



COLES LITTLE LEAGUE

BASEBALL COACH CHEAT SHEET

The objective to coaching this age/level group in Little League is to continue to teach the fundamentals of baseball and to HAVE FUN doing it. Kids have to have fun or they or their parents will not want to return the next season. Remember, Coles Little League wants/needs more kids, teams, and coaches for competition, not to discourage them from the game.

Players may still not know proper batting position/stance/swing, or where to think about to throw the ball on defense. Patience is the key with reiteration, practice, and more reiteration, with the hopes by the end of the season they will remember most of what you taught them.

Specific to Machine Pitch, each player is allowed 5 pitches to hit the ball. If worked out before-hand with the other coaches during the first half of the season, its ok to allow the players to hit off a Tee if a player does not connect on the 5th pitch. Close to the middle of the season, you hopefully have some players who can get the ball over the plate in the strike zone. Again, worked out with the league and other coaches, you may start the game with the machine, and then switch to having the kids pitch at an agreed point in the game. (This will be worked out with the Division VP during the first half of the season)

Ensure you check the machine for accuracy prior to the first batter. A 10-12" inch spike(s) is very helpful in maintaining machine pitch accuracy. Once the machine is set, drive the spike on either side of the rear leg to mark the position (10-12" spikes can be found at Lowes or Home Depot).

Remember, it is a dead ball if the ball hits the machine or the coach "pitching" - Batter takes his base at first and all other players advance one base. 4 runs end the inning regardless of outs. (This can be modified between the coaches before game/during season)

For Minors and Majors, you need to find out quickly who your pitchers and catchers are and develop them the best you can. Don't forget to go through all the kids on pitching, you might be surprised who can hit the strike zone consistently.

The DO's:

- Ⓢ DO tell parents how/where to find practice and game information depending on what app is being used (TeamSideLine, GameChanger, OnDeck, etc...). DO tell parents how to call the Hellwig Field Line for closed fields and to check reminders/notices from the coach.
- Ⓢ DO remind parents of equipment needed, this includes water for hydration.
- Ⓢ DO remind parents that the dugout is for coaches and players unless their child is hurt or has a behavior issue. Parents must help the coach(es) adhere to whatever guidelines are in use during the season.
- Ⓢ DO remind parents that negative talk is not allowed or helpful in anyway, **EVER**. Remember, the opposing team are kids just like yours trying to learn the game. Another reminder is that the coaches and umpires may be inexperienced but they are volunteering their time, so please be respectful.
- Ⓢ DO have your Line-Up ready before every game.
- Ⓢ DO rotate players every game. A good recommendation is to rotate every 2 innings and keep a running log of who sits out; this way fairness is maintained and all players get equal time on defense. Remember, Bench players still bat according to the line-up (Machine through Majors). If your team has 10 players, try to work it out with the other coach and make the decision to have four outfielders (more for Machine and Minors). Players can't learn the positions unless they play them, so rotate players from outfield to infield and vice versa at least twice for every game. (This is a League requirement – see local rules for clarification)
- Ⓢ DO remind players and parents that safety is everyone's responsibility; if you see something unsafe, say something! Warm-up catch and warm-up swings are the most dangerous events. Vigilance is key when these events are occurring.
- Ⓢ DO give a game ball to every player throughout the season. This is a BIG deal for the players at this age and reinforces that they want to make good plays/at bats. You don't have to start on the first game, but pick a different player each time and find a reason to give them a game ball. Even if the team loses, there is at least one player on your team who did something good. Find a reason to give praise every game!!
- Ⓢ DO remind players and parents that the dugout area is the preferred place where all players should be when on defense or offense. Always a good practice to tell/ask the coach for bathroom or water breaks.
- Ⓢ DO remind parents that if they are going to be assistant coaches or even the dugout organizer, they will have to submit a background check. This is for the safety of ALL players.
- Ⓢ DO give positive talk, always. Proper sports conduct should be displayed at all times.

The DONT's:

- 🚫 DON'T let players get hurt. Keep vigilant when players are throwing for warm-up and practice swings. Remember your concussion protocols and an incident form is needed for moderate and above injuries.
- 🚫 DON'T let players stand in the dugout opening.
- 🚫 DON'T hit or throw the ball unless players are paying attention. DON'T forget to remind players to only throw the ball when the other player is expecting it.
- 🚫 DON'T forget to remind players that the biggest fundamental of baseball is knowing where the ball is at all times, and to watch the ball when it is in play.
- 🚫 DON'T forget to push hydration, especially during warm weather.
- 🚫 DON'T forget background checks are needed for assistant coaches and parents who volunteer to help the team (keeping dugout organized).
- 🚫 DON'T forget to keep a roster of who sits out and for game balls. DON'T forget to rotate players.
- 🚫 DON'T forget to have fun while teaching the game.

President Coles Little League email – president@coleslittleleague.com

Vice-President Coles Little League email – vicepresident@coleslittleleague.com

Division Vice-President Coles Little League Name and email -

Hellwig Field Status Line phone – (703) 792-3283

(Updated at 3pm on weekdays, and 7am and 12pm on weekends)

Emergency On Call Park Ranger – (571) 641-0845

(If you see anything suspicious report it to the On Call Park Ranger – they will respond in minutes)

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