

Windham Baseball Softball League

of Windham, NH

WBSL Softball Coaching Clinic

April 10, 2013

Agenda

- Welcome/Introductions
- Handout Review
- Administrative Items
 - Safety – Doug Faria
 - Umpires
 - Scheduling
 - Coaching Development
- Running a Practice
(Chris Williamson, 12U Director)
- Equipment/Hitting Net Instruction
(Jim Desjardin, 14U/16U/18U Director)

Agenda (Continued)

- Fundamentals/Instruction
- Divisional Breakout Sessions
- Wrap-up/Q&A

2013 Coaching Handouts Review

- **PowerPoint (this presentation)**

- **Coaching Reference**

- Skills Matrix - Coaching Progression Recommendations
- Instruction/Drills Reference
- Resources
- Practice Plan Template

WBSL Safety Policies/Procedures

Doug Faria, WBSL Safety Director

- Volunteer Forms
- Safety Plan
- Lightning
- Concussions
 - ❖ <http://www.cdc.gov/concussion/HeadsUp/youth.html>
- Reporting Injuries

WBSL Umpires

- Youth Umpires – 10U
- Patched Umpires – 12U and above
- WBSL Code of Conduct

Scheduling

- All games/practices get scheduled via the website
- "it is what it is" - don't move games (except Hardship cases)
- Canceled games get rescheduled in first available spot
- If practice is canceled - let Director/Scheduler know
- Any games canceled in process - let Director/Scheduler know
- New - Crosstown scheduling (10U/12U)

2013 Coaching Development

Learning/Improving as Youth Coaches

- 2013 Coaching Clinic
- Pitching Clinics (TBA)
- Skills & Drills Program (Instructional 8U/Minors 10U)
 - Program - Friday Nights - 6-8p
 - Requirement - 1 Coach/Representative from each Team
- Roaming Practices/Assistance

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"Tell me and I forget. Teach me and I remember. Involve me and I learn."

- Benjamin Franklin

Running a Practice

- Have a plan - planner template (handout/web site)
- Break kids into small groups for stations
- **Talk less - do more**
 - About 20 second attention span for each year of age
 - 2 minutes - 6 years old, 3 minutes - 9 years old, etc.
- Keep 'em engaged - minimal standing around
 - Eliminate/prevent boredom - that's how we lose kids
- Engage assistants - need to have more energy than the kids
- Make it fun/be creative

Equipment

- Helmets
- Gloves
- Bats
- BowNet Hitting Nets

Fundamentals Review

- Fundamentals/2013 Skills Reference
 - Hitting
 - Throwing/Catching
 - Fielding
- Divisional Breakout Sessions
 - Supplemental Rules Review
 - Skills Matrix Review

Troubleshooting

- **Not always Easy**
 - When in doubt – review basic fundamentals
 - If you have a question - ask one of us
- **Throwing/Catching (examples)**
 - Wrong foot
 - Torso facing front
- **Fielding Grounders (examples)**
 - Feet together
 - Fielding at feet
- **Batting**
 - Wrong grip and/or stance
 - Not tracking ball

Summary/Wrap up

- **Be Positive**
- **Teach/Preach Team and Sportsmanship**
- **Believe**
- **Lastly, Keep it:**
 - Simple
 - Safe
 - Fun!

Q&A

➤ Questions?

➤ Thank You for Volunteering!