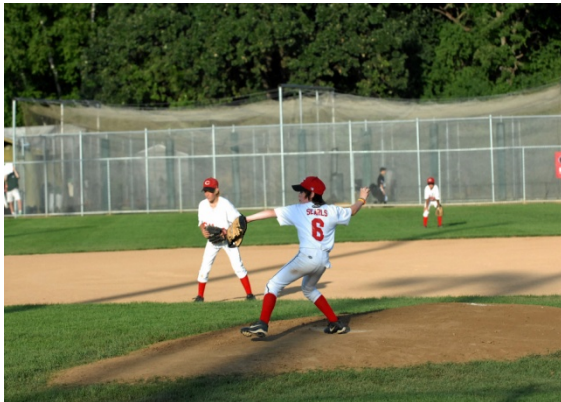
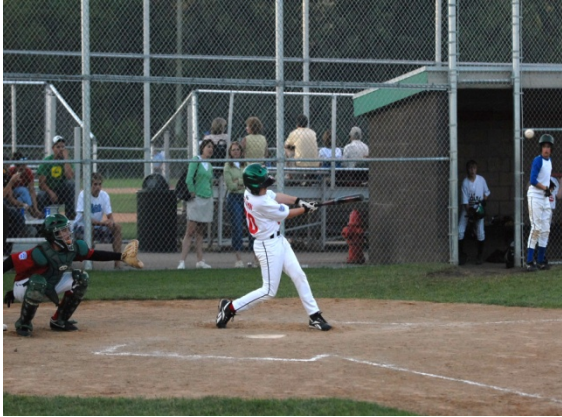


Edina Baseball Coaches Manual – Coaching Philosophy



Edina Baseball Association



EBA Coaching Philosophy

EBA's top priority is to create a positive environment for athletes to develop their skills and passion for the game of baseball, and to create an environment in which life skills are mentored and taught. .

Edina Baseball Association



EBA Coaching Philosophy

We will execute on this priority by attracting and developing high quality coaches with a passion for developing athletes and for the game of baseball

Coaches are in the best position and have a great opportunity to teach the athletes:

1. Good Sportsmanship
2. Teamwork
3. The power of a positive attitude and encouragement
4. Fundamental baseball skills
5. Baseball Strategy
6. To have fun learning and playing the game

These are lessons that will help these athletes throughout their lives

A good coach is remembered well after a player's last plate appearance. Unfortunately, so is a bad coach. **The good news is that as a coach you get to choose how you will be remembered**

Edina Baseball Association



EBA Coaching Philosophy

Sportsmanship

Good sportsmanship includes playing fair, playing by the rules, respecting calls by the umpires, and mutual respect among players, opponents, coaches and umpires.

Sportsmanship is characterized by Fairness, Self-control, Respect, Integrity, Dignity, Commitment, Dedication, Self-Discipline, Working Hard and Having Fun.

As coaches, we need to lead by example -

- Athletes learn the basics of sportsmanship from coaches and parents
- Always provide positive, encouraging comments
- Applaud a good play, no matter which team or player
- Stay cool
- Have fun
- Accept umpire's calls gracefully – if you question a call, do so with respect
- Don't correct an individual in front of others – time and place is critical to learning and confidence
- Always shake hands with the other team and the umpires

Do not engage in, or allow anyone on your team to engage in any of the following:

- Trash talking, gloating or cheap shots
- Foul language
- Throwing equipment

Remember, coaches and players represent the team and Edina. Always show appropriate behavior on and off the field

Edina Baseball Association



EBA Coaching Philosophy

Teamwork

TEAM = Unselfish Play + Personal Excellence + Positive Attitude

Unselfish Play = the name on the front of the jersey comes before the name on the back. Always focus on contributing to the good of the team first. Apply your skills and talents to the success of the team.

Personal Excellence = each member of the team working his/her hardest to develop talents and skills. Be the best you can be.

Positive Attitude = Build up your teammates and yourself. Provide positive reinforcement. Positive attitude and encouragement will lead to a greater desire to play, resulting in a higher level of play.

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.

~Babe Ruth

Edina Baseball Association



EBA Coaching Philosophy

We believe our coaches' primary focus should be on developing the athletes. This should take precedence over winning.

Please understand that I wanted to win every single game I ever played in or coached ... But I understood that ultimately the winning or losing may not be under my control. What was under my control was how I prepared myself and our team. I judged my success, my "winning," on that. ... I felt if we prepared fully we would do just fine. If we won, great; frosting on the cake. But, at no time did I consider winning to be the cake.

Coach John Wooden

Competitiveness must be focused exclusively on the process of what you are doing rather than on the result of that effort (the so-called winning or losing.) Otherwise you may lose self-control and become tight emotionally, mentally and physically. I think someone who is too competitive as an individual is overly worried about the final score. Therefore, I never mentioned winning or victory to my players. I never referred to "beating" an opponent. Instead I constantly urged them to strive for the self-satisfaction that always comes from knowing you did the best of which you are capable. That's what I wanted: the total effort. That was the measurement I used, never the final score.

Coach John Wooden

Edina Baseball Association



EBA Coaching Philosophy

Coach responsibilities

- Be an effective communicator
 - Player communications
 - Parent communications (pre-season parent meeting)
- Create a safe, fun and positive environment for the athletes
- Coach and teach
 - Explain why
- Be organized
 - Create practice plans
- Treat every player with respect
- Be patient, athletes develop at different rates
- **Be a role model** – the athletes will emulate their coach
 - Lead by example
 - Be a good sportsman



EBA Coaching Philosophy

Practice Plans

- Have a well organized plan for every practice
- Utilize 2-3 assistant coaches (parent volunteers)
- Use small groups and stations
 - Keep the athletes active, rotate to new stations or drills
 - Maximize time with the baseball (hitting, fielding, throwing)
 - Minimum of 2-3 stations
- Keep it simple – focus on correct fundamentals and strategy
 - Always explain why
- Keep it fun
 - Utilize games or contests in stations or drills
- Repetition of correct fundamentals is critical to development

“If it is worth doing, it is worth doing right”

Cal Ripken Sr.

Edina Baseball Association



EBA Coaching Philosophy

Helpful thoughts

- Bring energy and enthusiasm to the field
- Celebrate individual and team success, no matter how small
- High fives, pats on the back, recognition
- Win gracefully - lose with dignity
- Congratulate a good play, no matter which team or player
- Communicate early and often – start with a pre-season parent meeting
- Be organized
- Repetition, repetition, repetition – execution of fundamentals = growth
- Don't argue with the ump – show respect, ask for clarification
 - Your athletes will learn from your behaviors
- Do not swear, throw equipment, engage in verbal or physical abuse of an umpire, coach, player or spectator. Do not allow any player to act in this manner
- Address discipline issues quickly and fairly. Communicate the policy at beginning of the season - see “Discipline Policy” on the EBA web site
- Ensure you follow the safety guidelines, including -
 - Base runners always wear helmets
 - Anyone near the batters box or with a bat always wears a helmet
 - Always bring your first aid kit and ice packs to practice and games
 - Call 911 if needed

