

ROOKIE DIVISION



AMERICAN CANYON LITTLE LEAGUE

Manager & Coach's Manual



Expectations

What ACLL Expects of our Managers & Coaches

American Canyon Little League expects nothing but the best from our managers and coaches. Given the important role that these individuals play in the development and leadership of youth in the American Canyon Little League program, much care is used in the review, vetting, and selection of managers and coaches for American Canyon Little League teams. While not all inclusive, the League has these base expectations for all managers and coaches.



Be Encouraging

Must encourage players at all times and will not damage the self-esteem of any player or parent at any time. Exercise their leadership role but leave the outcome of the ball game in the hands of the players.



Keep Calm

Understand that becoming “physical” (grabbing, pushing, hitting, physical or verbal intimidation, etc.) with any player, parent, league official, opposing coaching staff, spectator, or umpire is not acceptable at any time - - such actions are grounds for serious consequences up to immediate removal as a manager or coach.



Collaborate with the Board

Have open, productive and strong relationships with the League, ACLL Board of Directors, parents, and umpires at all times. Recognize that they are agents of the Board and will follow the Board’s direction, philosophy, and advance the agenda for the League as set forth by the Board.

Continued...



Follow the Rules

Have a solid understanding and agree to comply with all American Canyon and Little League rules, regulations, and code of conduct policies. Recognize and accept that American Canyon Little League has a zero tolerance policy for rules and regulations infractions and non-compliance with League code of conduct and facility use policies.



Love the Sport

Demonstrate that they have an appreciation of the philosophy of Little League Baseball, American Canyon Little League and cooperates with others in making the program of mutual benefit to all children in the program.



Lead by Example

Lead by example in shaping acceptable behavior patterns whether the team wins or loses.



Respect the Umpire

Respect the judgment and the position of authority of the umpire.



Have Coaching Experience

Has experience in managing and/or coaching baseball at the level in which the candidate is being considered. As well as reflect an understanding and appreciation of the age group they supervise.



Attend Mandatory Clinics

Will have undergone the standard Little League required background check and attend all mandatory coaching and safety clinics - **no exceptions.**



PLEASE REMEMBER

- ▶ These are **KIDS**
- ▶ This is a **GAME**
- ▶ Coaches are **VOLUNTEERS**
- ▶ Umpires are **HUMAN**
- ▶ Your child is **NOT** being scouted by the Giants or A's and no College Scholarships will be handed out today!

ROOKIE

ROOKIE DIVISION

Goals for a Successful Season

“Your athletes are never too {young}, or too talented, to answer the question “Are you enjoying yourself out there?”

Ask it!

Chances are, the more they enjoy themselves, the better they play, the more they play, and the harder they will work.

Michael Jordan had a “love of the game” clause in his professional basketball contracts, allowing him to play pickup whenever he wanted to, because he enjoyed playing so much. **IT HAS TO BE FUN.** And if it stops being fun, you need to figure out a way to make it fun, or before you know it, early retirement!”

-changingthegameproject.com

HAVE FUN

- Baseball is fun
- We want the kids to fall in love with the game
- Fun doesn't mean not pay attention players are here to learn the game

LEARN HOW TO PLAY ON A TEAM AND BE A GREAT TEAMMATE

- Show up to practices and games on time
- Listen to your coaches
- Cheer teammate on
- Never talk negative to your teammate

LEARN GOOD SPORTSMANSHIP

- Play fair
- Win with class, lose gracefully
- Respect the rulings and calls of official/umpire

LEARN THE OBJECTIVE OF THE GAME, BASIC PLAYING RULES, POSITIONS ON THE FIELD, BASES

- Objective of the game to score more runs than opposing team
- Playing rules; outs/safe force out/tag out fly out/line out
- Name the positions and where the player stands for that position and area each position covers, how to cover bases and knowing your job ex. backing up teammate
- Name the bases and the correct order the bases are ran

Skills



ROOKIE DIVISION FUNDAMENTALS

Learn skills of baseball including throwing mechanics, throwing progression, pitchers & catchers, quick hands quick feet, fielding groundballs backhands and forehands, hands routine, fielding fly balls, cutoffs and relays, hitting, bunting, base running, leading off, when to run when to freeze, when to tag up, and sliding.

Baseball is a game of movement. Learn the **3 B's** that infielders have to do every time ball is hit **Ball, Base, Backup** priority in that order.

See next pages for details...

Skills

THROWING MECHANICS

How to Grip a Ball

(4 seam grip) 2 fingers across the seams
if hand/fingers too small 3 fingers

Athletic Position

Feet & shoulder straight to target



Step & Throw

Step with non-throwing leg toes pointed to target after step thumb to thigh big arm circle going back show the ball to the sky “thumb to thigh show ball to the sky” elbow slightly above shoulders in “L” position pull glove to heart let the back leg follow through

THROWING PROGRESSION

Wrist Flips

Elbow up and arm out in front trying to create as much back spin as possible. Partner 10 ft. away

Power Stance

Glove side part of body closest to partner 15-20 ft. away. Ball in hand and up facing away from target, upper arm parallel to the ground glove side arm bent and parallel to the ground, focusing on body rotation and driving with the legs

Trunk Twist

Partners face each other 20 ft. away and then turn their upper body only to get into the power position. Focus on keeping the upper body closed and the front side shoulder facing the target and creating back spin

Walk Through

Partners face each other step left right left and throw 30-40 ft. away

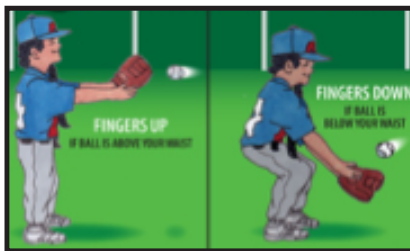
READY POSITION

Athletic position feet wider than shoulder width apart on balls of feet Ready to move in any direction

Hands waist/thigh level not on the ground

CATCHING

- Athletic position on the ball of your feet ready to move in any direction
- Feet shoulder width apart
- Both hands out in front at chest level giving a target
- Move your feet to where ball is thrown try to catch everything at the center of your body at chest level
- Track the ball all the way into your glove
- 2 hands cover the ball quickly with your throwing hand

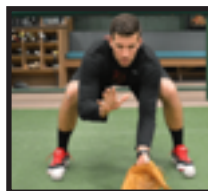


Glove Positioning

- Ball above the waist fingertips up
- Ball below the waist fingertips down

FIELDING A GROUNDBALL

- Triangle position with players feet and hands out in front should be able make a triangle



- Wide base, butt down, flat back, hands out in front

- Track the ball all the way into the glove
- 2 hands covering ball with your throwing hand (alligator hands)

TRANSFER

- After fielding the ball “Funnel” bring the ball to the center of the body
- Shuffle right to left step and throw
- Sequence should go right left field right left throw

FIELDING A FLYBALL

- Get underneath the ball early stay behind the ball
- Track the ball all the way into the glove
- Catch the ball above your head a little off to your glove side
- 2 hands covering the ball with your throwing hand



COVERING BASES

Ball Put in Play

1st baseman right foot on bag left foot stretches to the ball (righty opposite for lefty). Don't stretch too early wait to see where ball is thrown stretch to the ball

2nd base middle infielders need to learn who covers. ball hit to left side of field 2nd baseman covers. ball hit to pitcher and right side of field shortstop covers

Skills

HITTING



Tee Placement

The stem of the tee aligned with the front foot after the stride of batter

Batting Stance

Wide base, athletic position

Grip

- Knocking knuckles lined up
- Relaxed grip not too tight



Launch Position

- Stride short and straight towards the pitcher
- Load hands stay back creating separation from head
- Bottom half goes forward hands stay back creating separation

Hips

- Hips engage when front foot lands
- First movement is forward drive the back hip towards pitcher/2nd base not opening/rotating/spinning off the ball
- Weight should transfer from back leg to inside part of big toe while heel comes up and back foot comes forward

Hands & Swing

- Swing level bat path should stay on plane with the pitch
- Keep hands inside the ball
- Contact then extend out front then roll the wrist over
- Follow through finish high above shoulder

Head & Eyes

- Keep the head as still as possible
- Track the ball with your eyes all the way to the bat

BASERUNNING

- Don't look at the ball, run and listen to your base coaches
- Run through 1st base don't stop on the bag

- Learn all the bases and home plate and the correct order you run the bases
- 2 outs go on contact
- Less than 2 outs ball in the air tag up, line drive freeze make sure it gets through infield, ground ball, if force play must go, no force do not have to go
- Slide figure 4 position with legs, slide on butt with arms hands up, don't slow down before sliding

Practice Plans



**ROOKIE DIVISION
PRACTICE**

PRACTICE PLAN #1
75 minutes

PRACTICE PLAN #2
75 minutes

PRACTICE PLAN #3
75 minutes

Practice Plan #1

75 minutes

REVIEW OF LAST PRACTICE/GAME
3 minutes

- What they learned
- What they did good in, what they can improve on
- Go over what plan is for practice

WARM UP
7 minutes

- Light stretching.
- Toe touches, hip rotations, arm circles, etc.
- Calisthenics – jumping jacks, high knees, etc.
- Light jog

THROWING & CATCHING
10 minutes

- Throwing progression 10 throws each step of the progression

WATER BREAK
3 minutes

STATION DRILLS
27 minutes

Team divided into 3 groups rotate every 9 minutes

Station 1

Hitting off the Tee – dry swing drill, sling shot drill

Station 2

Groundball - Triangle Drill & Shuffle and throw

Station 3

Fly Ball – Getting underneath the ball catch with 2 hands

TEAM DRILLS
15 minutes

Covering Bases on Ball Put in Play
5 minutes

Live Defense with Runners
10 minutes

- Defense at positions in infield and pitcher make plays at first base
- Runners takes turns running through first base
- Rotate about half way through

BASE RUNNING
7 minutes

- Run through 1st base don't stop at the bag turn to right
- Relay race

REVIEW
3 minutes

- Review what they learned at practice
- Any questions?
- What they need to work on at home

Practice Plan #2

75 minutes

REVIEW OF LAST PRACTICE/GAME
3 minutes

- What they learned
- What they did good in, what they can improve on
- Go over what plan is for practice

WARM UP
7 minutes

- Light stretching.
- Toe touches, hip rotations, arm circles, etc.
- Calisthenics – jumping jacks, high knees, etc.
- Light jog

THROWING & CATCHING
10 minutes

- Throwing progression 10 throws each step of the progression

WATER BREAK
3 minutes

STATION DRILLS
27 minutes

Team divided into 3 groups rotate every 9 minutes

Station 1
Throwing – Target practice

Station 2
Groundball combo - Triangle drill & goalie game

Station 3
Catching & fly ball – Glove position & tracking drill

TEAM DRILLS
15 minutes

Cover Bases
3 minutes

Live Hitter
12 minutes

- Defense at positions in infield coach does front toss plays at first base

- 1 batter up to bat 2 or 3 hits on last hit he runs

- 1 player on deck

- 1 hitting off the tee with a coach

- Rotation 3rd baseman goes to shortstop, shortstop goes to 2nd, 2nd baseman goes to first, first goes to pitcher, pitcher goes in to hit off the tee with coach, player hitting off tee with coach is on deck, on deck is up to bat and hitter goes to 3rd base

BASE RUNNING
7 minutes

- Run through 1st base don't stop at the bag turn to right

- Relay race

REVIEW
3 minutes

- Review what they learned at practice

- Any questions?

- What they need to work on at home

Practice Plan #3

75 minutes

REVIEW OF LAST PRACTICE/GAME
3 minutes

- What they learned
- What they did good in, what they can improve on
- Go over what plan is for practice

WARM UP
7 minutes

- Light stretching.
- Toe touches, hip rotations, arm circles, etc.
- Calisthenics – jumping jacks, high knees, etc.
- Light jog

THROWING & CATCHING
10 minutes

- Throwing progression 10 throws each step of the progression

WATER BREAK
3 minutes

STATION DRILLS
27 minutes

Team divided into 3 groups rotate every 9 minutes

Station 1

Throwing – Shuffle & throw

Station 2

Groundball - Goalie game

Station 3

Hitting – Contact point drill, sling shot

TEAM DRILLS
15 minutes

Explain Force Out

3 minutes

Live Defense with Baserunners

12 minutes

- Plays to 2nd base getting the force out. runner at home plate and first going on contact
- Plays to 1st base no runner on first base
- Make the defense say where the play is depending on situation

BASE RUNNING
7 minutes

- Run through 1st base don't stop at the bag turn to right
- Relay race

REVIEW
3 minutes

- Review what they learned at practice
- Any questions?
- What they need to work on at home

