



2018
Softball Tee League
Coaches Manual

"PUT ME IN COACH, I'M READY TO PLAY TODAY"
JOHN FOGARTY, "CENTERFIELD"

Tee League Softball Manual

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SECTION 1

INTRODUCTION

Dear Manager,

Welcome to Glastonbury Little League Softball and thanks for committing the time you will be spending working this season with the youngsters on your team. As a team manager, you are the heart and soul of our program. With you lies the responsibility for its success.

It is the program's objective to teach softball and sportsmanship, build self esteem in each player, to have fun, and to create in each player the desire to be the very best he or she can be. A positive attitude on your part, bearing in mind at all times that every action should be based on what is best for the youngsters, will take us 95% of the way to these goals.

Glastonbury Little League has maintained a tradition of sportsmanship throughout its history. Managers must regard each other as teammates on the field of play, working towards the common goal of success for every player. *Success is not measured by wins and losses but by the positive learning experiences you give to your players. A lost ballgame should never be regarded as a failure.*

Your commitment and your sacrifice of personal time are both recognized and deeply appreciated.

Enjoy your kids, have fun, and good luck!!!

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The manual pages, which follow, provide guidelines and rules for the conduct of the SOFTBALL TEE LEAGUE DIVISION. These pages are not meant to be all-inclusive; rather they are intended to be ready reference for information needed during the course of the season. They should be carefully read and understood to avoid doubts on the field of play. Please be sure that any coaches or assistants you have helping you read and abide by this manual as well. In the event of a conflict between this manual and other documents, the provisions, which follow, shall govern.

SECTION 1

A Good Manager Should.....

1. Reflect an understanding of the age group they supervise. Bear in mind that you are working with 5,6,7 year old girls.
2. Be aware that they are an example to the players.
3. Demonstrate they have an appreciation of the philosophy of Glastonbury Little League and cooperate with others in making the program benefit all the players.
4. Show by example that they respect the judgment and the position of the authority of the umpire. If a difficult situation arises, work with the umpire and your fellow manager to resolve it.
5. Exercise their leadership role adequately but leave the game in the hands of the players.
6. Encourage their players at every opportunity. Do not use negative comments and/or fear
7. Instill in each player self-confidence, a desire to improve and to impart as much softball knowledge as possible.
8. Encourage good health habits, care of uniforms and equipment. Do not allow vulgar language on the bench or field.
9. Be instrumental in shaping acceptable behavior whether the team wins or loses.
10. Know and play by the rules of Glastonbury Little League. Instill in the players a respect for the rules of the game.
11. Be calm, cautious, and use sound judgment during an on field discussion, basing all actions on which is in the best interest of all youngsters involved. These discussions should be low key.
12. Help maintain control of spectator behavior. Lead by example.
13. Teach players to respect the playing fields and keeping the dugouts clean after every game.
- 14. Provide the opportunity for players to play the positions they desire. Develop your players, each player should have the opportunity to play an infield position twice in each game..***

NOTE: The above and everything, which follows in this manual, must be communicated to coaches and/or assistants by the Manager.

SECTION 1

Sportsmanship and Character

*Glastonbury Little League strives to have **Sportsmanship** be the hallmark of its program. Little League has three traits noted in its emblem. They are Courage, Loyalty and **Character**. While a Little League coach is not expected to take on a parent role for all of his/her players, he/she is in a unique position to serve as a positive role model. With the belief that Character is closely linked to good Sportsmanship behavior, the following suggestions for fostering player character are listed.*

- 1. Be vigilant about preventing and stopping scapegoating of one player by other players*
- 2. Recognize the achievements of your players other than softball such as academic, artistic, etc.*
- 3. Create a positive code of behavior for your team*
- 4. Promote players supporting their teammates. Have a "Sportsmanship of the Game" prize*
- 5. Teach respect for the condition of the facilities and cleanliness of the dugout. Have players clean up the dugout area after all games and practices.*
- 6. Do not accept swearing, vulgar or obscene language on your team*
- 7. Strive to be consistent with all players; avoid allowing personal feelings to interfere with fairness*
- 8. Teach your players respect and courtesy towards their teammates, umpires and opponents*
- 9. Emphasize at the first practice the importance of working hard and striving for personal and team goals.*
- 10. Use constructive criticism, tempered by compassion. Help players do the same with each other.*
- 11. Lead by example, respect the rules of softball, local rules and umpires' judgments*
- 12. Provide structure to your team, assure that the League dress code is observed with the players wearing the supplied uniforms properly and shirts are tucked in*
- 13. Promote academics, ask the players how they are doing in school, what is their favorite subject, etc.*
- 14. Create clear team expectations. Recognize the fact when players meet or exceed them.*
- 15. Encourage players to volunteer for extra duties such as carrying equipment to your car or the equipment box, participating in fund-raisers, calling teammates, keeping dugouts orderly.*

SECTION 2

SAFETY

The GLL Safety Officer is Don Longtin 860-643-9165. The following safety rules apply in all games AND practices

1. During practices, players should be spaced so that no one is endangered by wild throws, missed catches, or batted balls.
2. Batters, base runners and base coaches must wear batting helmets during games, practices and when in the batting cages at Glastonbury High School.
3. Collisions between players should be avoided by teaching the players to call for the ball.
4. Players must not wear watches, rings, or other jewelry, or items that could cause injury while playing ball.
5. Catchers must wear full protective gear (masks with throat guard, shin guards, chest protectors and cups) when catching or warming up pitchers. It is recommended that all male players wear cups
6. Commensurate with our liability insurance requirements and background checks procedures, only league players, managers, and coaches are allowed on the field during practice sessions and games. Managers and coaches must have completed the Volunteer Application Form and local form for GLL processing of the NSOPR and local police background checks.
7. Bats, helmets, and other equipment should be kept well removed from the playing field.
8. **Players should be kept on the team bench when not playing. NO SPECTATORS WILL BE ALLOWED BETWEEN THE TEAM BENCH AND THE PLAYING FIELD OR ON THE TEAM BENCH .**
9. At no time should horseplay be permitted on the playing field or on the bench.
10. Coaches should stress location and change of speed for pitchers
11. **The on deck position and the use of donuts and/or bat weights is not allowed. Managers are responsible for implementing this rule. Umpires are instructed to enforce this rule**
12. Do not play when lightning or the threat of lightning is present. *The umpire will decide when to call games for lightning and darkness. Managers are not to attempt to influence these calls.*
13. **Non collision rule:** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. ***This is not a must slide rule but rather it is a non-collision rule.*** Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. ***In all cases, the runner is out when there is a collision.***
14. The Manager or Coach is responsible for having the League supplied first aid kit at every practice and game. Call the Equipment Director, Pete Halpin, at 657-8998 or the League President 643-9165 to replenish this kit.
15. Use the supplied surgical gloves in the first aid kit whenever dealing with an open cut.
16. **There is no pitch count in the girls softball league**
17. **ACCIDENTS:** Managers should use the first aid kit for minor accidents. In the event of a major accident, the manager should immediately call the police and ambulance service at 911 and assure a physician attends to the player. If the parents are not at the field, the manager should notify the parents as soon as possible. He must then promptly report the accident within 24 hours to the Safety Officers noted above as well as the League president, at 860-643-9165
18. Promptly report any safety problem and potential safety problem to the Safety Officers noted above. Managers and coaches are to inspect the playing equipment before any game and report missing and/or damaged equipment to the League Equipment Director, Pete Halpin, at 860-657-8998 (cell 860-559-3897).

19. Managers are to be aware of special medical needs, if any, of all their players, e.g. allergies, diabetic, bee stings, etc.
19. Bring the player' phone list at every game and practice in case of emergency.
20. Never leave a young player unattended after a game or practice. If you drive her/him home after the game or practice, assure that the player enters the home and someone is there before you leave.
21. Assure team players are wearing seat belts if you are providing them transportation
22. Coaches should make sure a cell phone is available at every practice and game
23. The safety coach or team manager is to survey the field prior to that start of any game or practice for safety hazards.
24. Smoking and alcoholic beverages are not allowed at any of our ball fields
25. Managers and coaches may undergo basic First Aid kit administration training.
26. Team meetings during games are to be held in the safety of the dugout and not on the field
27. The field equipment boxes are to be carefully opened and closed. Pay particular attention when closing boxes that no one is around or near the box. Boxes are never to be left in an open position or upright position and are to be closed and locked after use

-LIGHTNING FACTS AND SAFETY TIPS

- 1) To determine how far away a lightning strike is, count the number of seconds between the flash and when you hear the rumble of thunder. Divide this number by 5 to get the distance (in miles) lightning is away from you. (i.e. count to 5 and storm is ONE (1) MILE AWAY!!
- 2) Once the lightning is 6 miles away (30 seconds between lightning flash and thunder), take shelter!
- 3) Outside activities should not be resumed until 30 minutes after the last audible thunder as lightning can strike up to 20 miles from the storm cell.
- 4) Take shelter in a safe building like a large enclosed structure or an automobile. Do **NOT** take shelter in a softball dugout, picnic shelter or under a tree.
- 5) Know the forecast. If the forecast calls for thunderstorms, be on the lookout for threatening skies and be prepared to take shelter if dangerous weather approaches. Bring a transistor radio...listed to AM band for static or get live-local weather updates every 10 minutes from WTIC NEWS-TALK 1080.
- 6) Even though the thunderstorm may be as far away as 20 miles, a "bolt from the blue" can happen. If hair on people's head or body "stands up", even if it's sunny where you are, lightning is about to strike...take shelter.
- 7) If someone is struck by lightning, call 911 immediately. If the victim has no pulse for 20-30 seconds, start CPR. But make sure the safety of others is not jeopardized. It is unsafe to be outside if a thunderstorm is near or in progress (lightning **can** strike in the same place twice).

Lightning kills more people each year (80-100) than tornadoes and hurricanes combined

SECTION 2 SAFETY

Safety Guidelines

Safety: One coach shall be designated the Team Safety Coach.

Why a safety coach: GLL has an excellent record regarding player injuries, however there have been incidents that could have been avoided by more visible and preventive actions. Therefore, GLL is adopting a policy to elevate the importance of safety by assigning a Safety Coach to each of its teams in every division of play.

Responsibility: Implementing Glastonbury Little League Safety Policy. Highlights are listed below – see Section 2 of the GLL Coaches Manual for additional description.

Accidents

Evaluate the extent of the injury. Excessive bleeding/suspected bone injury or other major injury, call 911. Direct all other players away. Stay with injured player until help arrives and direct the responding officer to the player. Notify parents. Maintain an account of the incident and report to League President and Board Safety Officer as soon as practical. Treat minor injuries (cuts, abrasions, etc with first aid kit)

Preventive Action

- Bring the player's phone contact list to every game and practice along with cell phone.
- Become aware of players special medical needs (i.e. allergies, bee stings, etc)
- Never leave a player unattended after game or practice (thru Junior League).
- Dugout Discipline – Assure all coaches remain IN the dugout during game situations, entry shall be unobstructed, bats in bat racks, and equipment bags hung or stored under benches.
- Assure no On-Deck Batters, no person shall handle a bat during the game unless they are at the plate or approaching the batter's box
- Assure base runners and base coaches are wearing league-approved helmets. Bats shall be clear of the playing area. Catchers must wear full protective gear (masks with throat guard, shin guards, chest protectors and cups) when catching or warming up pitchers.
- Assure players are not wearing watches, rings, or jewelry during the game.
- Reinforce the umpire's decision to call games for lightning and darkness
- Evaluate playability of the field and condition of the equipment prior to games. Report unsafe field and equipment conditions to Safety Officer and/or League President
- Ensure a replenished first aid kit is available for minor accidents
- Assure field equipment box is closed and latched during games
- Assure that only League approved individuals are acting as coaches during games and practices

Education

- Prohibit head first slides
- Monitor batter count for maximum number of batters faced by one pitcher
- Collision avoidance – call for the ball when fielding; proper slides in base running situations.
- Proper release of bat after a hit (no thrown bat)
- Don't turn your back on the softball!
- Proper catcher position: equipment forward, fist behind gloved hand or shin guard.
- Stress location and change of speed for pitchers – curve balls must not be used in this league.

Food and Drinks (Nutrition)
Provided by the Glastonbury Health Department

1. Encourage that each player has a water bottle with water (not juice, sports drinks*, or soda) available at each practice or game. This water bottle should be labeled with their name. Discourage the use of large water coolers or the sharing of water bottles.

**Sports drinks should be encouraged over water if the weather is warm or the players are going to be doing strenuous physical activity for more than 30 minutes.*

2. If snacks are part of an event encourage the players to avoid items high in sugar, salt, and/or fat. Encourage healthy snacks.

3. Do not use food as a reward or punishment during a practice or a game.

4. Concession Stands, Celebrations, and Fund Raisers

A. Give customers/players an opportunity to choose foods with high nutrition value at all team functions when food is served and at concession stands.

- Always have water as a drink option and discourage soda, sports drinks, vitamin drinks, flavored water with artificial or natural sweetener
- Encourage the consumption of appropriate serving sizes
- Encourage healthy snacks and meals such as trail mix, nuts, low-fat cheese, low fat crackers, baked (not fried) chips and pretzels, low sugar cereal, graham crackers, fresh fruit, sorbet, bagels, whole wheat buns and bagels, low fat condiments, salads, consider vegetarian options

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B. Discourage fund raisers that require the sale of low nutritional value foods such as candy, consider non-food options.

C. Celebrations do not have to include food. If food is served consider some of the healthy options listed above.

D. Parents: Make parents/guardians aware of policy so they can further reinforce healthy options. Encourage parents to comply with league recommendations when providing food for a league event.

E. Parents that are ill should not staff the Ross Field Concession Stand or serve snacks or food to the players.

SECTION 3 FIELD DECORUM

The actions and statements of managers, coaches, and umpires must be above reproach.

Managers are responsible for the actions of their players.

Positive cheering for one's team is encouraged. **Negative cheering the opposing team is prohibited.**

Uniformed players and umpires only are permitted within the confines of the playing field during play.

Players shall be on the bench when their team is at bat and when they are coaching, batting or running.

When the team is on defense the reserve players shall be on the bench. Managers and coaches will not leave the bench area except to confer with a player or umpire.

PROTESTING GAMES

There is no protesting of games at the Softball Tee League division

PLAYER DISCIPLINE

Suspension of a player is an extreme action and is only acted on by the League Commissioner and President. Missing of previous practices or games shall not be reason for loss of playing time.

Disciplinary action during a game should be taken only after careful consideration.

Expediting Games

Managers and coaches have a responsibility to their players, their families and to the next game teams to expedite the playing of their games. The following are measures that expedite games and must be adhered to.

1. Have the batting lineup and defensive line up ready and posted for all to see prior to the game.
Do not assign defensive positions on an inning-to-inning basis. Assure all players are prepared to go on the field immediately at the start of the defensive half inning.
2. Do not hold half inning team meetings or cheers on the field; hold them in the protection of the dugout. The former is also an unsafe practice
3. Games must be started at the stated scheduled times unless delayed by a previous game. On field pre-game warm-ups are not allowed.
4. The next batter is to be ready but without bat in hand
5. Place the field equipment in an orderly fashion in the dugout .so as players can easily locate it.
Place the equipment in the dugout bag after the game and return same to the box.

SECTION 4

TEAM EQUIPMENT/UNIFORMS

EQUIPMENT

Equipment for play will be maintained at each field in green field boxes located behind the backstop. The equipment will consist of two tees, catchers protective head gear, several bats, bases, ice packs, and a first aid kit. Helmets and catcher's gear are to be shared by teams which will exchange them at each half-inning.

Each manager will receive an equipment box key, a scorebook, several practice tee balls, and sufficient new tee balls for the season from the League. The home team manager will supply a new tee ball for each league game. The home team manager is responsible to set out the field equipment for games bases, umpires' gear, teams' equipment and to replace it at the end of the game and lock the equipment box. **The box must be kept locked during the game.**

The manager should notify the League if equipment replacements are required at any field during the season.

UNIFORMS

The League will supply uniform shirts and hats for each team. Shirts and hats are kept by the players. **ALL USED TEE BALLS AND EQUIPMENT BOX KEYS MUST BE RETURNED TO ROSS FIELD IMMEDIATELY AFTER THE LAST GAME** New and used tee balls are League property and are not to be kept or given to players. They are next season's practice balls.

NAMES OF PLAYERS ARE NOT TO BE PLACED ON THE TEAM SHIRTS

SECTION 5 GAME POSTPONEMENTS AND CANCELLATIONS

When the weather is questionable, call the League Commissioner. Managers may use their good judgment in postponing games because of inclement weather. **Games are not to be postponed due to key players or Coaches not being available.** *If the League approved manager or Coach is not available for a game, the manager is to notify the League President who will supply a substitute Manager. Little League rules and insurance prohibits the use of non approved/non insured personnel coaching teams. The only viable reason for game postponement is inclement weather. Lack of adequate number of players will result in forfeiture. Managers are not to re-schedule games without prior League approval.*

TEE LEAGUE RAIN MAKE UPS

The two managers will agree on which date the game is to be made up derived from the **Practice and Rain Make Up Schedule available on our web site**. Rained-out practice games need not be made up. Managers are urged to take full advantage of the scheduled practices to become acquainted with their team.

We can all be sure that some, hopefully not many of our games will be rained out during the course of the season. For that purpose, rain make-up dates are available. To minimize tightly packed make-up games in late season, you are urged to make up games as early as possible. **ALL RAINED OUT GAMES SHOULD BE MADE UP** in order to have every team play a full schedule. The process for arranging a make-up game is as follows:

The two managers will agree on which date the game is to be made up.

One of the managers involved will call the League Commissioner to reserve a field for that game.

If in the judgment of the League Commissioner the date selected by the two managers is not the best available date, the League President has the right to overrule that date and schedule the make-up as he sees fit.

Rain make-up games may pre-empt practices. It is suggested that the next available practice date for either team be used for a rain make-up if it does not conflict with another game. Fields for additional team practices during the course of the regular season can be reserved by calling the President. Make-up games will have priority, but managers are encouraged to make use of the fields for practice and to give the players maximum softball time. More softball is learned in practices than in game situations.

SCOREKEEPING

Scores are not kept at the Tee League level. A scorebook is however provided. The book is issued so as to list the batting order for each game and to manage the game. The basic purpose of this procedure is to assure that the game to game rotation of the batting order as explained in the Rules Section of this Manual is adhered to.

SECTION 6

TEE LEAGUE PLAYER ASSIGNMENT

Players whose parent is coaching will be placed on the parent's team. Brothers and sisters are also placed on the same teams. Players are placed on teams to achieve an equitable distribution of age groups. Efforts are made to meet individual player request to play with friends, which is important at this level and/or a particular coach and to form neighborhood and at best school district teams without creating imbalance in player age distribution.

Trading of players between teams is not allowed.

New registrants are possible after the distribution of team rosters to the managers. These new players are assigned to teams who may have less players than the majority of teams and not necessarily on a team the player may have requested.

Managers will notify their players of their team assignments as soon as possible following the coaches meeting.

RECORDING OF SCORES

The manager of each team is responsible for maintaining a scorebook for each game the team participates. He/she should score both his and the opposing team's line-up.

There shall be no publication of scores and standings in the Citizen or other publication. Any article/pictures for the newspaper shall be approved by the League President. This is to assure balanced publicity for all teams and for meeting League standards.

TEE LEAGUE DIVISION WINNERS

Standings in the Tee League will not be kept. All participants will be awarded trophies after their Ross Field game on June 7th. This policy is implemented to reduce emphasis on winning at this age level.

SPORTSMANSHIP AWARD
This is our most important Award

Each team shall nominate a winner for a Glastonbury Little League Sportsmanship Award. The winner shall have his/her name inscribed on the Wall of Fame at Ross Field. The basic selection criteria is that the player should demonstrate support for teammates, coachability, genuine enthusiasm for softball respect for opponents and a consistent positive attitude.

The Sportsmanship Award recipients will be honored by receiving a sportsmanship trophy after their Ross Field games on June 7th.

Do not make this an alternate selection to an all star pick.

SECTION 7

RULES APPLICABLE TO SOFTBALL TEE LEAGUE PLAY

League approved Managers and Coaches listed on the team roster must know and abide by the following rules:

1. Games will be a combination of practice and game. The first 30 minutes of each scheduled game will be a combined practice with both teams in a clinic type format. Three skill stations will be set up and groups will rotate from station to station after 10 minutes. After the third rotation teams will take their respective home and away dugouts and the game will start and be played for 75 minutes. The practice/game should not exceed 1 hour 45 minutes.
2. There shall be no base stealing.
3. Pitching is not allowed. The ball is to be hit off a tee.
4. Bunting is not allowed.
5. Special rules are as follows
 - A. Pitcher must have one foot on the mound until the ball is hit.
 - B. A player cannot play either the pitcher and first base positions for more than one inning. One swing of the bat constitutes one inning.
 - C. Batter shall not hit until the umpire/coach says swing
 - D. There shall be no strikeouts called. The batter shall continue swinging until the ball has been properly hit off the tee
 - E. Hitting the tee does not constitute a hit ball. The ball must be cleanly hit in the judgment of the umpire/coach for the batter and runner(s) to advance.
 - F. The hit ball must travel no less than half the distance between the plate and the mound to be judged playable by the umpire. If not, it shall be called a foul ball.
6. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order.
7. **The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the lead off batter in the first game will be the last batter in the second game and all other batters move up one position. The third game will follow the same rotation and so on for the remainder of the season. Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. All players and parents are advised of this rule.**
8. Play is stopped when a thrown ball **arrives** at home plate. See Rule 14 for runner advancement
9. **No player shall play no more than one inning than any other player.**

Section 7 (continued)

10. The infield fly rule will not apply.

11. If all batters in the line-up have batted before the third out is made, the half inning shall be considered over. This applies regardless of the number of players in each team's lineup

12. Pinch runners are to be used only in case of an injury to the original runner.

13. Adult coaching on the field shall be as follows:

A. OFFENSIVE TEAM

- a. One coach in each of the coaches box.
- b. One coach at the home plate area guiding the batter.
- c. One Coach at the bench maintaining bench decorum.

B. DEFENSIVE TEAM

- a. One Coach at the bench maintaining bench decorum
- b. One coach between first and second bases.
- c. One coach in the shortstop area.

14. A runner shall be awarded one base beyond the base he would have made, in the umpire's/coache's judgment, on a ball thrown out of bounds or to the catcher to stop play. That runner must be in motion towards the base however and proceeds at his/her own risk . Out of bounds lines, normally an extension of the backstop, shall be agreed upon by the managers before the game.

16. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. The umpires judgment on profanity is final. Coaches are to assure that players are aware of this rule at the beginning of the season.

17. No player shall sit on the bench for any consecutive defensive inning.

18. Non collision rule: Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. ***In all cases, the runner is out when there is a collision.***

19. Eight or more players shall constitute a legal number of players to play a game. No more than 10 defensive players are allowed on the field. They are to be instructed to be in the proper positions on the field. The game can be played with 6 players playing positions 1-6 (no outfielders)

20. Except where they conflict with the above rules, all official Little League rules for Tee League shall be observed.

21. Individuals not authorized by the League, i.e., listed on the official team rosters, are not permitted to coach during games. .

Section 7 (continued)

22. The above rules apply. Managers are not to develop individual rules. "That's the way we've been playing it" does not justify non-compliance to League rules. Recommendations for new and revised rules are welcome. They are a source of the aforementioned rules.
23. Four outfielders will be used in this division. All outfielders must play back at least 15 feet from the outer edge of the infield grass and must not become extra infielders.
24. Every player is to play a minimum of two innings at a infield position, positions 1 though 6
24. Infielders must not be more than 3 feet away from the first to second to third basepaths before the ball is hit by the batter.
- 25. No head first sliding is allowed when advancing to the next base. The runner shall be declared out when doing so. Diving back to the base the runner was occupying is allowed.**
- 26. There shall be no on deck batter. The batter shall proceed from the team bench, pick up a bat and proceed directly to the batter's box.**
- 27. Players must be wearing the League supplied team uniform and hat in order to participate in a game. Failure to do so will be cause for ejection. Additionally team shirts must be tucked in.*

SECTION 8

Sportsmanship Award

One player from each team shall be selected as a recipient of the Glastonbury Little League Sportsmanship Award. The coach(es) shall make that selection prior to the completion of the season and will report the selection to the league Commissioner. **Do not use this award as an alternative to a potential all-star player.**

The criteria for this award is as follows:

- Supportive and encouraging of teammates
- Demonstrates respect for opposing players
- Demonstrates respect for the game officials
- Displays enthusiasm for the game of softball
- Displays loyalty to the team
- Player is coachable and demonstrates a willingness to learn

Sportsmanship winners will attend the trophy awards ceremony held prior to the start of the majors softball town championship game. Please email your selection to the league commissioner by May 25th at bill.longo@cox.net.

SECTION 9

TRAINING AND DEVELOPMENT

Glastonbury Little League has implemented a comprehensive and coordinated Player Training and Development Program. This Program is designed to have players achieve certain levels of skills in basic softball fundamentals as they progress upwards in each of our Divisions of play. While building self-esteem and providing enjoyment of the game is paramount in our philosophy, it is important for us to strive to impart as much softball skills and knowledge as possible in each player.

Conducting a successful practice

Glastonbury Little League has been conducting All Star and Softball Summer Camps for many seasons. Keeping all players busy and maximizing the amount of practice time available has proven to be the key to a successful practice. The use of "Skill Stations" has proven extremely effective. Basically, for the first half of the practice, the team is divided in groups of three or four players. The groups are placed in various areas(stations) of the field. Individual softball skills are taught at each station such as throwing, bunting, hitting, etc. After 10-12 minutes the groups are rotated to a different station. This rotation continues until all groups have processed thru each skill station. The balance of the practice is used to develop team skills such as infield defense, relays, etc.

Tee League Skills

Tee Leaguers are to be taught to use a level swing that produces line drives or hot grounders. Upward swings may be successful in Tee League but cause serious problems once a player has to face real pitching. It is important to teach young batters to rotate their hips with the swing. A good indicator of good hip rotation is the position of the back foot upon completion of the swing. It should be pointing towards the pitcher. The eyes should remain on the ball on the tee and they should remain looking at the top of the tee after the ball is struck. They should not immediately look up to see where the ball is going. This teaches the player to keep the head down, an important element in a proper swing. The players should be taught to hit to various positions by moving up or back in the batter's box. This begins the development of a pull swing, in and out swing and a beginning to softball strategy.

Players are to be taught to catch the ball with two hands at all times whenever possible. This increases the possibility of a catch and facilitates a quicker release on the ensuing throw.

Players are to be taught to field grounders with two hands with the glove down while waiting for the ball to arrive. They should be instructed to take small step forward as the batter starts the swing. This prepares them physically and mentally to field the ball.

Throwing must be done with an overhand motion and not sidearm. Teach the players to step towards the target with the proper foot The crow hop should be introduced

Baserunners are to be taught to over run first base only

Outfielders are to be taught never to hold the ball in the outfield. They should be taught to immediately relay it to the second baseman standing around or on second base.

Aggressive base running should be instilled in the players. Players should be instructed to not "play checkers" on the bases, i.e. not stop at every base to look. Base running wisdom is learned over time and running outs will occur along the learning curve. Advise your players to evaluate the defense on their own so that they can make their own base running judgements

Softball Knowledge: Players should know what a force out at all bases is, what a fly out is, what constitutes a score(run), that there are three outs in an inning and where the various defensive positions are. The concept of tagging up after a fly ball catch should be introduced. Throwing ahead of the lead runner should also be introduced. Throwing to home plate just to stop play is to be discouraged.

Fundamentals

Tee League fundamental skills described above are pictorially represented on the next pages to aid coaches in their teaching of players

PHILOSOPHY.....

Most importantly, the coach is to be sensitive to the physical and emotional needs of each player. He/She must stress the fun aspect of the game. *A young player ending the season with more self esteem and confidence at the end of the season than at the beginning is the true measure of a successful youth sports coach*

Softball Knowledge Tee Leaguers should have at the end of the season

GLL Skills Progression

Know where the bases are

Know where the different defensive positions are

What is an out

What is being safe

What is being out

What is a run

What is a force out

What is a tag out

What is a fly out

What is a single, double, triple, homerun

Catch the ball with two hands

Know the softball defensive ready body position

Swing the bat level

Throwing to first on a ground ball

Know you can overrun first but not second or third

Throwing basics including footwork

Where is the coaches boxes

Why are there coaches boxes

What is a foul ball, a fair ball

How to grip the ball

How many outs in an half inning

Swing the bat level with proper body mechanics

Learn to take the extra base

Footwork included in throwing mechanics

Execute force outs

Introduce fly out tag ups

Introduce base coaching skills

Two hand catches with footwork

Introduce backing up defensive plays

Infielders covering the bases

Throw ahead of the lead runner

Defensive movement on batter's swing

Runner ready position