



Coach Introduction and Planning

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Introduction to Coaching

Thanks for volunteering to coach an ARAA baseball team. Baseball has a rich history and an exciting future as “America’s past time”. By reading thru this manual and learning more about coaching, you have the opportunity to raise the bar for Anoka-Ramsey baseball. It is up to you to apply what is included in this manual to help your team improve and play their best.

This manual is provided as a baseline for each coach. Individual differences are expected BUT you must be capable in the following areas.

- ✓ Preparation, administration and follow up for parent meetings.
- ✓ Working with kids and parents at practices/games
- ✓ Knowing how to teach the kids age-appropriate skills and knowledge in the key areas -
 - a. baseball fundamentals
 - b. throwing
 - c. hitting
 - d. fielding (grounders, fly balls and the catching position)
 - e. base running

Your job is to provide enough repetition in practice so that the players can execute in the games. The Minnesota Twins make the same mistakes that your players will make during games, but you can reduce the number of mistakes and improve their opportunities for success by following the recommendations included in this manual.

Section A – Working with Parents and Kids

Each coach has their own style. Nobody can be prepared for every situation, but you can be prepared for some things that will occur during the season. This section will help you understand some of the situations you will see during the season.

Working with Kids

Today's players continue to experience.

- No improvement in skills
- Disorganized practices
- Bench warming
- Limited exposure to all positions
- A 15% chance that violence will break out.
- A 75% chance that they will drop out by the age of 13.

Why are they dropping out?

- Lack of skills due to poor fundamentals
- Bad experience with coaches
- Stress
- Other Interests
- No fun

A 1999 Sports Illustrated for Kids Survey asked "Why do you play sports?"

- Fun – 75%
- Exercise – 22%
- To be with friends – 18%
- Competition – 9%
- To be popular – 6%

Sports illustrated also reported the following about organized youth sports."

- Only 20% of youth coaches had ANY training.
- An average youth sports coach can spend 80 hours per season with his/her players.
- Less than 1% of all kids participating will receive any sort of college scholarship.
- Non-traditional sports are on the rise – kids have found refuge in skateboarding BMX biking and snowboarding.
 - No need to register.
 - No required boring practices
 - No adults telling them what to do.
 - No scoreboard
 - No sitting on the bench
 - Freedom to develop individual skills and styles.

HOW DO WE KEEP PLAYERS INTERESTED?

Run GREAT practices

- Give them a contemporary experience to the traditional sport.
- Repetition without boredom
- Rotate often in small groups / break down fundamentals into easy-to-understand steps.
- Plan it out prior and manage the time.
- Get parents involved.
- Incorporate a pre-practice talk.
- Create a “we atmosphere”.
- Incorporate “Life’s Lessons”
- Learn names quickly.
- Reserve time before or after to spend on individual development.
- Teach all positions.
- KEEP IT FUN!
- End on a positive note.

Set and Monitor Goals

- Have players sign a commitment document.
- If winning is the only goal, you are setting yourself up for failure.
- Create individual and team goals.
- Provide midseason and post season evaluations.
- Replace “Did you win?? with
- “What did you learn today?”
- “Did you enjoy yourself.”
- “Do you feel like you improved.”

Put effort into motivating the players.

- Create a positive self-image.
- Positive/Negative/Positive approach (sandwich) to criticism
- Shout praise – whisper criticism
- Teach them to be “students of the game”.

ALWAYS promote good sportsmanship

- Coaches are role models – like it or not!
- Manage success AND disappointment.
- Demonstrate respect for others – if there were no opponents, there would be no game?
- Support the umpires’ calls.
- Know the League’s expectations
- How do you want to be remembered as a coach?

Remember, it is all about the kids!

Working with Parents

A pre-season meeting with the PARENTS is a must! Here are some topics that should be discussed with parents and a sample parent meeting handout is included in the next section of this manual.

- 1) Introduce everybody
- 2) What can they expect from the COACHES
 - ✓ Fundamentals
 - ✓ Development of proper techniques
 - ✓ Playing time
 - ✓ Communication – How it will be done / Why decisions are made.
 - ✓ Sportsmanship
 - ✓ League Expectations / Policies and procedures
- 3) What you expect from the PLAYERS
 - ✓ Listen – Have desire to improve.
 - ✓ Work Hard / Maximum effort
 - ✓ Teamwork attitude – No individuals
 - ✓ Sportsmanship – No negative comments to umpires or other players.
 - ✓ Work on skills at home
 - ✓ Have Fun
- 4) What you expect from PARENTS
 - ✓ Have players there on time – Call if they need to miss practice or games.
 - ✓ Keep it positive – Recognize players' success, Encourage players' efforts.
 - ✓ Communicate any issues immediately – Pick the right time?
 - ✓ Sportsmanship – No negative comments to umpires, players, or other parents
 - ✓ Understanding – There are many decisions a head coach must make.
 - ✓ Volunteer to help.
- 5) Miscellaneous stuff for parent meeting
 - ✓ Get email address and best phone number.
 - ✓ Distribute team rosters.
 - ✓ Distribute practice and game schedules.
 - ✓ Distribute policy and procedure information if needed.
 - ✓ Signup sheets for help / Assistant coaches, bookkeeper, treats...
 - ✓ Discuss sportsmanship / Award program.
 - ✓ Distribute league rules.

Sideline Suggestions for Parents

10 things kids say they do not want their parents to do (from baseball tips.com)

1) Do not yell out instructions

During the game I am trying to concentrate on what the coach says and working on what I have been practicing. It is easier for me to do my best if you save instructions and reminders for practice or just before the game.

2) Do not put down the umpires

This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents' yell.

3) Do not yell at me in public

It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong".

4) Do not yell at the coach.

When you yell about who gets to play what position, it just stirs things up and takes away from the fun.

5) Do not put down my teammates.

Do not make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.

6) Do not put down the other team.

When you do this, you're not giving us a very good example of sportsmanship, so we get mixed messages about being "good sports".

7) Do not lose your cool.

I love to see you excited about the game, but there is no reason to get so upset that you lose your temper. It's our game and all the attention are supposed to be on us.

8) Do not lecture me about mistakes after the game.

Those rides home in the car after the game are not a good time for lectures about how I messed up – I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!

9) Do not forget how to laugh and have fun.

Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.

10) Do not forget that it's just a game!

Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a cone from the dollar menu at McDonalds. I need to be reminded sometimes that it's just a game.

Parents Meeting

Meeting with the parents prior to the start of the season is critical to set expectations, communicate your coaching style, and to distribute and collect required information. A great place to conduct your parent meeting is before your first practice for 30 mins.

You must collect 3 things from each family. Collecting them at the parent meeting is ideal.

- I) Medical release form (completed forms must be kept with team equipment so that the forms are always available at practices and games).
- II) Signed Parent Conduct form
- III) Any allergies we need to know about for their children.

You also owe the parents some information regarding your team policies. As a minimum, you **MUST** discuss:

- A) The schedule for your team, including required weekend activities.
- B) The impact of missing scheduled practices and games.
- C) Your policy regarding how you will provide equal playing time (how will you position players in the field and the batting order). Refer to the player rotation chart for this.
- D) Equipment – Parents must provide a batting helmet, glove, and cup. ARAA will provide the rest. Parents may choose to buy a bat, as the ones provided by ARAA may not be a good fit.

Parent Meeting Handout Example

The goal of everybody involved with this team should be to have fun while developing the baseball and team skills of EVERY player. Baseball is more fun when you play fast and play your best during games. We will do everything possible to play fast and play well during the games.

You can call coach _____ at _____

- ✓ Please refer to your copy of the ARAA baseball board if you need to contact somebody besides your coach. Your coach reports to _____.
- ✓ Please refer to your copy of the ARAA baseball schedule are arsports.org/baseball.

*** Any changes to the schedules will be broadcast via the arsports.org website.

I) Each player will receive a full uniform (hat, shirt, pants and socks) before pictures.

- Each team will be provided some balls, a bat and catcher's equipment.

II) What will you need to provide for baseball?

- ✓ A completed medical release form must be turned in for the first practice.
- ✓ Each family must complete work as a volunteer per the volunteer policy.
- Parents need to get their kids to practice on time. Coach requests that ALL players arrive _____ minutes before games to warm up. If you know you're going to be late, then please notify coach ahead of time so the coaches can plan accordingly.
- Boys MUST wear a "nut cup" to practices and games or they go home.
- A 10.5" to 11.5" glove. Make sure the glove is flexible because the little hands can't move big, stiff gloves.
- Optional equipment includes rubber cleat shoes and a bat.
 - A 25-28" long bat is about right for T-ball (5-6 years old)
 - Each bat has a "minus rating". A 26" length bat that is -12 would be 14-ounce weight so $14 - 26 = -12$. The larger the minus number, the more expensive.

III) Here's some basic information related to what we do during practices.

- 1) Practices will be about 1.0 hours of skills. We will have baseball on the calendar 2 times per week. Please schedule extended vacations after the league tournament so that we can field a complete team for ALL games. **Please call, text, email or talk to the coach if you are not going to be at a practice or a game.**
- 2) It is ideal if at least half the players have an adult available to help at practice. **Please do your best to learn what we are emphasizing and work with your player at home.**

Section B – League Rules

Rules Overview

The following rules and regulations will govern play in the Anoka/Ramsey Baseball League. The list of rules and regulations is **NOT** intended to cover all of the playing rules, but rather highlight areas that are referenced most often by the coaches and players.

I. PLAYER REGISTRATION / ELIGIBILITY

- A player may only be on the roster of one team in Anoka/Ramsey Baseball. Changes to your roster must be done after contacting the league for approval.
- Each league is designed around a 1- or 2-year age bracket.
 - Players play in league based on their grade at the beginning of the season,
 - Registration is set by grade via birth date on 9/5/xx and goes to 9/4/(xx+1)

II. RESIDENCY

Anoka/Ramsey Baseball is a community-based program. Anoka/Ramsey Baseball teams are comprised of players who are from the community in which their parent or legal guardian resides or in which they attend school. Anoka/Ramsey Baseball will not allow a renegade and/or all-star team(s) to participate in the league.

III. FIELD DIMENSIONS FOR COMMUNITY FIELDS

The base length of 60' and pitching distance of 40 to 46' is recommended for 6th grade and below, 52' for 7th graders and 60.5' for 8th/9th graders.

NOTE: The base and pitching rubber distances vary in length from one field to the next. Be prepared to be flexible, but **do not** compromise safety.

IV. EQUIPMENT

- A. **Shoes:** Players may only use molded cleats or tennis shoes.
- B. **Protective equipment:** Boys must wear a protective cup.
- C. **Catchers:** Must wear all the catcher's equipment and not kneel on their knees to avoid bruises on their upper legs.
- D. **Bats:** The following pertains to the legality of bats in Anoka Ramsey Baseball.
 - In diameter at the thickest part:..... 2 3/4" or less
 - In length..... Unlimited
 - In weight..... Unlimited

V. BENCH AND FIELD CONDUCT

- A. All players and coaches must sign a Code of Conduct prior to the start of the season. All participants in Anoka/Ramsey Baseball will be held responsible for their actions during league and tournament play. The Code of Conduct must be collected via coach.
- B. All players, coaches and spectators are to behave in a manner that reflects the positive fun associated with the game of baseball. **Unsportsmanlike conduct will not be tolerated, and includes but is not limited to (Modified from the NFHS Baseball Rules Book, Rule 3:2):**

- Verbal abuse
- Physical aggression
- Tantrum-like acts
- Arguing judgment calls of umpires
- Profanity

- C. Any player, coach or spectator ejected from a game due to unsportsmanlike conduct as listed above will be removed from the vicinity of the ballpark immediately. Failure to comply with the ejection in a timely manner will result in the game being stopped. Anyone ejected during a league game will be immediately suspended for the remainder of the season, pending an appeal to Anoka/Ramsey Baseballs Board of Directors.

1. **A hearing may be scheduled with the board of directors to determine the future of the player, coach or spectator that was ejected.**

- D. A second game disqualification does not warrant an appeal and will result in suspension from the remainder of the team's regular season and playoff games. Please keep in mind that you are coaching youth baseball. Therefore, unsportsmanlike conduct will NOT be tolerated.
- E. Anyone ejected for the season is entitled to an appeal. They should submit their appeal in writing to the Anoka/Ramsey Baseball board. A hearing will be scheduled to include the party involved, their coach, the umpire, their House Director, and the Anoka/Ramsey Baseball board.

NOTE: If any unsportsmanlike conduct is displayed during a league game by a coach, spectator, or fan, please notify your House Director. Contact information is available at www.arsports.org under House Baseball.

VI. UMPIRE PROTESTS

- A. Protests must be made verbally with the umpire by the offended team at the time of the play and before the next pitch. A fee of \$100.00 cash (refunded if upheld) must accompany the protest. All decisions of the Anoka Ramsey Baseball Board will be final.
- B. No judgment calls may be protested. Only decisions involving the misinterpretation or misapplication of a rule may be protested. No protest will be allowed in matters involving solely the official's judgment.

Rules and regulations contributed in part from Gopher State Baseball League and MYAS.

Anoka Ramsey Baseball 3rd to 6th grade House Rules and Regulations have been modified to fit the organizations current rules and indemnifies Gopher State Baseball League and MYAS of any disputes and/or legal actions.

Section C – Practice Basics

We will play games just like we practice.

Practice hard and we will play well in games!

We run where we are going during practice, just like in games.

Starting in 2011, ARAA baseball's goal will be for EVERY player to throw for at least 2 hours, field at least 50 balls and swing 100 times per week during practice. This can happen by starting practice/games with at least 30 minutes of throwing, plus a practice that emphasizes hitting and another practice that emphasizes fielding.

- 2 hours of throwing, 50 fielding plays and 100 swings per week requires eliminating the old-school style practice where one player hits and the rest of the players field.
- The following pages detail practice plans that utilize stations.

3 or more stations per practice requires the coach to enlist help but keeps the players moving and engaged.

Practice Priority #1 - Tornado Warm-Up Routine

Jog

Never start until all players are ready. Jog down line, along warning track to opposite foul pole and then back in a tight group (no one is way ahead or way behind).

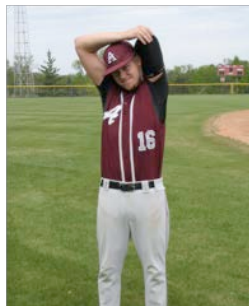
Stretch

Sit in a circle with captains leading the stretches.

- 1) Elbow across front of body (both arms)



- 2) Pull elbow down behind head (both arms)



- 3) Bear hugs (palm up across front of body)



- 4) Arm circles (both directions)



- 5) Sitting toe touches (both legs)



- 6) Butterfly (groin stretch)



- 7) Back Twists (both legs)



- 8) Calf stretch (both legs)



Other warmups

- 9) Standing calf stretch
- 10) Trunk twisters
- 11) Crunches
- 12) Push ups
- 13) Squat Jumps
- 14) Lunges

Practice Priority #2 - Playing Catch

Teaching kids how to throw and catch must be your second priority after a proper warm-up. Learning how to throw will allow the kids to throw many times during a week without injury AND MOST IMPORTANTLY allow them to play at a competitive level in high school and beyond. Proper technique will also help them to throw more accurately, throw further, throw faster and will allow pitchers to throw different types of pitches.

The following progression of drills will help all kids learn how to throw.

I) Elbow Isolation

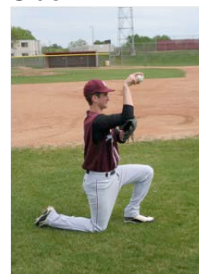
- This drill is done at the beginning to emphasize releasing the ball correctly.
- Kneeling – 15-25' apart
- Glove under throwing elbow
- Four seam grip
- Ball is thrown with elbow and wrist only
- Make sure the ball spins backwards.

It is ideal to do all throwing drills with a taped ball to show the spin. If players grip with a 4 seam grip and the ball spins backwards, then the black line will spin in a vertical circle.

Elbow Isolation – Front



Elbow Isolation – Side



Power T – Side View



II) Power T (kneeling on one knee, 20-30' apart)

- ✓ 2-3 fingers on top (looks like snake fangs so “fangs on top” works for most kid.
- ✓ Ball away
- ✓ Glove elbow pointing towards target
- ✓ Shoulders aligned with front elbow
- ✓ Throwing elbow at or above the should
- ✓ Throwing hand above throwing elbow
- ✓ Look back to check position

Anoka Varsity Warming up

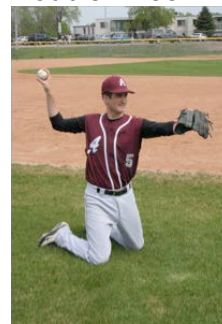


III) Double knee throws

(20'-30' apart, emphasize torso twist)

IV) Power T to stand up

Double Knee Throws



Same as power T on knee, except on follow through rise up on glove side leg and get throwing foot up to buttocks level.

- V) Perpendicular feet – Point both feet at your partner with feet at shoulder width. This emphasizes torso twist.



- VI) No-step drill >> Just as the name says, doing the power T drill standing, facing partner with an exaggerated follow-through.

- VII) Perpendicular throwing drill

- ✓ With your glove side shoulder towards your partner (Highlight the trunk turn, staying on top and follow through)
- ✓ With your throwing shoulder toward your partner (Highlight the trunk twist and reaching up to stay on top)

- VIII) Regular catch – Throw to a specific spot, emphasis on proper mechanics.

- IX) 21 = catch from 30-46' >>2 points for hitting the glove, 1 point for catch but glove moves up to 2', 0 points for other catches and -2 points if partner doesn't catch the throw.

- X) Long toss – Throw the distance from 1st to 3rd to learn how to increase the distance the players can throw. Early in the year be sure to build up to your maximum distance to avoid sore arms.

Long toss requires the players to take a hop step before they throw. This is a big step for T-ballers but should come easier to Machine Pitch.

Practice priority #3 – Stations

After warm up and playing catch, then you can divide the team into stations. The number of stations will depend on the number of available coaches and **equipment**.

Fielding a fly ball **is the easiest way to make an out because only one person is involved.**

- ✓ Coaches need to teach the kids to move to the ball without holding their glove up and then to use 2 hands to catch the ball when the ball arrives.
- ✓ Catching tennis balls is safer and more difficult as compared to regular baseballs because the balls are bouncier and don't stay in the glove as easy.

Fielding a grounder and making an out requires 4 steps (i to iv below)

- i) The fielder has to shuffle their feet right to left or charge the ball to get their body in front of the ball.
- ii) The fielder needs to get the glove hand down with the palm facing up.
- iii) The fielder needs to alligator the ball and block the ball if they don't catch the ball.
- iv) Once the fielder has the ball then there are 3 ways to make an out
 - (1) The easiest out is to just practice fielding the grounder and tagging the runner with the hand on the ball in the glove.
 - (2) The next step is to have the player field the ground ball and run to a base for a force out.
 - (a) The concept of a force play can be difficult to learn for 5 and 6 year olds.
 - (3) The next step is to have the player field the ground ball and throw to a base. This usually only happens when the pitcher throws to first base or third base in T-ball since the balls aren't hit too hard but the kids can run pretty fast.

Base Running Basics

- ✓ After you hit,
 - run full speed past first base on in-field hits if the 1st based coaching is pointing parallel to the 1st based line.
 - Round the base on balls hit to the outfield, it's ok to go to second base in T-ball if the ball is hit to the outfield.
 - 1st base coach will be pointing to second base if they want you to go to second base.
- ✓ Once on base, make sure the ball can't be caught in the air before running to the next base
 - Run straight at the next base.
 - You will be called out if you are deemed to interfere with the fielder if they are in the process of fielding the ball and you INTERFERE with their fielding of the ball
 - The ball is dead if an infielder OBSTRUCTS your ability to get to the next base but it not in the process of fielding the ball.
 - After you round 1st base, then you take direction from the 3rd base coach –
 - **If coach has hands up**, then stay at 2nd.
 - **If coach is pointing at 3rd base** then run to 3rd base and stop.
 - **If coach is point to home, then run home.**

*** Always slide into a base if there is a possibility of a play. When in doubt – SLIDE!

Hitting practice

Hitting requires lots of repetition and strength and can take up a lot of time and space. BUT the more you practice – the better your team will hit. The better your team hits, the more runs you score and the more options you have on defense to win games!

Required equipment – A bucket of balls and a T.

Optional equipment – Baseball size whiffle balls, golf ball size whiffle balls, pitching machine(s), a batting cage, and a high quality portable screen.

I) Hitting off a T (15-30 swings per practice or more)

- Proper feet with respect to the plate and the batter's box
 - If you are at the proper distance from the plate, then you can tap the outside of the plate with both hands on the bat without excessive reaching.
 - Front foot at the angle on the plate
 - Feet spaced slightly wider than the shoulders
- Proper posture while waiting for the pitch
 - Hands up at the top of the strike zone
 - (Don't teach elbow up – that's old school, and not good practice!)
 - Bat points up slightly or horizontal (the bat can't dip down below horizontal)
- Bring the bat to the hitting zone
 - Left backhand slap, Right hand punch (for a right handed hitter)
 - Bat stays flat through the hitting zone, Leveling swing
- Practice hitting line drives off the tee – no fly balls!!!
- Practice hitting low outside pitches, high inside pitches, etc.. off the rotating T.
- Practice form from swings off T

II) Soft toss is optional for the most advanced hitters (15-30 swings or more per practice)

- ✓ Each player needs to learn how to hit moving balls
- ✓ Soft toss is a good warm up for fully pitched balls
- ✓ Toss at a 45° angle to the plate
- ✓ Goal is to hit ball at the center of front edge of plate

Learning the Basic Rules and Team Fundamentals Progression by Age

Player's Age	
4-6	<ol style="list-style-type: none"> 1) Good sportsmanship 2) The concept of playing on a team. 3) After 3 outs, the teams switch from batting to fielding. 4) Three strikes and the batter is out 5) How to record outs – catch a ball, tag a runner, run to a base, throw to a base. 6) Knows infield and outfield positions by name. 7) Assumes baseball ready stance on every pitch (weight on toes, glove down in front) 8) Batter is ready to hit when it is their place in the batting order.
7-9	<ol style="list-style-type: none"> 1) Force outs (touching the base) versus tagging the runner to make an out. 2) What is a double play 3) Called balls and strikes. 4) Covering the nearest base when the ball is not hit to you. 5) Basics of cut-offs and relays (2nd base and short stop)

Learning to Throw Progression

Player's Age	
4-6	<ol style="list-style-type: none"> 1) Start in the “power T” position. 2) Turn the body so the front shoulder points towards the target. 3) Keep the throwing elbow above the shoulder. 4) Step toward the target with the non-throwing foot and release the ball. 5) Learn to play catch at the pitcher to 1st base distance (about 40') 6) All throws are overhand
7-9	<ol style="list-style-type: none"> 1) Introduce the 4-seam grip. 2) Palm facing up versus fingers down (down at the back) 3) Introduce the concept of a hop step to increase the throwing distance. 4) Learn to play catch at the 2nd to 1st base distance (60' at 8 years) and the 3rd to 1st base distance by 9 years old (about 80') 5) When to use an underhand toss 6) Pitching from the stretch (8) 7) Learning to locate pitches, not just content to get it over the plate (9) 8) 75 pitches max per day, then 4 days rest down to 20 pitches = no rest day

Learning to Hit Progression

Player's Age	
4-6	<ol style="list-style-type: none"> 1) When to not-swing bats in games and practices 2) How to hold and swing a bat 3) Learn to swing while wearing a batting helmet. 4) Hitting off a tee 5) Hitting softly tossed pitches. 6) Hands high (not elbow high) 7) Level swing = tracking the path of a pitched ball, not horizontal and not upper cut.
7-9	<ol style="list-style-type: none"> 1) Hitting balls from a machine at 30-33 mph for 7–8-year-olds 2) Learn how to practice hitting from T, soft toss, short toss. 3) Proper grip 4) Bat selection

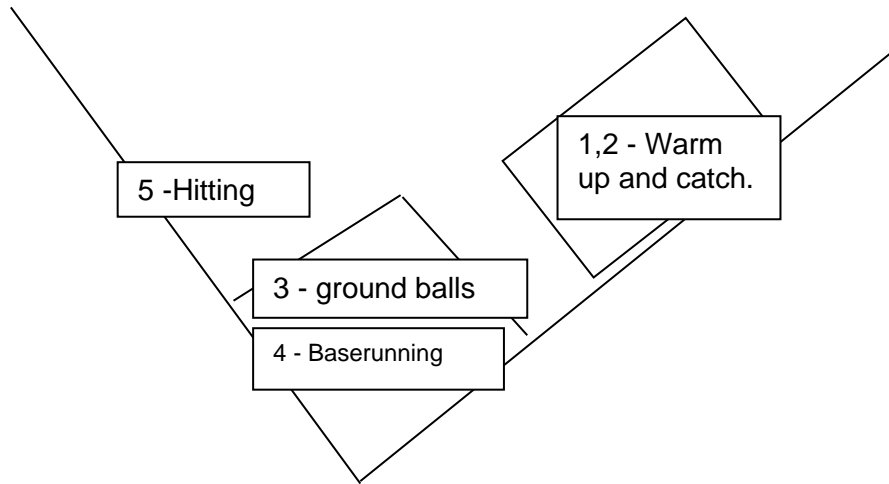
Learning to Play in the Field Progression

Player's Age	
4-6	<ol style="list-style-type: none"> 1) Follow the ball with the eyes into the glove. 2) Use two hands to catch. 3) Alligator technique for grounders 4) Catch the ball out in front of the body. 5) If a ball is hit to a teammate, the let him or her field it 6) Proper fielding position (hands in front, knees bent, weight on toes, eyes on the ball)
7-9	<ol style="list-style-type: none"> 1) Learn the positions and the areas each player should cover. 2) Learn how to field on your fore hand and back hand. 3) First base fundamentals (catch ball, step on the base, do not impede runner) 4) Who covers 2nd base for balls hit to the in-field and out-field 5) Cross-over and drop steps

Learning to Run the Bases Progression

Player's Age	
4-6	<ol style="list-style-type: none">1) Run to the next base when the ball is hit.2) Where are the bases3) Touching the base4) Running past first base and stopping at other bases5) Running in the baseline6) Learning to go a 2nd base on balls hit past the outfielder.
7-9	<ol style="list-style-type: none">1) When to run from a base and when to stay2) Staying behind a team mate on the base pads3) Always keep running when there are two outs.4) Learning to follow base coach directions to stay on base or run.5) Getting back to base on caught ball.6) Learning to slide

Idea for practice station locations



Section D – Planning for Games

Here is some information relating to the games:

- a) Teams will need a parent or coach to do the following at each game.

1) 3 rd base coach	2) 1 st base coach	3) Bench Coach (Team Parent)	4) Home Umpire - provided by home team	5) Machine Pitcher/Field Umpire*
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*Only required for Machine Pitch league.

- b) We want each player to learn how to play different positions. There is a rotation to help all kids play some infield and some outfield. The plan is for the kids to play the same position for 2 innings and then switch.

Medical Release Form



**Anoka Ramsey Athletic Association
LIABILITY/MEDICAL RELEASE**

Player's Name _____ Date of Birth _____
Address _____ City _____ ST _____ Zip _____

EMERGENCY INFORMATION

Father's Name _____ Home # _____ Work # _____ Cell # _____
Mother's Name _____ Home # _____ Work # _____ Cell # _____

In an emergency when parents cannot be reached, please contact:

Name _____ Home Phone _____ Work Phone _____
Name _____ Home Phone _____ Work Phone _____
Allergies _____
Other medical conditions _____
Medical Insurance Company _____ Phone _____
Policy Holder _____ Policy Number _____
Player's Physician _____ Phone _____

PARENT/GURADIAN AGREEMENT

I, the parent/guardian of the registered player, a minor, agree that the player and I will abide by the rules of Anoka Ramsey Athletic Association and, its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with sports and in consideration for ARAA accepting the player for its youth programs and activities, I hereby release, discharge and/or otherwise indemnify ARAA, its affiliated organizations and sponsors, their employees, volunteers and associated personnel including the owners of fields and facilities utilized for the programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the program and/or being transported to or from the same, which transportation I hereby authorize.

Parent/Legal Guardian (Please Print) _____

Date _____ Signature X _____

Consent for Medical Treatment

As the parent/legal guardian of a participant in ARAA programs, I hereby give my consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of my dependent.

Date _____ Signature _____

Appendix E - Other Materials and References

1. Talk to other coaches who have coached at your level of play – find out what works.
2. Follow Facebook Groups or Twitter Feeds about coaching
3. Seek out coaching clinics – you will learn something at every clinic.
4. Websites for Coaching
 - <https://www.baseballcoachtraining.com/>
 - <https://www.dugoutdebate.com/baseball-drills/>
 - <http://www.qcbaseball.com/drills/baseball-drills.aspx>
 - <https://thehittingvault.com/best-baseball-drills/>
 - <https://www.baseball-tutorials.com/dir/youth/>
5. Go to the little league baseball coaching resource website
http://www.littleleague.org/managersandcoaches/Coach_Resource_Center.htm
6. Go to the Arsports.org baseball, player development website.
<http://www.arsports.org/baseball>
7. Attend practices at the high school and older age groups to see what they are doing.
8. PositiveCoach.org – the name says it all.

Keep trying stuff and decide what works for you and your team.