

Guidelines for Juniors Managers/Coaches

(In sequential order of teaching/review)

1. **Stretching** – It is important to teach them proper stretching techniques now. They should be stretching and warming up before they pick up a ball to throw, and after practice.
2. **Catching** – “2 hands”. Throwing hand always stays with the glove (*do not have them throw back to you if they have never played, have them roll it back to you until Throwing is taught*)
 - a. Grounders – what they are and how to field them
 - b. Fly-balls – what they are and how to field them
3. **Throwing** -
 - a. Teach them how to hold the ball with 3-fingers *if capable*
 - b. Over hand throw – From glove to end wrist snap. **Focus:** Accuracy throws, not speed.
4. **Field Positions** –

(They are not required to play all positions, it's STRONGLY recommended. First-years are to play every position; this is modified for end of season competition.)

 - a. Infield – Review foot positioning on the outside of the base and not the middle.
 - i. The foot opposite the glove should be on the base.
 - ii. Always throw back to the pitcher: their teammate; not a coach.
 - b. Outfield – Best to have them to throw to the fielder on the 2nd base on their side of the field.
5. **Batting** -
 - a. Correct Batter's Stance
 - i. Where to stand in the box, step out and reposition after a swing
 - ii. How to hold the bat
 - iii. Teach them that they control the batter's box
 - b. How to swing – showing the motion by moving their bat
6. **Base Running** -
 - a. Run THROUGH 1st base on the orange base side. Do not stop on the base, even when not advancing.
 - b. Using right foot to touch the base; only the corner of the base.
 - c. How to stand on the base – ready to run: left foot on the base; right foot behind
 - i. No courtesy steps – teach them to stay on the base until the ball is hit
 - d. Tell them that [a hit ball] cannot contact them while they are running; fly or on the ground.

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7. **Pitching – Is Voluntary.** If a girl wishes to try, it is encouraged. During a game: a girl may pitch 3 strikes or 4 balls, OR a combination for 4 total pitches then the coach will pitch 3 additional pitches. If they still do not hit, they are out. *Encourage players to swing correctly, have them reset themselves in the batter's box after a pitch.
8. **REITERATION** – They may not pick it up the 1st, 2nd, 3rd, or even the 50th time you explain it. There's just too much to learn the first few years of this sport. Keep it as basic as possible, and consistent. Be patient.
9. **COACHING** – It is best to have a minimum of two coaching in addition to the manger. Three or four would be ideal. This helps in practice so you can have multiple drills occurring and keeping the girls interest. It also allows for a manager in the dugout with a coach on first and third and with a fourth they can be the pitcher.
 - a. Please try to schedule two practices per week up to opening day.
 - b. Keep the parents informed as to what is happening from week to week. You are responsible for scheduling practices and making sure your team is ready to play each game.
 - c. I recommend using the Team Hotline, it is very helpful in terms of communicating with your team. Link from PHGSA web site
 - d. Please use the Parent, Player, and Coach Commitment forms, expectations must be very clear for all involved.
 - e. Do your best to make it fun for the girls but also instructional, the more they enjoy it the higher likelihood they will stay with it.
 - f. Ask a parent to bring a healthy snack (snack/drink) for distribution after the game and use the time to encourage your team and communicate with the parents. Have the parents take turns.
 - g. I recommend getting a coaching staff established quickly. Many parents may be interested.
 - h. I recommend a parent, player, coach meeting before the first practice. You can get the introductions done, hand out the schedule, commitment forms, and answer any questions they may have. You'll need to get T-shirt sizes for each girl, and coach (free) and any parent that may want one (\$20). Get the information the me ASAP.
 - i. Try to attend the PHGSA general meetings.