



Windham Baseball Softball League

of Windham, NH

WBSL Softball Coaching Clinic

April 07, 2014

Agenda

- Welcome/Introductions
- Administrative Items
 - Safety – Anne-Marie O’Neil
 - Divisional Director Meeting Review (Umpires, Scheduling, etc.)
 - Coaching Development
- Running a Practice
- Fundamentals/Instruction/Drills
- Wrap-up/Q&A

2014 WBSL Softball Directors

- ⚾ **Barry Moeckel**, Girls 6U Division Director
- ⚾ **Kevin Fitzgerald**, Girls 8U Division Director
- ⚾ **Jen Martino**, Girls 10U Division Director
- ⚾ **Chris Williamson**, Girls 12U Division Director
- ⚾ **Leo Gravell**, Softball Coaching/Player Development
- ⚾ **Mike Bedient**, Softball Facilities and Field Maintenance Director
- ⚾ **Ann-Marie O'Neil**, Safety Director
- ⚾ **Tom Langlois**, Scheduling Director
- ⚾ **Jim Desjardin**, Softball Tournament Director, Girls 18U
- ⚾ **Jason Rogers**, Girls Player Agent
- ⚾ **Dave Cleasby**, Vice President Softball, Coaching Development

2014 Coaching Handouts Review

- **PowerPoint (this presentation)**
- **Coaching Reference**
 - Skills Matrix - Coaching Progression Recommendations
 - Softball Fundamentals Breakdown Maps
 - Instruction/Drills Reference
 - Resources – Hey Softball Coaches link on WBSL Web Site

WBSL Safety Policies/Procedures

Anne-Marie O'Neil, WBSL Safety Director

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

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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 (goals/drills) - planner template on 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.
 - Be a Teacher, not a Talker.
- Keep them engaged → minimal standing around
 - Eliminate/prevent boredom - that's how we lose kids
- Engage assistants
- Have more energy than the kids
- Keep it fun/be creative

Fundamentals/Drills Review

- Fundamentals Maps/2013 Skills Reference
 - Throwing/Catching
 - Fielding
 - Hitting
 - Base Running

Summary/Wrap up

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

Q&A

➤ Questions?

➤ Thank You for Volunteering!