



Southbridge
Little League

Coaching: The Manager

www.southbridgelittleleague.com

As a Manager, YOU are expected:

- To know the basics of baseball, the rules, strategies and skills involved.
- To be prepared to coach, i.e. plan for the season and practices with the objective for all of the players to always learn, improve and have fun.
- To be able to teach the skills and tactics of baseball, and to demonstrate how to execute them. ***This is where assistant coaches become valuable to your team.***
- To observe the players as they practice, and constructively correct them in a way to help them improve.
- To conduct safe practices with direct supervision at all times, including safe drills and games. The league safety report will be given to each manager and should be covered by each team during their first practice/team meeting.
- To know how to coach during games, doing what's appropriate and best for players, and conducting yourself appropriately. You must understand that players often take their cues from their coaches in terms of how they react to plays, umpires' calls, etc.
- To keep in mind that **besides winning games**, your goal is to develop skills, grow, learn, and promote fun and play together as a team.
- To communicate with the league's Board of Directors and your team's parents regarding league events, fundraisers, rules, etc.

Be the Manager: Communicate with Parents

Pre-Season Meeting

- Introduction – who you are, and as well as your assistant coaches
- Basic expectations
 - Player behavior and discipline
 - Let parents know you are in charge, and that they should have faith in you as a coach. If they disagree with something, let them know you are still willing to listen, and to do so in a respectful way. Maybe to pull you aside quietly to discuss.
 - Players need to show up to practice and games on time.
 - This does not mean showing up at game time but rather the time the manager tells the players to be at the field (i.e. 30 minutes before game time)
 - Tell parents to call ahead if a player can not make it to practice or game
 - In turn, coaches must return the favor by contacting every player on their team if a practice or game is cancelled or postponed.
 - Proper attire and equipment for players
 - Always wear long pants (not jeans)
 - Always bring a hat to games and practice
 - Wear a protective cup (especially important for catchers)
 - Always bring your glove and cleats/spikes
 - Etc.
- Practice Schedule – Take advantage of open field dates
- Adhere to the game schedule
- Contact Information: Yours, your coaching staff, and the parents. Especially if parents will not be staying for practice. See attached contact form.

Communicate with Assistant Coaches

- Meet with your assistants before the season begins to outline expectations, teaching techniques, etc.
- You should go over assistant roles, expectations and how to deal with parents, who should be referred to you (manager).
- Share with your assistant coaches your practice plans before practice starts. Go over drills, objectives, focus, etc. Assign responsibilities for the practice and games.

League policy on behavior and discipline

The Southbridge Little League has a zero-tolerance policy toward poor behavior from any player, coach, manager, umpire, or anyone else involved in any game, practice or Southbridge Little League function.

The league's Conduct Committee will oversee any and all reported disturbances and/or game ejections, and will rule on the course of action to be taken by the league.

Managers may discipline players themselves by any appropriate methods deemed necessary. The penalty must fit the crime.

Recommended Practice/Game Plan by Age Group:

Age Group	Practice to game ratios	Length of Practices (max)	Playing Time	Positions	Pitching Particular
4-6	1 to 1	1 hour or less	Equal for all players	Players should get to try all positions	n/a
7-9	1 to 1 (Minors) 1-2 to 1 (AAA)	75 minutes	Equal for all players	Players should get to try all positions throughout the season; make sure those players who get a chance to play first can do it safely; don't force players who aren't interested in pitching to pitch, regardless of arm strength	Coached Pitch (Minors) Exclude breaking balls (AAA)
10-12 (Majors)	2 to 1	75-90 minutes	Equal for all players	Players should get to try any positions they desire; positions will become more specialized based on player development and ability	limit or exclude breaking balls
13-14 (Juniors)	2-3 to 1	2 hours	Equal for all player	Players become more specialized, but don't deprive anyone of opportunities	continue to limit breaking balls
15+	3 to 1	2 hrs or slightly longer	As equal as possible within the team's accepted goal	Players are more specialized. Keep your eyes open for late bloomers	Don't let the desire to win cause you to abuse a pitcher's young arm

Source from Coaching Youth Baseball the
Ripken Way

Planning Practices

- One Station:
 - All players together receive the instruction and then practice the skills and tactics in one large group
 - Advantage:
 - All players receive the exact same instruction
 - Coaches can easily view the action and provide feedback
 - Disadvantage:
 - Time is not being utilized efficiently
 - Players stand around waiting for their turn
- Simultaneous Stations (The Best Option)
 - Requires assistance from coaches but optimizes practice time

Planning Practices

First Practice Plan (Sample)

Activity	Description	Time (min)	Comments
1. Introductions	Coach and Player Introductions. Goals for the season. Team Rules and Safety issues.	5-10	
2. Warm-Up	Run, Stretch, Throw	5-10	
3a. Station 1: Fielding	Fielding ground balls instructions and practice.	10-15	
3b. Station 2: Hitting	Fielding Fly Balls instructions and practice.	10-15	
3c. Station 3: Baserunning	Hitting instruction and practice	10-15	
4. Wrap-Up	Instructional Reminder.	5	Next practice/game reminder.

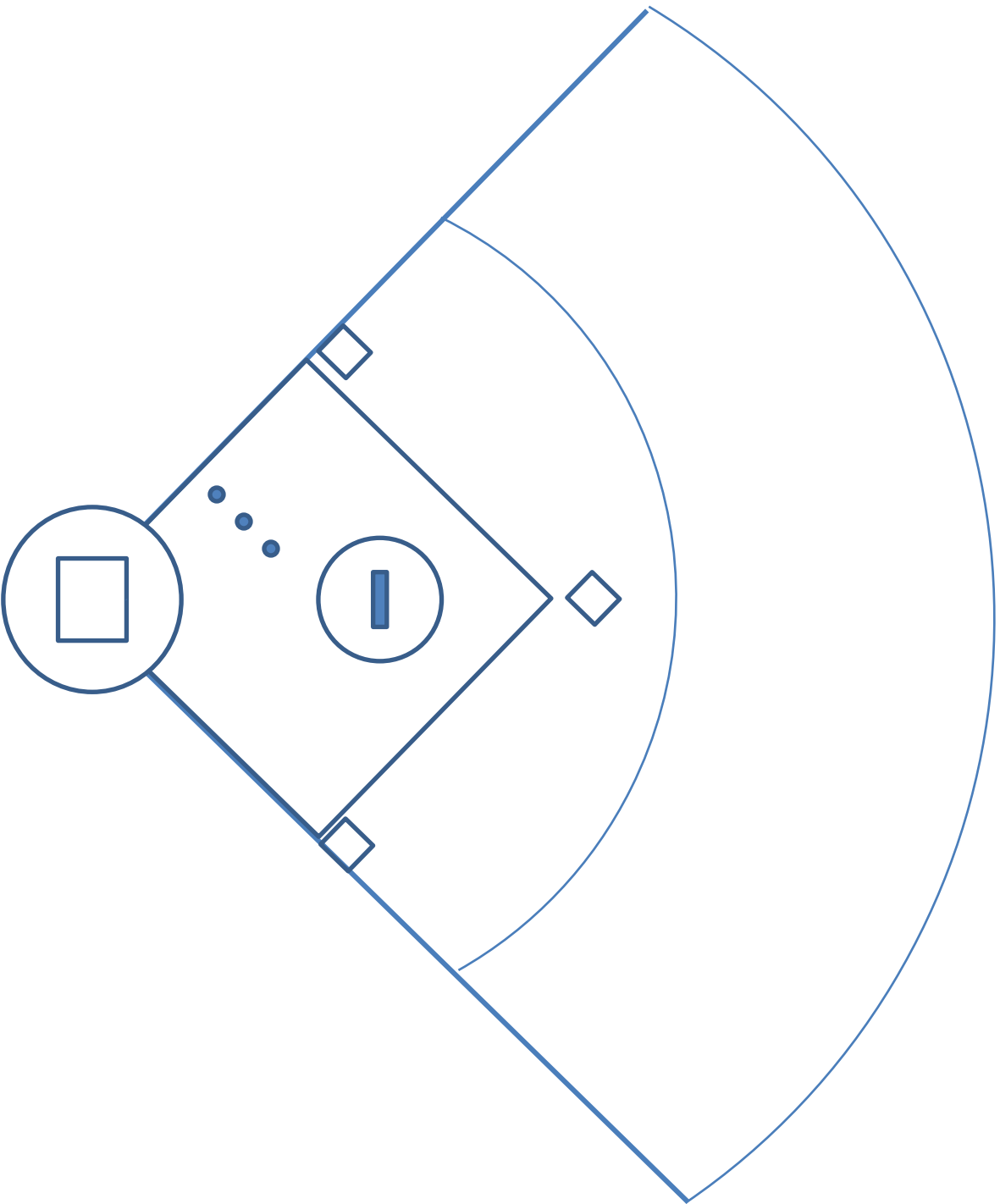
Suggested Regular Batting Drills

Drill	Age	Objective
Soft Toss	All	To use proper grip and understand how that helps improve bat speed. "Loose hands, quick hands"
Tee Work	All	To develop proper weight shift. "Go back to go forward"
Stickball Drill	7+	To develop quick swing that allows the hitter to maintain balance throughout
Bunting Drill	All	To work on keeping sacrifice bunts away from the pitcher

Suggested Base Running Drills

Drill	Age	Objective
Baserunning Relays	All	To learn how proper turns at each base can help players get to their destinations faster.
Big League Baserunning	All	To work on various baserunning situations and conditioning

Bunt Drill-Batting Practice (Sample)



- A player gets X number of swings
- But before he gets a chance to swing , player must bunt twice
- If bunt is between center & left cones, player earns 2 more bunts
- If bunt is between center & right cones, 1 more swing is earned

Manager's Checklist

- Provided by league:
 - Ice packs and First Aid kits
 - Scorebooks
 - Baseballs
- Suggested by league:
 - Pitch counters (available at Smashmouth, Dick's, etc.)
 - Highly recommended as it is the easiest way to comply with Little League International's pitch count rule
 - Clipboard
 - Stopwatch
 - Water jugs and cups

Evaluation Forms

- Coach Evaluation
 - To be filled out by parents regarding the performance, attitude, etc. of their child's coach(es)
- Season Evaluation
 - To be filled out by coaches regarding the performance and communication of the league, suggestions, etc.
- Umpire Evaluation
 - To be filled out by coaches at various parts of the season regarding the performance and attitude of the umpires

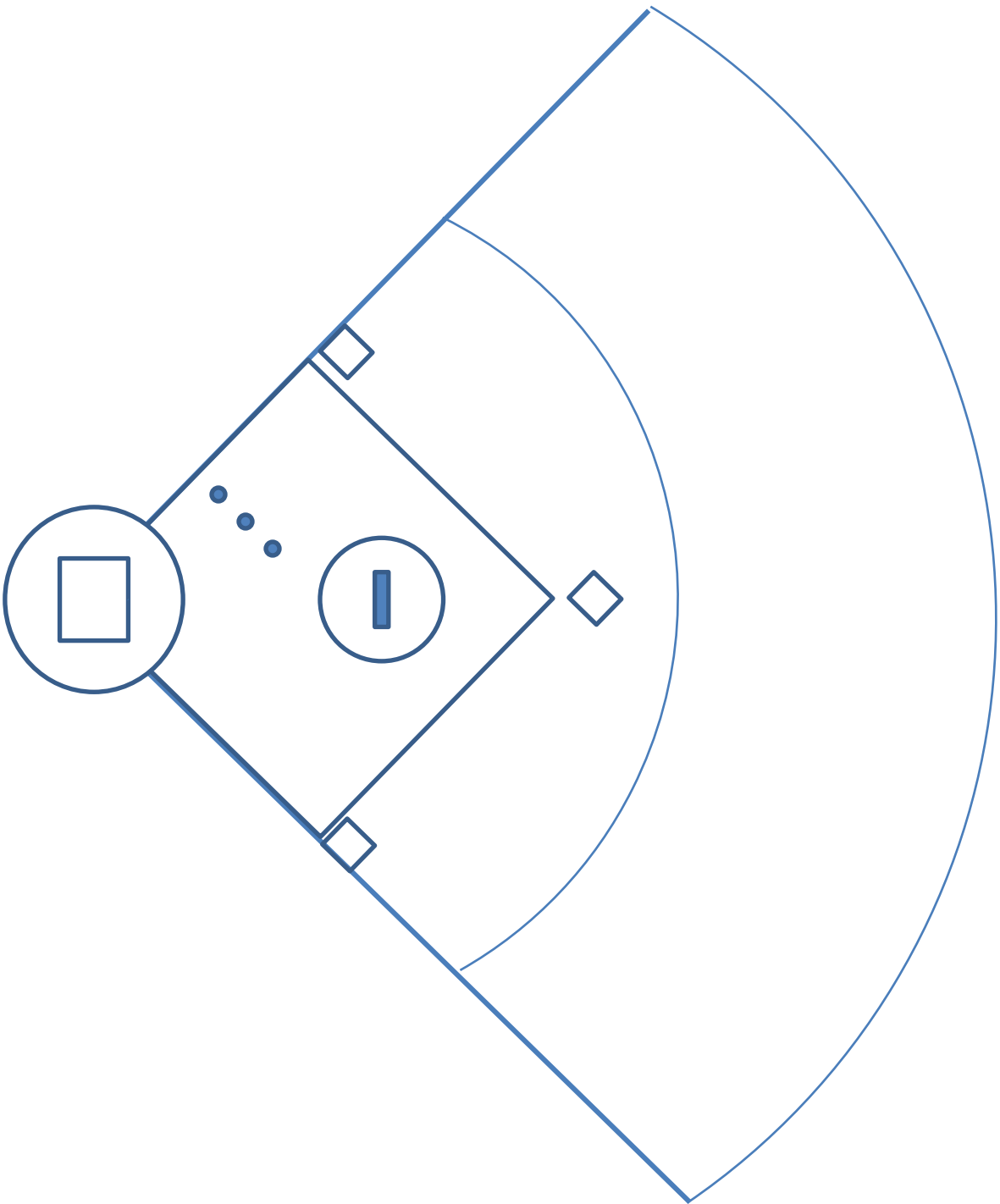
Date _____

Equipment: _____

Purpose: _____

Activity	Description	Time (min)	Comments
1. WARM-UP			
2a. STATION 1:			
2b. STATION 2:			
2c. STATION 3:			
3. WRAP-UP			

Drill: _____



-Notes:

Sources

- <http://www.littleleaguecoach.org>
 - Authentication Code: 119852
- Coaching Youth Baseball the Ripken Way
- Absolute Beginner's Guide to Coaching Youth Baseball

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