than four feet, past the line in front of home plate, will be a foul ball in fair territory and will continue their at bat.
9. No bunting allowed. Batters must take full swings.
10. There is no stealing or leading off the base. If the runner leaves before the ball is hit, the said runner shall be returned to their base.
11. All fielders must remain 46 feet from the plate. All fielders must remain in their fielding positions until the ball is put into play.
12. Each player must wear their helmets until they return inside their dugout. All players not batting or fielding must be behind the fence in the dugout. Both gates must be closed during game play. There is no on deck batting area.
13. Catchers must wear catcher's helmet, chest protector, shin guards, and glove.
14. On a batted ball, the runner may only advance one base.

15. Any ball that is thrown out of play, over/under the fence, sticking to the fence, or inside the dugout, shall not advance.

16. There must be two base coaches. Coaches cannot touch the runners during live play.

17. Only coaches approved by the Conemaugh Valley Youth League shall be in the dugout and playing field.

18. Any abusive language or unsportsmanlike conduct or damage to league equipment by coaches, players, or spectators will not be tolerated and will be ejected from the game and property.

Remember:

You should be satisfied if the kids have fun, learn the basics of baseball and are enthused to play again next year.