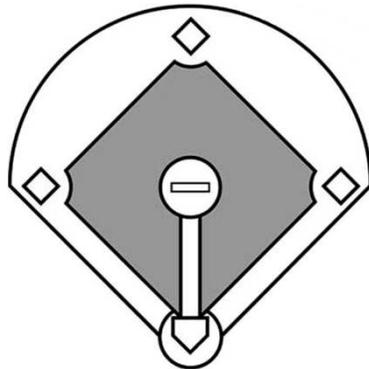




Bear Creek  Little League



2012 – Fall Season Rules & Coaching Tips

Rookie Division

T-Ball & Coach Pitch

Director: Thomas D. Jowers
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Welcome to BCLL!



Coaches,

Let me start by saying a big thank you for taking the time from your busy schedules to volunteer to be a coach. In my opinion there is no greater way of giving back than by teaching young people how to play the wonderful game of baseball!

A few years ago I became a T-Ball coach the same way a lot of people do – I volunteered. I was a bit hesitant due to my work schedule being so hectic and was not sure that I could commit the time necessary to the coaching responsibilities. On top of the scheduling concerns, I had NEVER coached a team before and was scared to death! Of course, like many of us, I had played ball before and knew the basics but had never coached anything more than a mixed softball team.

Although I attended a few meetings and got some pointers from some very good coaches, I was still pretty much on my own. I did some research and came up with some really good practice drills and basics to try and become a better coach and thought if I put some of that stuff into writing for you new and prior coaches, that it may be helpful.

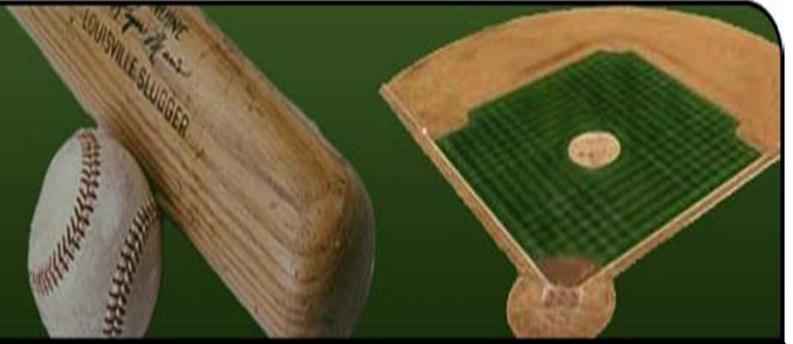
In this packet there are some goals, tips, guidelines, and rules. The only thing you MUST follow are the rules of play set forth by Bear Creek Little League. The other items are nothing more than suggestions to help you as a coach.

Again, I thank you for volunteering to be a coach and hope you find it as rewarding as I do!

Thomas D. Jowers

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Goals For The Season



The very first and most important thing to know about being a coach is that this should be a FUN yet educating experience for EVERY Child!

Fielding

- Every child should know and understand “Baseball Ready”
- Alligators are a Little League Players BEST FRIEND!
- Step, Point, and Throw
- We don’t play CHASE BALL...throw to first base!
- Don’t Swarm the Ball

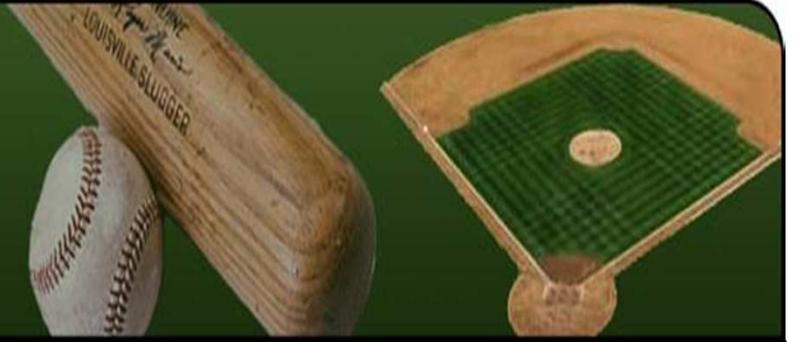
Batting

- Level Swings
- Good Batting Stance
- Proper Arm Position
- Squashing the Bug
- No Bat Throwing! Drop it Please!

Running

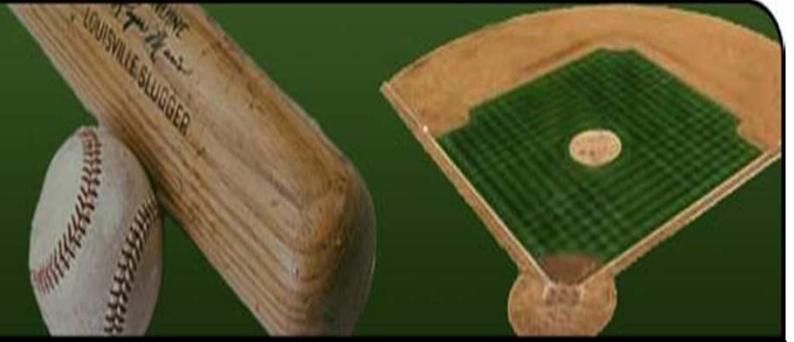
- Always run THROUGH first base!
- Watch the base coaches!

Tips & Guidelines



- Call and introduce yourself to all of the parents.
 - Make them aware of your practice dates.
 - Ask for volunteers for Team Mom & Assistant Coaches.
 - Make sure all of your contact information is correct on the roster.
 - Ask them to be involved, you are not a babysitter.
 - NO Parent Criticism or Corrections of players! That is your job as the coach. Use as much positive reassurance as you can. Compliment your players strengths and let them know what they can do better.
- Once you have your team parent have them set a snack schedule and game reminders. At minimum their needs to be a snack and a drink for every child at the end of each game. Practices are optional.
- Each team is required to provide two parents for concession duty for two evenings during the season. Most teams do a collection of \$10.00 from each parent to prevent them from having to volunteer. This money is then given to concessions to pay for concession personnel.
- *NOTE: If you have a problem with a parent or any other issues requiring league attention please contact the Rookie Director.*

Practice & Drills



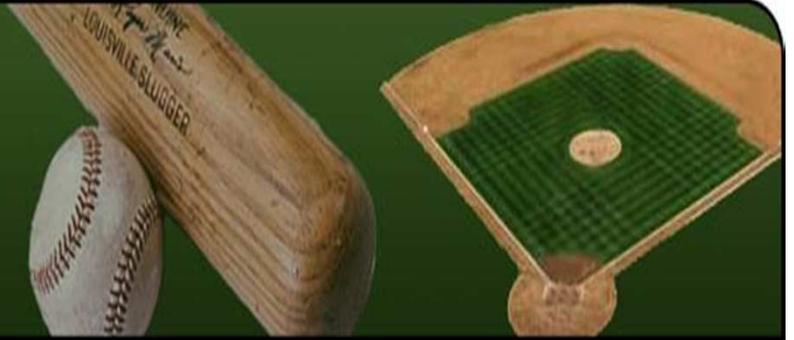
PRACTICES

Per the League Rules teams may only practice/play three times per week. During pre-season this means you may have three practices. These practices can be for no longer than 1 hour and 30 minutes. Once regular season begins you will have two games per week which will only allow you one additional day of practice. **TEAMS ARE NOT ALLOWED TO PRACTICE OR MEET MORE THAN THREE DAYS PER WEEK.** If three or more players get together it IS considered a full practice. Sunday practices are discouraged, however if one is held it must be **AFTER 1:00 PM.** You will have one assigned field practice per week, this field day will be discussed with the league Director and they will do their best to work with each coaches personal schedule.

DRILLS

The next two pages will give you some ideas for drills you can use to help your players! Feel free to research and come up with some drills of your own!

Drills



Alligator Drills - One thing that should be taught to the youngest players is to catch the ball with two hands. This is particularly true of ground balls. Teach youngsters to go after grounders by putting the bare hand over the ball once it is in the glove. This is called the alligator drill because the process of coming down with the bare hand on the ball is similar to an alligator closing its jaws when it bites. Hit ground balls to your players, and give them a reminder by saying "alligator" to remind them to use two hands for grounders.

Bounce to the Bucket - Large basket or cooler put on a base. Outfielders try to throw and bounce the ball into the open container. Can be done as a game with 10 points for getting the ball in, 5 for hitting the bucket and 1 point for the nearest bounce, no matter where the ball ends up. This drill/game teaches throwing from the outfield to a base.

Bucket Drill - Split your into team in half. Line the first team up, one behind another, at the shortstop position. Take the second team and place them behind first base. Next, place a five gallon bucket or garbage can upside down on first base. Make sure that you have plenty of baseballs handy. Depending on the age level, the coach rolls or hits a ball to the first person in line at the shortstop position, who then has three seconds to pick up the ball and throw it at the bucket. The coach should loudly count off the seconds; this will initially fluster some of your younger players, but will also help them to cope with pressure better in the long run. If the bucket is missed, the player behind first base fields the ball and returns it to the coach. Regardless of the outcome, the player who made the throw rotates to the back of the line. After several passes through the line, switch sides.

Catch - Two or more players play catch. Keep score of the number of successful catches.

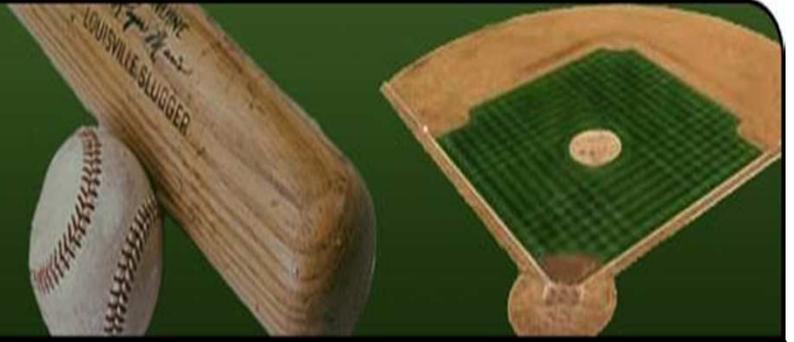
Catching Contest - Players are in pairs and throw the ball back and forth between each other. Last pair that has not dropped a ball wins.

Catching Flies - Hit or throw fly balls to fielders by using a soft baseball, rubber ball or tennis ball. Repetition and practice are the key to success.

Catch the Coach - Coach runs from home plate to first base. After a few steps, couch shouts "tag me" to a player holding a ball, who runs after the coach and tries to tag him out. Coach to decide where/when/if the runner is successful.

Catch the Players - Coach starts four or more players about 10 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players [alternate: snatch off their caps.

Drills



Crab Drill - Player is in basic fielding set position stance, crouched forward with glove open and down. Player takes three or four steps as coach rolls the ball.

Crow Hop - Classic throwing drill. Player takes a short step and a hop in the direction of the intended throw.

Distraction - Coach rolls the ball to a fielder, but another player runs in front of the fielder and tries to break the fielder's concentration on catching the ball.

Dive - Coach throws or hits ball to one side or the other of a fielder, who has to dive to make the catch. Then, throw to 1st base.

Helmet Drills – Put a batting helmet on top of a tee or the fence. Have Players stand in a line and take turns throwing baseballs or wiffle balls at the helmet. Adjust it up and down for high throws and low throws. This will help with their throwing accuracy.

Just Block It - Coach hits ball directly to a fielder. Emphasis is on stopping the ball from getting through to the outfield. OK to just block the ball; [better, of course, to catch it.] Can be a game with a point scored from every block, two for a catch and zero if the ball is not stopped

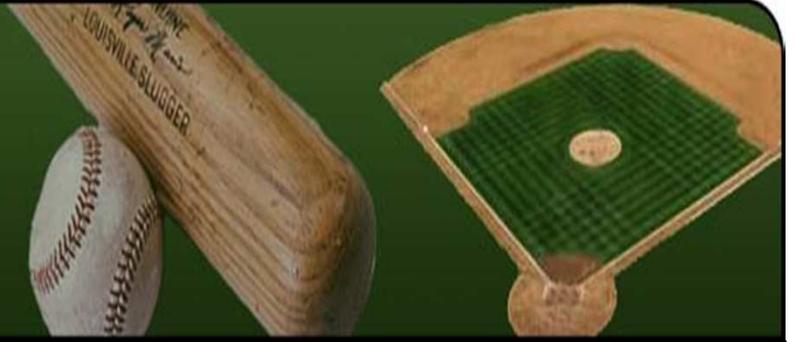
One and Two - Two players play catch. Thrower scores 2 points if ball is caught at or above the shoulders. 1 point if caught between waist and shoulders. No points if caught below the waist or not caught. First player to score 10 points wins.

Run Down - Two fielders and a runner, who tries to run from one base to another without getting tagged out. Participants rotate positions.

Scoop or Pick-up - Two players [or two rows of players] line up about 10 feet apart. From kneeling position, one player rolls the ball to the other. Repeat 10 to 15 times.

Track Meet - Two players at home plate. At the "start", one runs to 3rd base, the other to 1st base. They continue running [in opposite directions] around the bases. First one to return to home plate wins. **Note:** to avoid collisions, instruct the runner that begins via 1st base to touch 2nd base from the outside corner; the other runner, coming from 3rd base, touches the inside corner of 2nd base.

FUNdamentals



POSITIONS

First Base - Show where 1st baseperson is to stand when no runner is on base and when one is on the base. Practice fielding plays; ball thrown to 1B by infielders.

Second base - Position player in place, anticipating action. Practice fielding plays; such as tagging a runner out.

Shortstops - Show positions: one between 1B and 2B; the other between 2B and 3B. Practice action; such as, fielding balls and throwing to 1B or 2B for an out.

Third base - Show position, anticipating action. Practice action; such as, player diving to knock down ball.

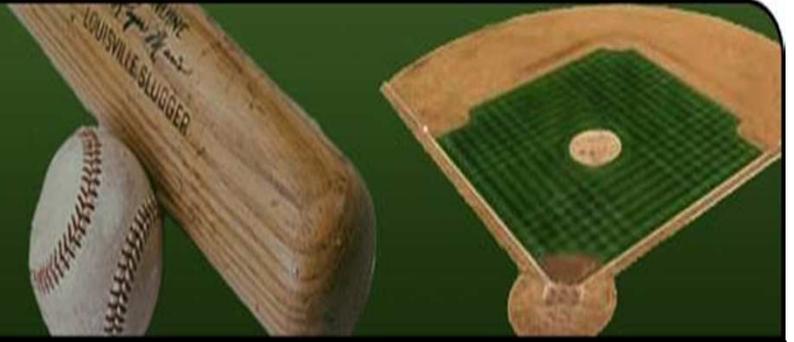
Pitcher - [Stands in pitcher's area but acts as an infielder.] Practice action; such as, fielding ball and throwing to 1B.

Catcher- [Stands behind and away from home plate until ball is hit] Demonstrate: after ball is hit, adult removes tee and bat; catcher moves up to cover plate. Practice actions: catcher tagging base runner out, catcher throwing to 1B.

General infield activity - Staying behind Playing Line until the ball is hit. Catching short fly balls. Field balls and throwing to a base or to home plate. Tagging runners on the base path. Relaying a ball from an outfielder to a base; to the catcher at home plate

Outfielders - Position players. Practice catching fly balls in a crowd. "I've got it" Practice catching ground balls and throwing to infield. Have one outfielder receive relay from another and throwing to an infielder.

FUNdamentals



HITTING

Batting -- the stance, swing and follow-through

- (T-Ball) Adjust the tee with ball set even to the hitter's waist.
- (T-Ball) Face tee with feet spread shoulder-width apart.
- Bend knees, body in slight crouch.
- Weight on balls of feet.
- Grip bat; hands together above knob.
- Hold bat firmly; don't squeeze.
- Bring bat up and away from the body.
- Keep shoulders level; bat and head steady.
- Eyes on the ball.
- Short step with the front foot at start of swing.
- Swing level and bring the bat through the center of the ball.
- Watch bat hit ball; keep head down.
- Weight shifts to front foot; back foot stays on the ground.
- Squash the Bug!
- Extend arms and follow through; swing around.
- Drop the bat; do not throw it

Key points:

- eyes on the ball
- no cross-handed hold
- position of feet
- stride [weight shift]
- rotation
- the swing

FUNdamentals



FIELDING

Catching - Eyes on the ball. Watch the ball go into the glove. Cover the ball with the other hand

Ground Ball - Stand legs apart, shoulder-width or wider. Bend knees. Get low. Lean forward. Run to the ball. Keep body in front of ball. Glove low to the ground. Scoop or catch the ball and cover it.

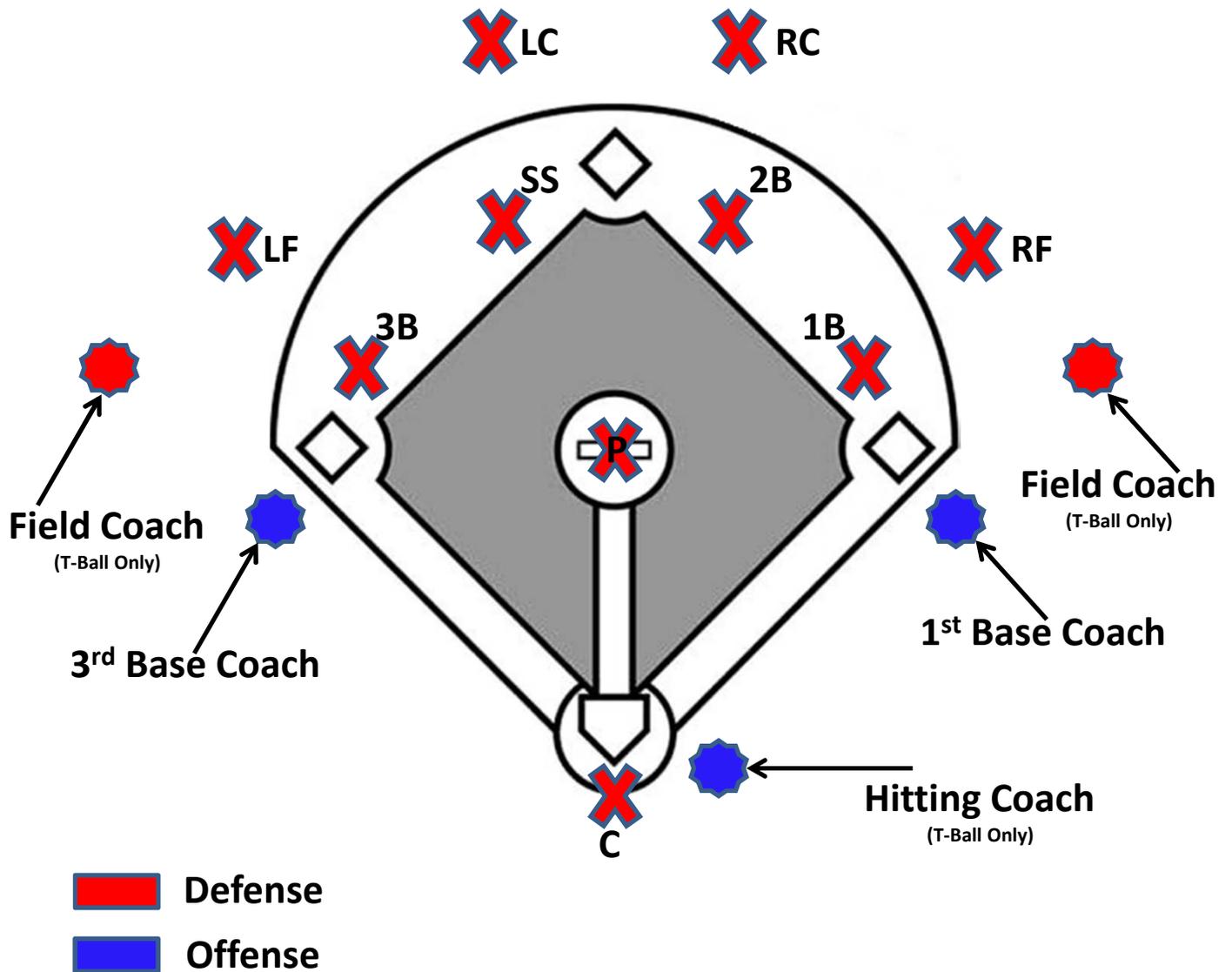
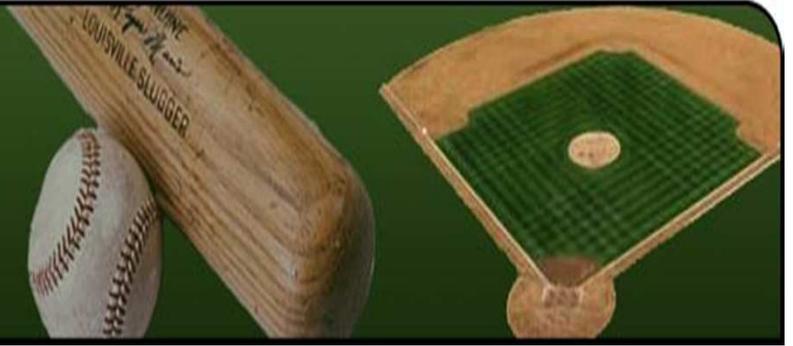
Fly Ball - Run to where the ball is going. Call for the ball: "I've got it." Stop and wait for the ball. Hands together, fingers up, shoulder high or over the head. Watch ball into the glove and cover.

Thrown Ball - Bend knees slightly. Watch the ball. On a ball thrown to player above the waist: Hands together facing out; thumbs up. Catch and cover. On a ball thrown below the waist: Hands together facing down; little fingers touching. Catch and cover.

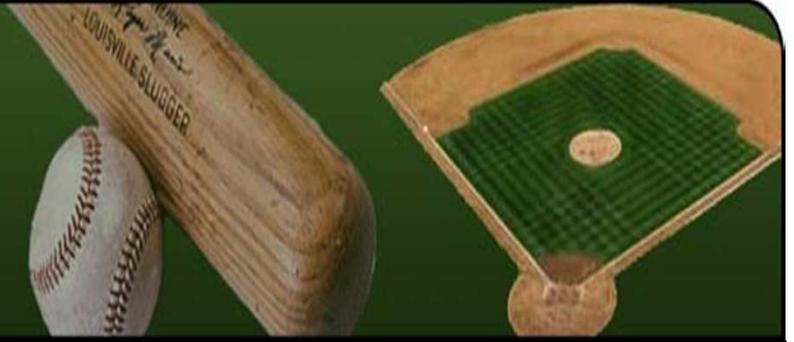
THROWING

Grip & Motion - Thumb under the ball. Two or three fingers on top. Don't worry about the seams. Eyes on the target. Legs apart; foot on throwing arm side behind the body. Arm back and up, front shoulder turned toward target. Step toward target with foot opposite the throwing arm. Right-hander with left foot; left-hander with right foot. Push off on back foot as throw begins; end with weight on forward foot. Release the ball in front of body and follow through.

Field Layout



FUNdamentals



RUNNING

Base Running - Run on the balls of the feet. Pump arms back and forth. After the ball is hit Run behind the tee, unless left-handed. Look at first base, not where the ball has gone. Run outside the foul line. Run straight through first base; don't jump on it or slow down. Watch and listen to coach for instructions. When on base Keep one foot touching the base until the next batter hits the ball. Lean forward; when ball is hit, push off base. Know where the ball is. When passing a base, try to touch it on the side without stopping.

First Base – Always over run first base

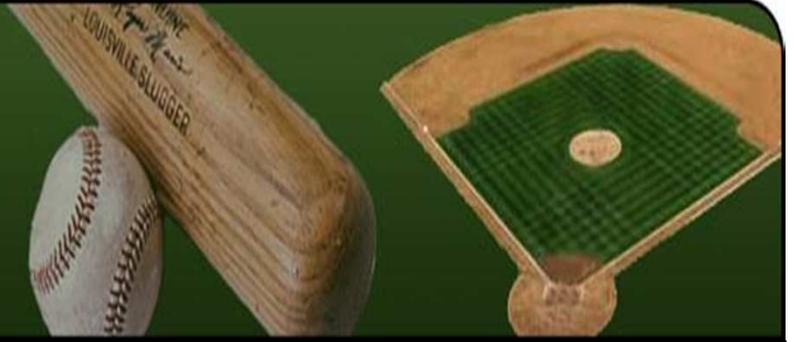
Base Coaches – Make sure to have the players watch the base coaches NOT the ball.

Sliding - [not recommended for the youngest players] Start about four to five feet from the base. Arms up, fingers bent, chin down. Bend one leg under the other. Lower leg hits the ground, then the butt and back. Top leg [the extended one] touches the base. No head-first sliding.

Pep Talk!

Coach talking to team, after the game! - Summarize team's activity. Specifics, not generalities. Recognize progress. Note any humorous thing that happened. No public criticism; as necessary, take player aside. What's next [practice at home, next team practice and game schedule; tell parents] Other comment, as appropriate. After the games some coaches give out the game ball to the player who showed the most improvement or had a great play! This is a good incentive to get your players paying attention and focusing during games.

The Game



The official rules are listed at the end of this packet, but here are some BCLL rules to get you started.

BEFORE THE GAME

- Before each game the AWAY team must get the catchers gear and "T" (T-Ball Only) from field box 7 for BOTH TEAMS.
- The AWAY team must also prep the field for play. Each base area should be watered and raked prior to the start of the game.
- Each team must have their starting line-up prepared and ready to be presented to the HOME team scorekeeper. The home team is responsible for keeping the "Official" score for the game. (NOTE: This means you will need to have an official scorekeeper for your team.) The scorebooks will be provided by BCLL.
- The Home team will provide TWO official game balls for each game. These will be provided by BCLL.
- The AWAY team will provide the field umpire for each game and the HOME team will provide the plate umpire. The plate umpire is the UIC for the game.
- Please remember to say the Little League Pledge" before the start of each game.

DURING THE GAME

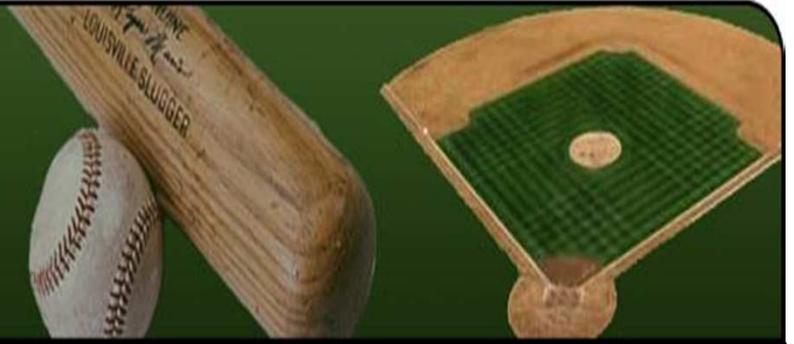
- Any player in the pitchers position MUST wear a batting helmet at all times to help prevent injury.
- Only ONE player is allowed in the batters cage at a time.
- The player in the catchers position MUST wear catchers gear at all times.

AFTER THE GAME

- Once the game has ended the official score should be signed off by both Coaches.
- The HOME team will then be responsible for returning the catchers gear and "T" (T-Ball Only) to field box 7.
- The HOME team is then also responsible for watering and raking the field for the next game.
- NOTE: Both teams MUST clean up after their players and parents. Please be sure that no trash or food items are left behind in the dugouts or the stands.
- Be sure to lock the gates and turn off the lights if you are the last team to depart.

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Ground Rules



Rookies – Coach Pitch & T-Ball

These Ground Rules are applicable to Little League Minor Division of B.C.L.L. unless otherwise specified. Official regulations and playing rules not specifically covered in the ground rules shall be found in the current year Official Regulations and Playing Rules.

Section I – Schedules

A. The Division Director, subject to the Presidents approval will determine all playing schedules for regular and post-season games (not including Tournament play).

B. Practices

- 1 - Teams may meet no more than four (4) times per week, including games.
- 2 - Any meeting of three (3) or more team members, for instruction of any nature, with a coach or manager, shall constitute a practice.
- 3 - Practices shall be limited to one (1) and one-half (1/2) hours in duration (Except: Machine Pitch will be limited to two (2) hours).

C. Regular Season Game Times

- 1 - Eight and under games (both weekdays and weekends); no NEW INNING shall start after one (1) hour and thirty minutes. TEE BALL four (4) innings OR (1) hour and thirty minutes from the scheduled start time established by the season schedule, unless the board member on duty alters the start time.
- 2 - No play shall continue past 9:45 PM. At 9:45 PM and provided a regulation game requirements have been met, the last inning is incomplete or the home team is behind in runs, the game shall revert back to the last completed inning. If the requirements of a regulation game have not been met, than the game will be suspended at 9:45 PM and resumed before the next scheduled game between these two teams determined by the Division Director. A regulation game is if three (3) or more innings have been completed or two (2) and one-half (1/2) if the home team has scored more runs than the visiting team.
- 3 - GAMES MAY END IN A TIE.
- 4 - Stalling may result in forfeiture of a game.

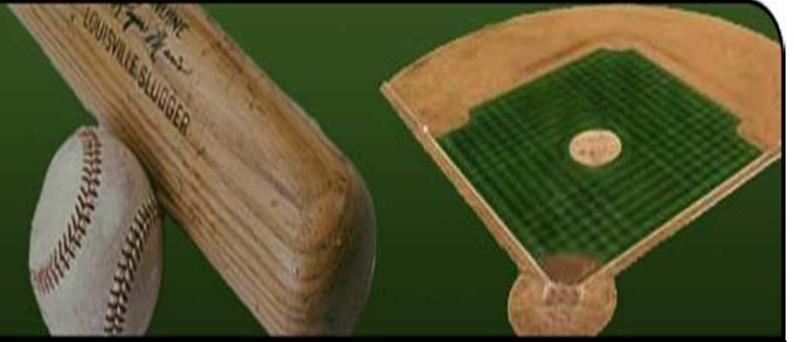
Section II- Playing Rules

A. General Coach Pitch and T-Ball Rules

- 1 - Only uniformed players, the manager and three (3) coaches are permitted in the dugout during the game. No coaches are allowed in the batters box (T-Ball Exception). Coaches must stay off the field of play until the ball is dead and time out is granted to him by the umpire. Failure to stay off the field of play during a live ball may result in a dead ball and the runner being called out.
- 2 - Run Limit: There will be a five (5) run limit in innings one (1) through five (5) and ten (10) run limit in the six (6) only.

BCLL

Ground Rules



3 - Time Outs

- a) Time outs may be requested only after the play has stopped. Do not approach the field of play until time out has been granted by the umpire.
- b) There will be a limit of six (6) defensive time outs per team per game.

4 - Batting Order

- a) The batting shall be continuous and consist of all players present, eligible and properly dressed.
- b) Batting order shall remain the same throughout the game, except in the case of injury. In the case of an injury and the player cannot bat, the injured player must be removed from the game and the following batters will move up in the batting order. In the event a player is hit by a pitch and is unable to run the nearest preceding batter in the dugout will become a substitute runner.

5 - Substitutions

- a) Open substitutions are allowed between innings. Defensive substitutions can be made within an inning only in the case of injury.
- b) Players must play a minimum of two (2) innings per game.

6 - Non-effective Rules

- a) There will be NO infield fly rule.
- b) There will be NO balks.
- c) No Bunting

7 - Teams may play the game with as few as eight players

8 - Equipment: Regular Little League rules apply

B - Specific Coach Pitch Rules

1 - Only uniformed players, the manager and three (3) coaches are permitted in the dugout during the game. No coaches are allowed in the batters box. Coaches must stay off the field of play until the ball is dead and the umpire grants time out to him. Failure to stay off the field of play during a live ball may result in a dead ball and the runner being called out. At least one (1) adult must remain in the dugout at all times.

2 - No offensive players are allowed in the on-deck cage.

3 - A maximum of six pitches shall be delivered to any one batter. If, at the end of six pitches, the batter has not put the ball in play, or struck out swinging, the batter is out. A batter shall not become a base runner unless they put the ball in play. If a batter fouls the ball on the sixth (6th) pitch and subsequent pitches, batter will remain at bat until such time the batter puts the ball in play or strikes out. A batter cannot become a base runner unless they put the ball in play or the catcher interferes with the batter.

4 - The batter must take a full swing at the pitch.

5 - The batting order shall consist of all players present, eligible and properly dressed, and will remain the same throughout the game, except in case of injury.

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Ground Rules



6 - Pitchers

- a) A designated pitcher will be used by the offensive team (chosen by the offensive Manager) and shall be in addition to the regulation ten (10) defensive Players on the field. This person must be an adult, 18 years of age or older.
- b) The defensive Player, playing the position of pitcher, shall not in any way interfere with the Designated Pitcher and shall remain in the pitcher's circle until the ball crosses the plate. **Penalty: Defensive interference rule applies.**
- c) The designated Pitcher shall not make, attempt to make or interfere with any defensive Play. They must exit the field of play during a batted ball. **Penalty: Interference - Ball dead: Batter out: No runners advance.**
- d) The designated Pitcher is not allowed to talk to any offensive Player on the playing field while the ball is in play. When the ball is not in play, the designated Pitcher may talk to the batter only.

7 - Teams

- a) Defensive team: Ten (10) Players. Defensive changes can be made within an inning only in case of injury. Nine (9) of the ten (10) Players will play regulation baseball positions; the tenth (10th) Player must play an extra outfield position. **Teams may play the game with as few as eight players.**
- b) Offensive team: All Players present, eligible and properly dressed for the game will be listed in the scorebook and will bat in the order listed.
- c) Players may be freely substituted after each inning as long as each Player has played at least two (2) innings after four (4) complete innings.

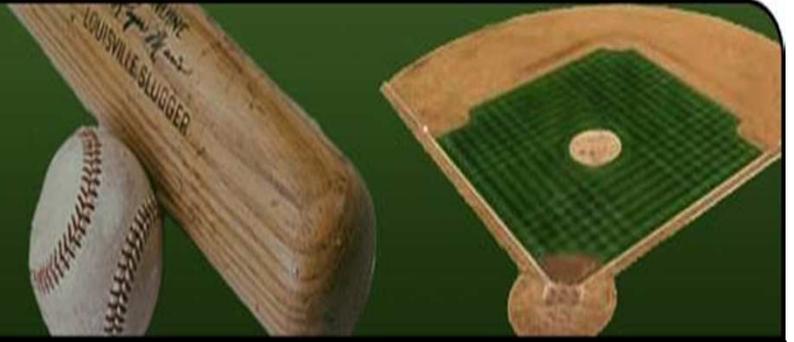
Each runner may advance only when the batter has put the ball in play. Runners may advance as far as possible. TIME will be called when any infielder controls the ball and the lead runner has stopped advancing. TIME can only be called by the PLATE umpire

C - General Tee Ball Rules

- 1 - Only uniformed players, the manager and three (3) coaches are permitted in the dugout during the game. Coaches are allowed in the batters box to set the ball and give instructions to the batter. (1) Adult must remain in the dugout at all times.
- 2 - There will be adult base coaches at first (1st) and third (3rd) base for the offense. In addition, an adult for the offense will be close to the home plate area to set the ball and instruct the batter. This adult will not interfere with any player or the ball. Penalty for such will be a dead ball and runner will be ruled out. No players may advance on a dead ball.
- 3 - Run Limit: There will be a five (5) run limit in ALL innings.
- 4 - Batting

- a) Each Player will have three (3) strikes to put the ball in play. If at the end of three (3) strikes the batter has not put the ball in play, the batter is out. To be put in play the ball must be hit in fair territory and past the chalk line, which is drawn fifteen (15) feet from home plate.

BCLL Ground Rules



b) If the ball is hit in fair territory, but does not pass the fifteen (15) foot line, it will be a strike. If it is to be the third (3rd) strike, it will be ruled a foul ball. A ball hit in foul territory will not be a third (3rd) strike.

c) The batting order shall consist of all players present, eligible and properly dressed, and will remain the same throughout the game, except in case of injury.

d) The batting order shall consist of all players present, eligible and properly dressed, and will remain the same throughout the game, except in case of injury. ONLY one base on an overthrow.

Base runner(s) may advance only when the batter has put the ball in play. Base runners may advance 1 base on an in-field hit and two on an outfield hit unless an attempted play is made. At that point only one base on an overthrow. TIME will be called when any infielder controls the ball and the lead runner has stopped advancing. TIME can only be called by the PLATE umpire.

6 - Equipment and Field

a) Bats must be official Little League T-Ball bats.

b) Base paths will be fifty (50) feet in length.

c) All players must wear the required protective gear.

d) The distance of the pitcher's plate from home plate will be thirty-seven (37) feet

e) Teams may play the game with as few as eight players

Section III – Eligibility and the Draft

A. Eligibility

1- All players' ages are determined on or before July 31st.

2 - Seven (7) and six (6) year olds will play Coach Pitch ONLY (Rookies)

3 - Four (4) and five (5) year old players will play Tee Ball ONLY (Tee Ball)

B. Draft (T-Ball Excluded)

1- The order of the draft in the first round will be determined by a random draw. The order shall reverse itself in each succeeding round and be in a serpentine fashion.

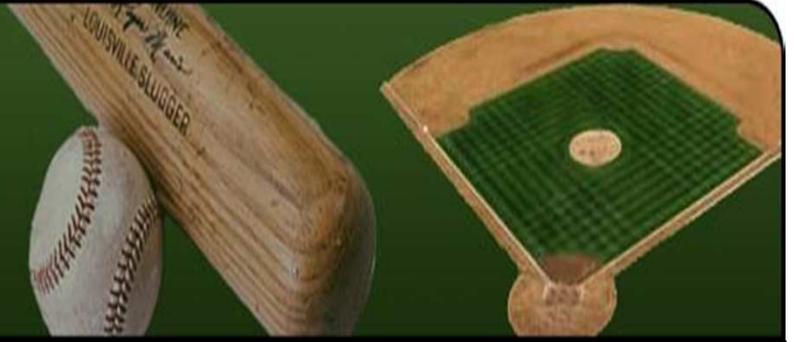
2 - Division Director will conduct the draft.

3 - Draft guidelines will be determined by the Division Director and presented to each manager.

4 - Managers child: 2nd round - Coach's child: 3rd round

If any player drafted to a team has a sibling-playing ball, the sibling must be drafted in the next immediate round for that same team.

**Contact
Information**



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