

1st Grade Baseball

Deb Sam. A&E Fields and Inbetween Fields, XXX Evenings - 90 min.

Clinic Type Instruction/No Scrimmages

Work towards a "mock" game

12-13 players per team/2 teams per field/area

Outline of Baseball Player development

2nd step in the development of our baseball program.

Basic skills should be the main focus

Continuing to understand the proper way to throw, catch and swing a bat.

Greater understanding of the areas of the field & positions on the field.

Developing the skills to field and throw a ball to the right base.

Must keep enthusiasm for the game - make it fun.

Outline of Spring Season

Eight week season

Season Starts: April xx, 2009

Season Ends: June xx, 2009

Evaluation station work for first full week. Get to know your team time.

Each team runs through station work for **full timeframe for weeks #2 - 5.**

Station work (45 min) & Mock games (45 min) for weeks # 6 - 8.

Must first complete at least 8 sessions.

Mock Games: Coach Pitches on one knee (5 Pitches) if no hit then go to tee

Bat through lineup once then switch sides, game over.

Coordinators' responsibilities

In charge of making sure the grade guidelines are followed.

Determining the number of teams

Determining the head and assistant coaches for all teams

Determining who will run each station - the more skilled/experienced/
knowledgeable about baseball, the better.

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Coaches' responsibilities

Call all players on the team concerning the start date, equipment, etc.

Wear your team shirt and hat - great team pride

Keep all players together at all times

Keep all players focused throughout the practice

Teach the players to respect the coaches and each other

Instill good listening skills

Position players in the fields - remind each player what to do for each batter - repetition is good.

Batting should be set by the numbers on their shirts - and reverse it too.

Calling all players in the event of bad weather

Training from SYBSA

Pre-season coaches training - TBD

Equipment

Bats, helmets and balls will be supplied by SYBSA in an equipment bag prior to the first practice.

The balls used are RIF balls.

Coaches must return all equipment at the end of the season - TBD

Uniforms

A team hat and shirt will be supplied for every player on the team.

A team hat and shirt will also be supplied for 4 coaches.

They will be available prior to the start of the first practice date.

The hats will be a MLB team hat.

The shirts will have a sponsor name and will be numbered.

Any extra hats and shirts, please return to SYBSA.

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Rules / Terms / Concepts

General concepts of baseball terms & rules should be introduced, covering at least the following:

As outlined at our coaches training:

Proper throwing

Fielding skills

Fundamental batting skills

Also:

Equipment care

Bats are not to be picked up unless a player is instructed by a coach to do so.

During the games, using the following rules:

The main concept here is developing defensive skills - not hitting and base running.

Coaches pitch to their team - on one knee (they can not field)

A player should be positioned at the pitchers mound to field

No walks

No strikeouts

No bunting

No stealing

If a player is not able to hit a pitched ball after 5 pitches, quickly set up a tee and let them hit.

After all players on a team bat the 1/2 inning is over.

Clear the bases after 3 outs, but continue to the next batter.

Coaches can and should be in the field helping the players as to were to move, field and throw.

Move players around to all positions - but be mindful of who is playing first - for safety reasons (see week #1: getting to know your team)

Umpires

No umpires are needed for the 1st grade program.

Game Times/Cancellations

It is the coordinators responsibility to contact all coaches by 4PM the day of, if baseball is cancelled due to weather.

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Field Preparation

None