



BASEBALL COACHES

2019

Overview

- Intro
- League Objective
- Philosophy
- Rules
- Parent roles
- Gear
- Practice plans
- Calendar
- Communication
- Questions

Mike Teater – President

- Played
 - Mt View High – Bend, OR
 - Linfield College
 - NABA and Slow Pitch Softball
- Coached
 - Skyhawks
 - Camas LL
- Occupation
 - Peak Motion Physical Therapy

Nick Kralj – VP of Baseball

- Played
 - Gresham High
 - Linfield College
- Coached
 - Skyview High, LaSalle High, Gresham High
 - Little league AA, AAA, Majors 3 years, All-stars; tournament team
 - Football, basketball, soccer
- Occupation
 - Retirement Plan Consultant

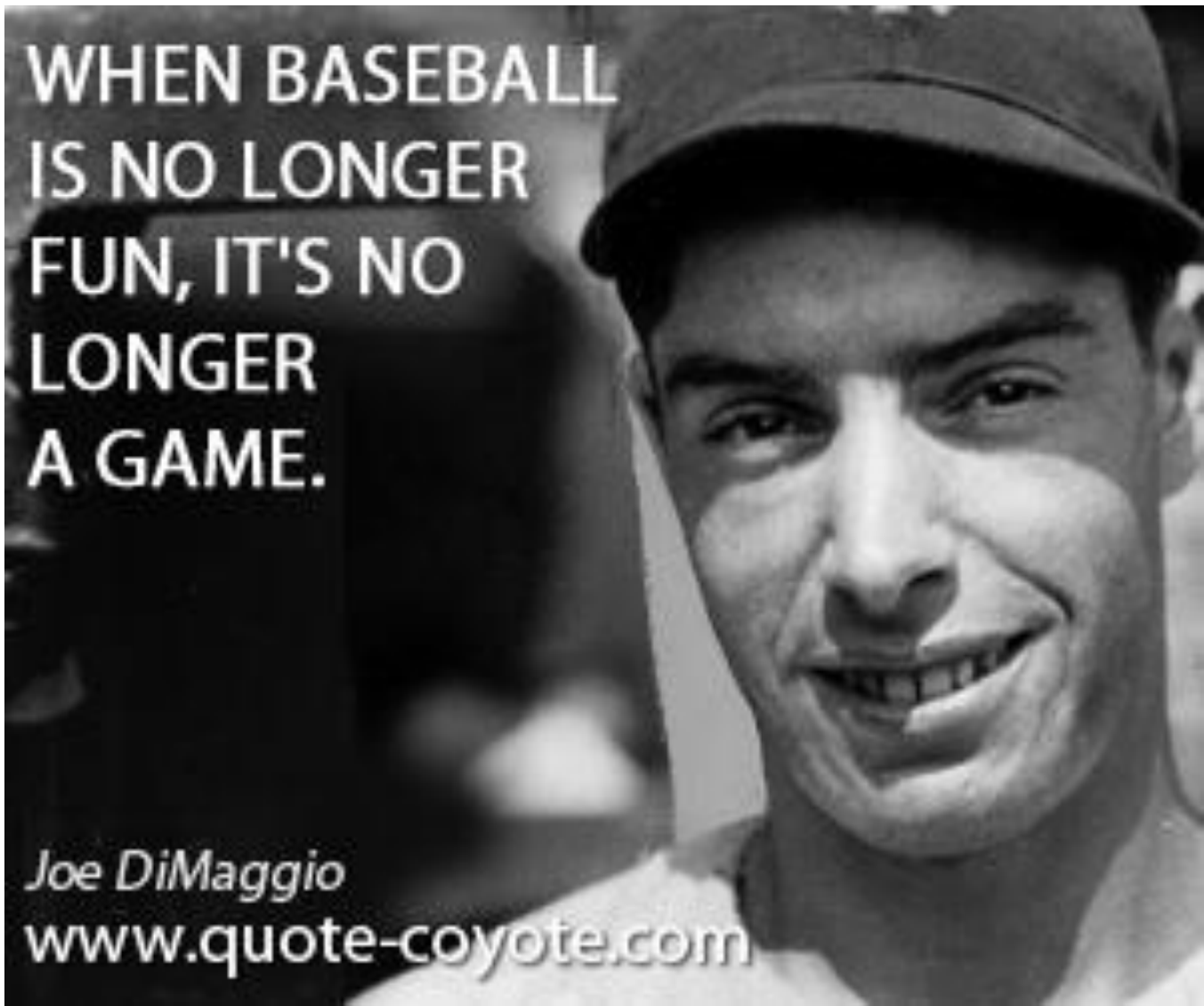
League Objective

Excerpt from bylaws

The objective of the Local League shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens... All Directors, Officers and Members shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and the molding of future citizens is of prime importance.

Philosophy – adopt team values





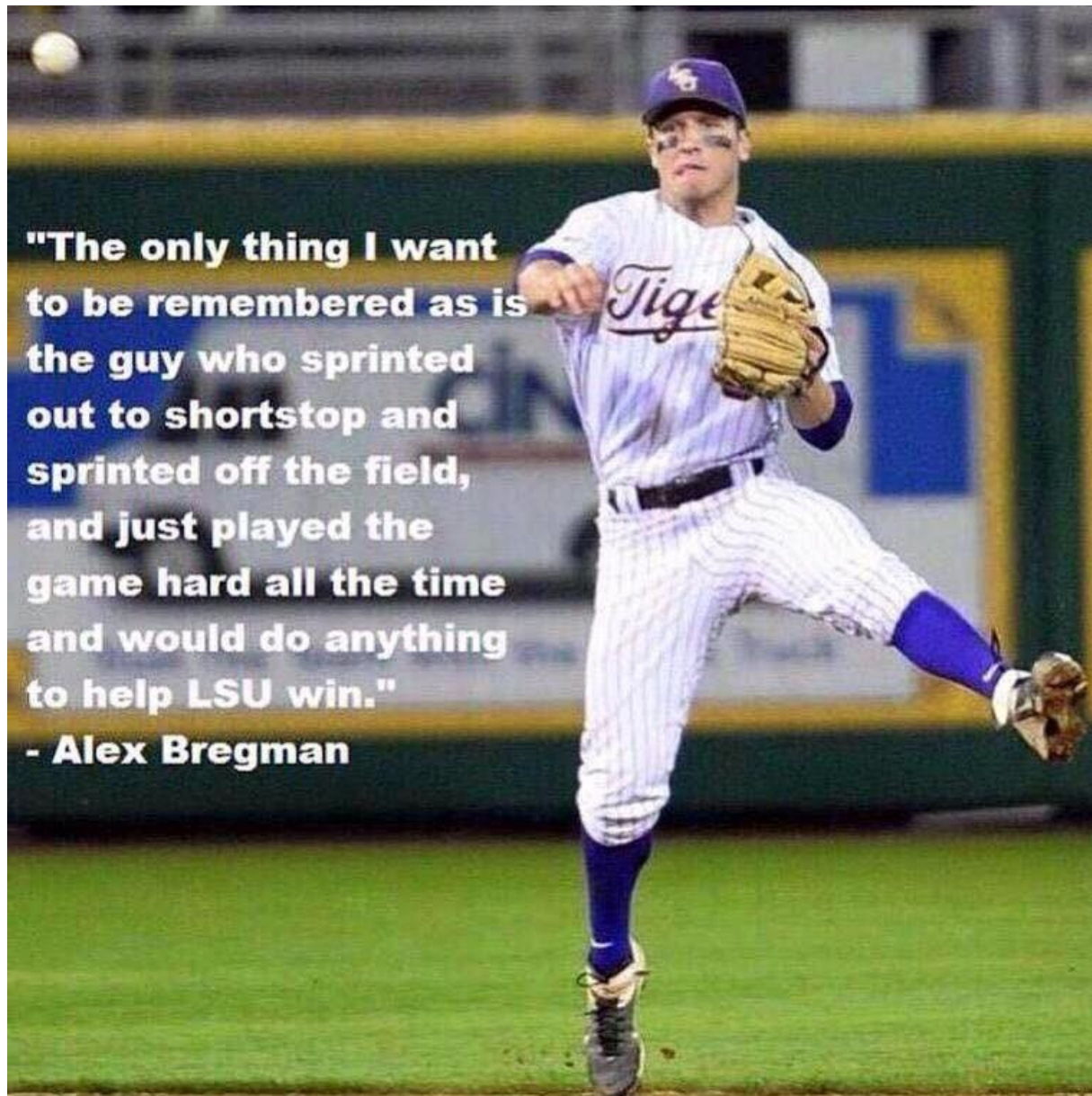
WHEN BASEBALL
IS NO LONGER
FUN, IT'S NO
LONGER
A GAME.

Joe DiMaggio

www.quote-coyote.com

**"The only thing I want
to be remembered as is
the guy who sprinted
out to shortstop and
sprinted off the field,
and just played the
game hard all the time
and would do anything
to help LSU win."**

- Alex Bregman



Philosophy

- Jelly bean for every inning hustling on and off the field
- Stickers for meeting the right objectives (upper division)
 - Hard hit ball, 6 or more pitches, 3 pitches after 2 strikes, sac bunt or fly, X base hit, 2 out RBI
 - 1st pitch strike

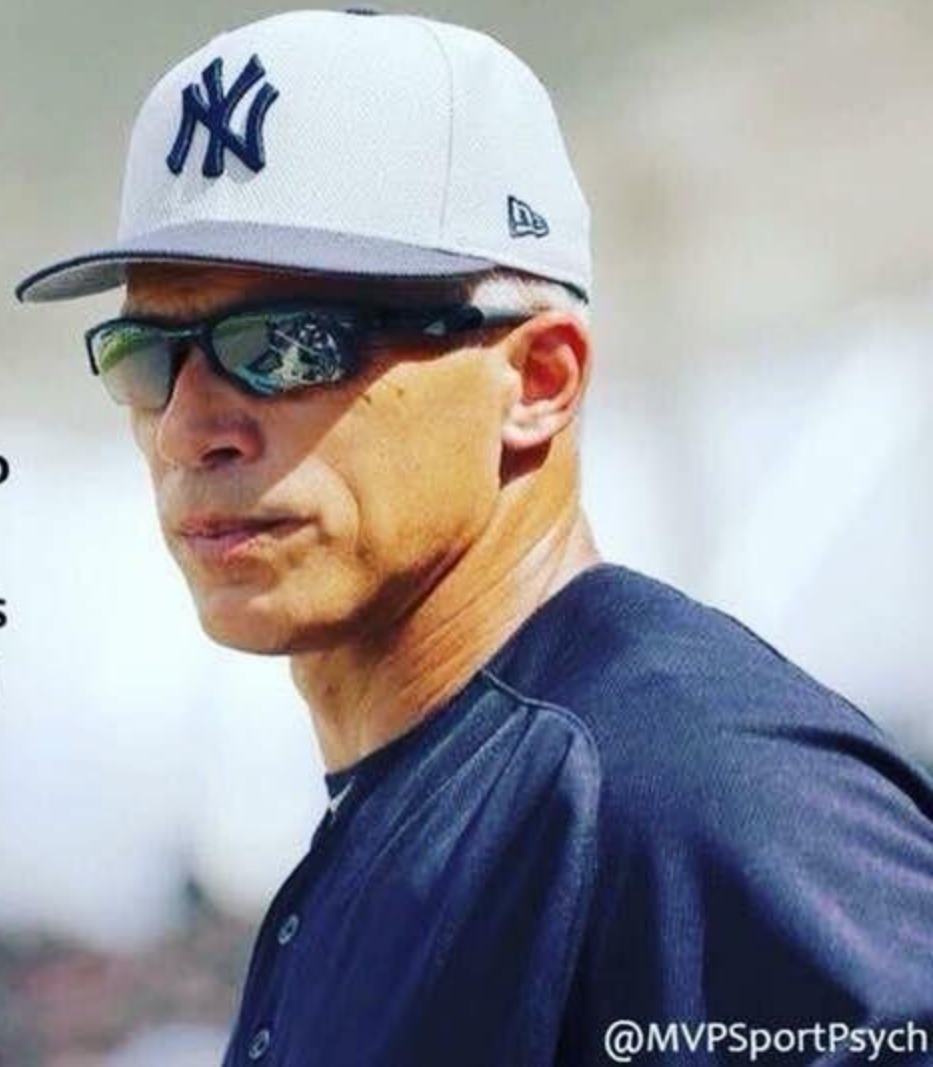
Key baseball priorities

1. Pitching and Defense
2. Timely Hitting and Base running

Philosophy – parents

You to Parents: refrain from coaching in the stands during games. Please allow them to fail. Im open to feedback if you want to discuss any topics.

“If kids are always looking to their parents for approval, they’re not competing and they’re not having fun — they’re working on pleasing their parents instead. I don’t want my kids to please me. I want them to please themselves. Sitting in the stands and after the game, my job as a parent is to let my kids know that I believe in them no matter how they perform.” – Joe Girardi



@MVPSportPsych

Parent Roles

- Field maintenance (home team before; away after)
- Umpire
- Baseball practice help
 - Help set up and run drills in small groups (shag, side toss, etc)
 - Help set up and direct traffic in large group drills (base run for a look)
- Scorebook, pitch count, and scoreboard
- Videographer – baseball
- Videographer/photographer – memories
- Cheerleader

* Volunteer application needed

Rules

- See Camas LL Website
 - About Us/By-Laws

Rules – Tee ball

- Non - competitive
- 60 minute time cap
- All players hit every inning, despite outs
- 2 coaches on field allowed for instruction
- All players play all positions, 10 fielders allowed
 - Consider work-up after each batter

Rules – A

- Non competitive
- 5 innings, 90 minute cap, whichever comes first
- Coach pitch, 5 pitches
- 3 outs or 5 run limit per inning
- Player may not advance after defensive player has the ball on infield
- 2 coaches on field for instruction
- No stealing
- Equal playing time, 10 fielders allowed (4 outfielders)
 - Consider work-up after each batter

Rules – AA

- Non competitive
- Pitching machine from 42 feet
- 3 strikes out (foul ball with 2 strikes continues), no walks
- 3 outs or 5 run limit per inning
- 5 inning or 90 minute cap, whichever comes first
- No coaches on field except for machine

Rules – AAA

- 6 innings, or no new inning after 1:45, drop dead at 2 hours
 - 10 run rule after 4 innings, 15 after 3
- Bat the line up
- Pitch count rules apply
 - 20, 35, 50, 65, 80, 85 max
- No leading off until ball crosses plate
- Dropped 3rd strike batter cannot advance
- On-deck only allowed for first batter of the inning
- Must keep one foot in batters box to take signs
- 90 seconds between innings; have catcher ready or bench player with mask to warm up pitcher

Rules – Majors

- 6 innings; 1:45 no new inning, and drop dead at 2hr
 - 10 run rule after 4 innings, 15 after 3
- Hit the line up (all players hit, including bench)
- Pitch count rules apply
 - 20, 35, 50, 65, 80, 85 max
- No leading off until ball crosses plate
- Dropped 3rd strike batter can advance
- On-deck only allowed for first batter of the inning
- Must keep one foot in batters box to take signs

Gear – for players

- Game and practice requirements
 - Hat, pants, sleeves if 70* or less, cleats, cup, glove, bat (if have)
 - Shorts okay if inside
- Uniform provided: hat (red), jersey (red), helmet, bat, catchers gear
- Need: baseball pants (gray), baseball socks (if showing, red), baseball belt (red), long-sleeve under-jersey (red)

Coupons for Athletes Corner on website

Scholarship available

Gear – for coaches

- Provided
 - Balls, bucket, bats, tee, catchers gear, bases
- Recommended
 - Cones
 - Wiffle balls and bucket
 - Wet ground practice balls (yellow rubber balls)
 - Bucket or bag
 - Broom stick or PVC pipe cut to bat size
 - Golf ball wiffles
 - Tennis balls
 - Wagon
 - Hitting net
 - Heavy balls



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Practice plans

- Start on time (means kids arrive 5 min early, do j-bands for upper division, have card)
- Warm up – 5 minutes (same every time, put on a card)
- Throwing program – 10 minutes
 - Wrist flip, square base throw, row the boat, closed hips long toss, long toss, quick hands
- Square drill (5 min) or triangle (4 min); different sizes – 5-20 min
- Work up – live pitch or tee
- Hitting stations
 - Tee wiffles, front toss tee, bunt, live hitting (no pop/no pull, 5 swings and switch, 3 rounds per group, dry swings while waiting), base running, shag, bullpens, pepper)
- Defensive stations and team D, bullpens
- Baserunning (run out grounder, single turn, double, triple, relay race with shrinking bases)
- End on time

15 Yards

- High Knee Jog
- Butt Kickers
- Back Pedal (Reach)
- Karaoke
- Side Shuffle (Stay Low)
- Squats (3 Steps)
- Toe Lift (3 Steps)
- Side Shuffle w/ Lunge
- Lunge & Twist
- Jog
- Lead-Off...Sprint x 6-8



Practice – Upper divisions

- Once a month, have a video practice at a home
 - Review philosophy, Youtube videos, mental points
 - 1 hour tops, offer food as incentive to sit still

Safety Plan

FORMS

- Medical Waiver
- Concussion Waiver
 - Please have forms completed, and have available at all team activities. Recommended: scan and save in cloud file for phone retrieval
- Injury reporting
 - Email Chad and fill out form

RESOURCES

- Camas LL Website
 - Registration/Medical&Safety Forms
 - About Us/League Safety Plan

Calendar

- Practices start March 4th
- Umpire clinic March 22nd - 24th at Luke Jensen
- Field Prep day and Umpire Training March 23rd
- Game Schedule released end of March
- Games start the week after Spring Break

Communication

TeamSnap is recommended primary source of communication for team management

Camas LL - Website, Facebook (like Camas LL) and Email
On website, coaching resources are under
Volunteer/Coaches

Twitter – follow @NAK148

Conclusion

- League Objective
- Philosophy
- Rules
- Parent roles
- Gear
- Practice plans
- Calendar
- Communication

Character building > Little League accomplishments



Pat Bailey @BeaverBats27 · Jan 9



110% agree! We are in the man building business!!!!



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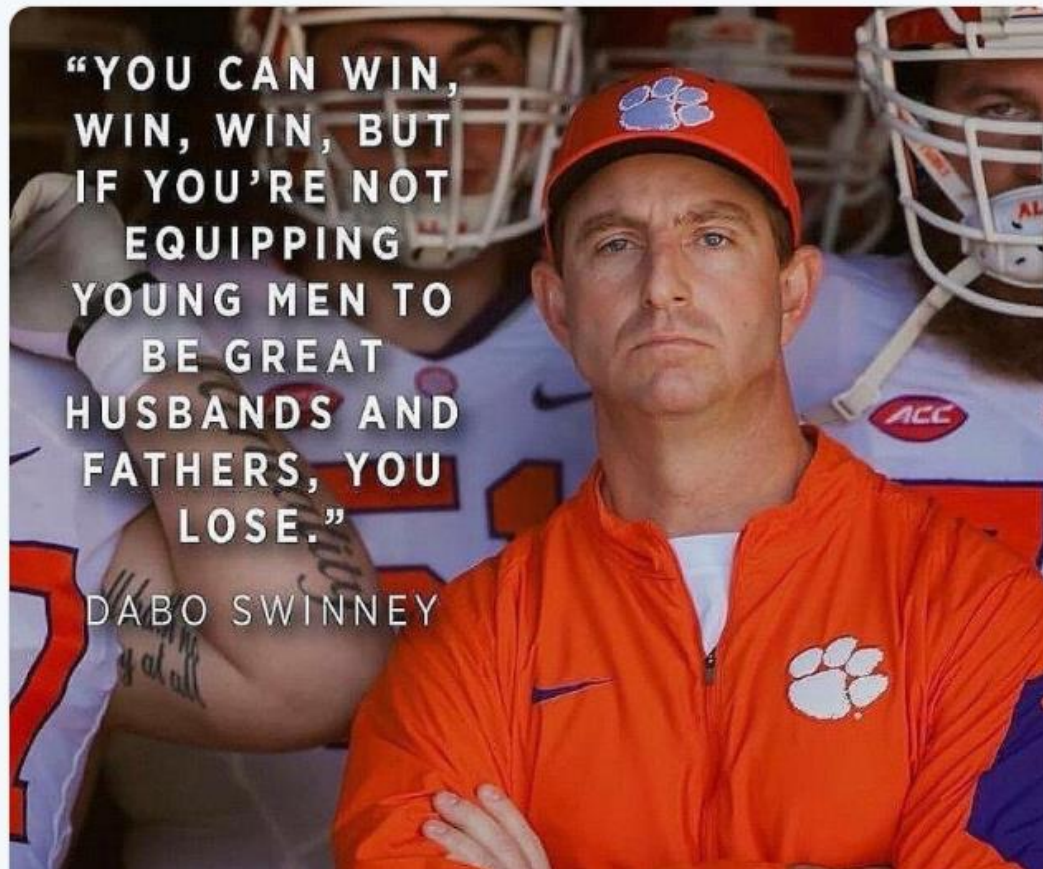
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Pat Bailey @BeaverBats27 · Jan 9



Questions? Feedback?