

COACH RIC EVERMAN

KEYS TO COACHING FAST-PITCH SOFTBALL

COACHING PHILOSOPHY

I. Define your philosophy

A. What are you going to coach?

B. Do you understand what you are coaching?

EXAMPLE (you saw another coach doing a drill, do you know what it was designed for)

II. Basics of coaching

A. Learn the game!!!!

B. Be organized

C. Be the leader

D. Are you a coach or a teacher?????

III. Be yourself

A. Don't be a copy-cat

B. Make this your team

C. Don't coach beyond your ability.

IV. Be eager to Learn

A. Watch quality games

B. Read info from various sources

C. Watch videos

D. Become a certified umpire

NOTE understand what you are learning and why

V. Touch peoples lives

- A. Make lasting relationships
- B. Friend to parents
- C. Think of life lessons

VI. Have fun

- A. If you love what you do you will never work another day
- B. Player, Coaches, Parents, and Fans need to remember this is a GAME!!!
- C. Don't burn-out your players or yourself!!!

NOTE Watch your players coming to the field, you can tell a lot from this

VII. Objectives

- A. Players
- B. Coaching Staff
- C. Parents

COMMUNICATION

I. Players

- A. Can they hear me???
- B. Players may require different angles
- C. Make yourself available

II. Assistants

- A. Have meetings, stay on same page
- B. Make sure your Philosophy is shared
- C. Recap with them after every practice and game

III. Parents and Others

- A. Set rules for parent interaction
- B. Keep in mind you are only the coach!!!
- C. Peace of mind
- D. Hold your ground on team issues...YOU ARE THE COACH!!! Ha Ha

MOTIVATION

I. What works?

- A. Players respond differently
- B. Different occasions call for different measures

II. Approach

- A. Verbal reinforcement
- B. Non verbal reinforcement
- C. Individual attention

III. Team praise

- A. Positive praise
- B. List improvements
- C. Awards for performance and teamwork

IV. Discipline

- A. Set rules
- B. Be fair but stern
- C. Use physical fitness type punishment

PLANNING

I. Be organized

- A. Brief case!!!!
- B. Write out your plans
- C. File your info
- D. Have the right STUFF for task at hand
- E. Pay attention to the details

II. Your time

- A. Do you have enough time for this?
- B. Set aside blocks of time for ball not ALL THE TIME
- C. Make sure your players respect your effort and time

III. Administration

- A. Understand what you have to do
- B. Get help with the PAPERWORK you are a coach first
- C. Develop time tables for getting stuff done
- D. Get a big CALANDER and write it all down!!!

IV. Practice

- A. Write out you practices with times etc.
- B. Have your drills set-up before hand
- C. Start and end with conditioning
- D. Develop drills and mix in new ones
- E. Set goals for each player
- F. Utilize your coaching staff to the fullest

V. Cover it all!!!!

A. Cover all scenarios; they can't execute what they haven't practiced

B. Player development

C. Focus on TEAM

D. Practice coaching

E. Double check EVERYTHING!!!!

MAKE IT FUN

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AND WILL BE FUN !!!!