

TRILBY JUNIOR LEAGUE

COACHING TIPS

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FIELD DESCRIPTION

- Explain the different bases to the kids (especially t-ball). This is all new to most of them.
- Teach them to run through first base and not to stop on the base.
- Base coaches should be telling them what to do next.
- Show kids the different field positions (shortstop, first base, right field, etc.) so they will know where to go if the coach says "go to center field".

THROWING & CATCHING

- Kids have to look at who they're throwing to. DON'T throw unless they see a glove.
- Follow through on throws (slap the thigh).
- Show them how to use the "gator" catch.
- Always catch with two hands and close the glove around the ball.

BATTING

- Teach them to hold the bat properly. Right hand up for right handers, left up for left handers.
- Follow through on their swing. Don't stop the swing short, wrap around the body.
- Line their feet up properly with the base. Toes should line up parallel to the edge of the base and slightly behind it. Draw a line in the dirt to give them a reference point.
- Count along with the kids to help them time their swing (one, two, swing!).
- Coaches should ALWAYS hold the bat while giving instructions (you'll learn that lesson just one time).

SAFETY & FIRST AID

- Keep players' attention focused on where the ball is at all times. If they are watching the ball, they're less likely to get hit.
- ONLY one batter on deck at a time and a coach or helper should be watching and helping them.
- Make up a small first aid kit with various size band-aids and ice packs (frozen kitchen sponges in ziplock bags make great ice packs).

SNACKS & DRINKS

- It's a good idea to reward your players with a snack and drink after the game. One way to do this is to pass around a list and ask the parents to sign up and take turns providing them. Another way is to ask parents to donate \$5 per player and you provide the snack & drink for each game.

SNACKS & DRINKS cont.

- Please be sure that all trash from snacks & drinks are disposed of properly. Let's keep our ballfields looking good!

MORE COACHING TIPS

- Get parents involved. Ask them to help out. Many of them are new at this and don't know they are allowed to help.
- Coaches must control themselves and the parents of their players at all practices and games.
- Add to your equipment: rake, shovel, hammer, tape measure & permanent marker.
- Get a couple of parents to help make phone calls so you don't have to call your entire roster in case of a cancellation.
- Label players hats before handing them out.
- Parents keep the raffle ticket money. They do not turn it in to you or the league.
- This is a non-smoking league. Please refrain from smoking during practices and games and ask the parents to do so also. If you see someone smoking, please ask them to put it out.
- Please try to make up games if they are cancelled due to bad weather. We do not schedule make-up games. It is your responsibility to contact the opposing coach.

**THANK YOU FOR YOUR INVOLVEMENT IN THE
TRILBY JUNIOR LEAGUE.**