

# Windham Baseball Softball League

of Windham, NH

## WBSL Softball Coaching Clinic

April 20, 2015

# Agenda

- Welcome/Introductions
- Administrative Items
  - Safety
  - Scheduling
  - Divisional Director Meeting Review (Rules, Umpires, etc.)
- Goals/Running a Practice
- Fundamentals/Instruction/Practice Drills
- Wrap-up/Q&A

# 2015 WBSL Softball Directors

- ⚾ **Barry Moeckel**, Girls 6U and 8U Division Director
- ⚾ **Tom Langlois**, Girls 10U Division Director, Scheduling Director
- ⚾ **Mike Bedient**, Girls 12U Division Director
- ⚾ **Jim Desjardin**, Girls 14U/16U/18U Division Director
- ⚾ **David Tower**, Softball Facilities and Field Maintenance Director
- ⚾ **Ann-Marie O'Neil**, Safety Director
- ⚾ **Chris Williamson**, Softball Tournament Director
- ⚾ **Kevin Fitzgerald**, Member at large
- ⚾ **Mike Piessens**, Asst. Treasurer
- ⚾ **Dave Cleasby**, Softball Coaching Development
- ⚾ **Jen Martino**, Girls Player Agent
- ⚾ **Jason Rogers**, Vice President

# 2015 Coaching Materials Review

- **PowerPoint (this presentation)**
- **Coaching Reference**
  - Skills Matrix (1 pg.) - Coaching Progression Recommendations
  - Softball Fundamentals Breakdown Maps
  - Practice Drills Reference
  - Resources – ‘Hey Softball Coaches’ link on WBSL Web Site Home Page

# **IMPORTANT Softball** Message:

Softballs are not  
**Soft!**

**They can hurt kids  
(and coaches too)**



# WBSL Safety Policies/Procedures

**Anne-Marie O'Neil, WBSL Safety Director**

- Volunteer Forms
- Safety Plan
- Lightning
- Concussions
  - ❖ <http://www.cdc.gov/headsup/youthsports/coach.html>
- Reporting Injuries

# 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
- Work through your Division Director
  - scheduler can't manage communications to 20 different softball teams and 35 baseball teams.
  - If practice is canceled - let Director/Scheduler know
  - Any games canceled in process - let Director/Scheduler know
- Crosstown scheduling (12U)
  - 12U - need to have strong communications with other towns and umpires
- Practices
  - Use your in season practice slots
  - You can request practices at the batting cages...we have 2 tunnels at Center School. You can hit in cages and pitchers and catchers can work in the area between upper and lower.

# Simple Softball Coaching Goals

- How to catch a thrown ball
- How to throw overhand
- How to field a ground ball
- How to catch a fly ball
- The correct fundamentals of hitting, and how to hit off a batting tee
- The correct sequence of running around the bases



# Running a Practice

- Have a plan (goals/drills) - planner template on web site
- Break kids into small groups for stations
- **Talk less - Do more**
  - Be a Teacher, not a Talker.
  - Demonstrate and involve everyone
- 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/2015 Skills Reference
  - Throwing/Catching
  - Fielding
  - Hitting
  - Base Running

# 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!