

T-BALL 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!



# T-BALL

## T-BALL 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



## T-BALL 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

### 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

## 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

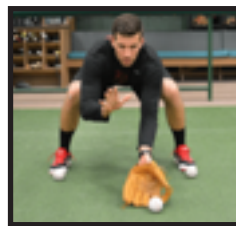
- Ball above the waist fingertips up
- Ball below the waist fingertips down



## FIELDING A GROUND BALL

- 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)

## 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 insi-  
de 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





# Practice Plans



**T-BALL DIVISION  
PRACTICE**

**PRACTICE PLAN #1**  
60 minutes

**PRACTICE PLAN #2**  
60 minutes

**PRACTICE PLAN #3**  
60 minutes



# Practice Plan #1

## 60 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**  
8 minutes

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

**THROWING & CATCHING**  
8 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

**Station 3**

Throwing – Target practice

**BASE RUNNING**  
8 minutes

- Go through and make sure they all know each base and home plate
- Run through 1st base don't stop at the bag turn to right

**REVIEW**  
3 minutes

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

# Practice Plan #2

## 60 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**  
7 minutes

- Throwing progression 10 throws each step of the progression

**WATER BREAK**  
2 minutes

**STATION DRILLS**  
21 minutes

Team divided into 3 groups rotate every 7 minutes

**Station 1**  
Groundball - Triangle Drill

**Station 2**  
Catching - Glove positioning drill

**Station 3**  
Throwing – Shuffle and throw

**TEAM DRILLS**  
15 minutes

Live hitter  
Defense at positions in infield and pitcher plays at first base  
1 batter up to bat 2 or 3 hits on last hit he runs  
1 player on deck and  
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**  
5 minutes

- Run through 1st base don't stop at the bag turn to right
- Run all the way around in correct order from home to home

**REVIEW**  
3 minutes

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

# Practice Plan #3

## 60 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**  
8 minutes

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

**THROWING & CATCHING**  
8 minutes

- Throwing progression 10 throws each step of the progression
- Catching – Ready position, glove position

**WATER BREAK**  
2 minutes

**STATION DRILLS**  
24 minutes

Team divided into 3 groups rotate every 8 minutes

**Station 1**

Groundball – Goalie game

**Station 2**

Hitting Drill – Contact point, sling shot

**Station 3**

Throwing – Shuffle and throw

**TEAM DRILLS**  
12 minutes

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

**REVIEW**  
3 minutes

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



