

Hawthorne Baseball Softball Association



League Email Address

hbsanj@gmail.com

Operations and Coaching Manual

Contents

[Mission Statement](#) 3

[Core Values](#). 3

[Board members](#). 4

[HBSA Code of Conduct for Coaches](#). 5

[HBSA Code of Conduct for Parents](#). 7

[General Information](#). 9

[Equipment Distribution](#). 9

[Field Information – Wagaraw Complex](#). 9

[Field Lights](#). 10

[Field Information – 114 Franklin Ave, Hawthorne, NJ Franklin Field \(Band shell\)](#) 10

[General Rules](#). 10

[Team Management and Rosters](#). 11

[General Rules of Play](#). 12

[Game Scheduling](#). 13

[Playoff Scheduling](#). 14

[Pre-Game Practice](#). 14

[Scoreboards and Scholarship Buckets](#). 15

[HBSA Divisions](#). 15

[Coaching Mission](#). 15

[Player development goals by division](#). 16

[Sample practice plans](#). 18

ABOUT THE ORGANIZATION

Mission Statement

To be a community-focused organization with a guiding principle of supporting the development of our youth; both on and off the field.

Our Directors, Coaches and Family Volunteers commit to fostering an environment that is safe, organized, fun, and welcoming to all participants.

Core Values

Sportsmanship

Hawthorne Baseball Softball Association promotes sportsmanship amongst all players and coaches. Individuals are expected to display respect and fairness both on and off the field.

Team Work

Players are expected to work together and support each other during all games and league events. A positive attitude and encouragement are expected from everyone on the field.

Player Development

Hawthorne Baseball Softball Association strives to help all players grow in their knowledge and skill level of the game. Players at all levels of talent will have the ability to gain and strengthen their baseball and softball skills.

Board members

Title	Name	Email Address
President	Chris Warner	chriswarner15@gmail.com
Vice President	Becky Baird	beckybaird20@gmail.com
Secretary	Laura Mazzacca	Lmazz1335@gmail.com
Treasurer	Charlie Reilly	charliereilly@verizon.net
League Trustees Senior Boys	John Kane	jkane801@gmail.com
League Trustees Senior Girls	Dale Palmer	csdp23@gmail.com
League Trustees Junior Boys	Jim Dewhurst	jimdewhurst@gmail.com
League Trustees Junior Girls	Ed "Mook" Iannacone	bigkoom@aol.com
League Trustees PeeWee Boys	Ben Provezano	benzano1@optonline.net
League Trustees PeeWee Girls	Bill Brex	bbrex09@gmail.com

HBSA Code of Conduct for Coaches

The primary goal of all coaches should be the development of children participating in the HBSA program. All players should be taught by the coaching staff about sportsmanship and fair play, and these teachings should always govern a coaches behavior while at practice and at games. Coaches are responsible for addressing the conduct of all players, members of the coaching staff and spectators. In addition, coaches are expected to bring any significant or reoccurring issues to the attention of the HBSA Board of Trustees.

Specifically:

- Coaches are responsible to teach players the importance of developing a competitive spirit and an understanding of sportsmanship.
- Coaches are responsible for building the confidence of the players and teaching the fundamentals of the sport they are coaching.
- Coaches will emphasize that good athletes are good students, and both are physically and mentally alert.
- Coaches will protect the health and safety of their participants by insisting that all of the activities under their control be conducted with health and safety in mind, rather than the interests of adults.
- Coaches will emphasize that winning a game or competition is the result of teamwork and is not the most important aspect of the game.
- Coaches will fairly evaluate and play all the participants through the course of a practice or game, and are subject to specific program rules for the league/division in which they are coaching.
- Coaches will not show favoritism towards a family member and/or a participant, nor will the coach have an alternate agenda when evaluating, playing or instructing a participant.
- Coaches will not criticize the officials, the opposing team, the coaches, fans or parents, through language or gesture.

Coaches will also accept the decisions of officials.

- Coaches will learn the strengths and weaknesses of their players so they might be placed into situations where they have a maximum opportunity to achieve success. Coaches will provide constructive feedback to players as a means of growth and development.
- Coaches will be responsible for the positive promotion of the program.
- Coaches will set an example in personal conduct at all times and be a good role model.
- Coaches will treat each player, opposing coaches, parents, administrators and board members with respect and dignity. This includes in person interactions, as well as in written, verbal or digital/social media communication.
- Coaches shall not use abusive or profane language during any game, practice or league event with players present.
- Coaches will encourage open communication with all players, parents and fans.
- Coaches will follow all league, competition, and program rules.
- Coaches will follow the direction of the HBSA Board and not deviate for any reason.

- Coaches shall not be under the influence of alcohol or drugs. In addition, coaches will abstain from possession and drinking of alcoholic beverages or any illegal substance at practice and game fields, and at competitions.
- Coaches will not smoke or use any form of tobacco, including vape while on the field of play, during games, scrimmages, practices or competitions.
- Coaches will be responsible to read, understand, and follow all HBSA coaches' requirements including but not limited to the Rutgers Coaching Certification course and the online concussion course.

Improper conduct or any violation of the HBSA Coaches Code of Conduct may result in accountability measures being implemented as stated below. The HBSA Board will review any infractions for appropriate action steps.

If there is a compliance violation of the above Code of Conduct, the procedure for remediation will be as follows:

- The coach will be contacted by the appropriate league trustee to arrange a meeting to discuss the infraction. The meeting will take place as soon as possible after an alleged violation has occurred.
- The trustee will meet with the Board to present all information related to the violation and discuss appropriate actions steps need to take place – action steps could include verbal or written warning, game, season or league suspensions for the coach depending upon the infraction.
- Upon a vote from the HBSA Board, the coach will be notified of the decision and the appropriate action that are being implemented.

HBSA Code of Conduct for Parents

This Code applied to all Hawthorne Baseball Softball Association events, including practices, team events, games and actions while at any type of HSBA event.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, umpires, officials and spectators at every game, practice and/or any other HBSA sponsored event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any umpire, official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures. Bleacher talk will be positive and constructive.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of any person.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, umpires, officials and spectators with respect regardless of race, creed, color, sex, or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or their performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize the skill development and practices and how they benefit my child over winning.
14. I will promote the emotional and physical well being of the players ahead of any personal desire I may have for my child to win.
15. I will respect the umpires and officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place. I will not stand by the dugouts during the game.
16. I will comply to ensure a sports environment for all that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events. I acknowledge that the town of Hawthorne has a Smoking Ban on recreational fields and individuals can be fined for smoking at the HBSA complex.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
18. I will not leave my child unattended unless I have permission from the coach. I will be on time to pick my child up from practice/games.

19. I understand that the best place to view/watch the game is the bleachers. I will refrain from being in the dugout area or behind the Dugout fence.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- A) Verbal warning by an umpire, official, head coach, and/or head of league organization
- B) Written warning
- C) Game suspension with written documentation of incident kept by organizations involved. If the parent is suspended, he/she is not allowed at the complex for the game/event.
- D) Fulfillment of specified community service within a specified period of time. (Umpire a game, Working on the field, Cleaning the bathrooms).
- E) Game forfeit through the official or coach
- F) Game suspension for associated player(s) because of my actions.
- G) Parental season suspension.

CONDUCT SUBJECT TO DISCIPLINE

Examples of words or actions which will constitute a violation of the Code Include, but we are not limited to the following:

- Making physical contact with any player, coach, umpire, official, league representative or spectator at the fields or viewing area;
- Taunting or threatening any player, coach,umpire, official, league representative, or spectator;
- Going into the dugout of an opposing team or obstructing their access to or exit;
- Using profane and/or vulgar language or mannerisms;
- Going onto the playing field;
- Throwing of any object onto the Field, into the player area(s), or at another individual;
- Pounding or climbing on the fence;
- Defacing or damaging property belonging to any individual, team, association or field;
- Being involved in any activity that would warrant the summoning of law enforcement officials;

Inciting any person(s) to become involved in any of the above listed behaviors.

General Information

Equipment Distribution

Coaches will schedule the distribution and pick-up of their team's equipment with their respective league representative. League Representatives are as follows:

Senior Boys	John Kane	jkane801@gmail.com
Senior Girls	Dale Palmer	csdp23@gmail.com
Junior Boys	Jim Dewhurst	jimdewhurst@gmail.com
Junior Girls	Ed "Mook" Iannacone	bigkoom@aol.com
PeeWee Boys	Ben Provezano	benzano1@optonline.net
PeeWee Girls	Bill Brex	bbrex09@gmail.com

Field Information – 289 Wagaraw Rd, Hawthorne, NJ

Coaches will be provided with a set of keys at the start of the season that will provide access to the field "Job" boxes, restrooms, batting cages and field lighting stations.

Each field is equipped with an equipment "Job" Box containing bases (and pegs), pitcher mound and first aid kits. It shall be the visiting team's responsibility to put out the bases before the game and the home team's responsibility to store them away after the game.

In the event field preparation is required before the game can begin, both teams shall take whatever steps necessary to make the field playable.

Field Lights

The manager or coach of the home team shall be responsible for turning out the lights and clearing the field after night games.

Field 1 lights switch box is located in the brick building along the first base side of the field. Upon entering the building (to the left of the door), there is a light switch with labeled switches for Field 1.

Fields 2 & 3 lights switch box is located behind the left field fence of Field 2 in the equipment shed. Upon entering the building, there will be a circuit box with labeled switches for the fields.

Field 4 lights are set to an automatic timer and will turn on and off automatically.

Field Information – 114 Franklin Ave, Hawthorne, NJ Franklin Field (Band shell)

The HBSA will utilize Franklin Field for pre-season practices as well as games when scheduling conflicts occur.

General Rules

Rules in this section are binding to all teams, in all divisions of the entire league.

All divisions will vote as members of the overall league on matters judged by the majority of the league officers to be in general nature. Each division may vote separately on their respective playing rules, ground rules or other matters pertaining only to their respective divisions with approval of the executive board.

If any division wishes to adopt a rule or an activity (ex. Number of games scheduled, fundraisers, etc) this rule or activity must be approved by the Executive Board before its adoption.

Managers and coaches can be voted on to the Executive Board of the Hawthorne Baseball Softball Association. A league vote for all Executive positions occurs once per year.

Players must reside in Hawthorne, New Jersey.

Players will only be allowed to register after game play has begun at the discretion of the Executive Board. Players approved for late registration will be added to team rosters based upon current rostered numbers or the draft order.

Personal injury insurance shall be furnished by the league covering players, coaches and board members, for both the practice and playing season, including playoffs.

No smoking or use of any tobacco products is permitted near the field of play, in or around the dugout area or any practice areas.

No profanity allowed.

Any person who has been reported to be in violation of any rules of the Parent or Coaches Code of Conduct will be required to meet with the Executive Board. The Executive Board will determine responsibility and provide in writing any determined sanctions. Sanctions may range from suspension for a single game to expulsion from the league, depending on the severity of the violation. In any case involving a conflict of interest, the Executive Board member shall have no decision in the determination of responsibility; all decisions will be made by the remaining members of the Executive Board.

Any manager, coach, umpire or spectator found responsible by the Executive Board of physically assaulting any other person during an HBSA event shall be expelled from the league.

Team Management and Rosters

Team rosters shall be limited to the players (as set forth in other sections of the rules) and the following personnel: One Manager (18 years old minimum) and Five Coaches (15 years old minimum). No other non-players (score keepers, trainers, etc.) will be allowed on the roster. Only persons listed on the official team roster will be permitted in the dugout/on the field during game play.

Names of all managers and coaches must be submitted in writing and approved by the Executive Board. All managers and coaches are required to submit a Volunteer Coach Application, Rutgers' Coaches Certification, Concussion Certificate and any other documentation as required by the Hawthorne Board of Recreation.

Managers can only manage one (1) team in the entire league. This includes all divisions and inter-division rosters.

When possible, once a player is drafted to a team roster, the player will remain with that team for their duration in the associated division. If it is determined that a re-draft is needed for a division, the division trustee will work with division managers to complete a draft that distributes player talent as equally as possible.

Draft rules will be determined annually for each division by the Executive Board and the League Trustee. Draft rules will be determined by overall registrations received for each division. Draft procedures will be implemented in an effort to distribute player talent as equally as possible amongst all teams within each division.

General Rules of Play

Six innings shall constitute a full game. However, in the case of a tie score, one (1) extra inning shall be allowed. All games, regardless of the situation, must stop 15 minutes before the next game scheduled on that field.

League standings will be based on the following:

2 points are awarded for a Win

1 point is awarded for a Tie

0 points are awarded for a Loss

In the event a game is called because of time limit or weather but has progressed far enough to be considered an official game, the score reverts back to the end of the last full inning. Points are awarded based on the above point system. A game that has not progressed far enough to be an official game, will be replayed from the beginning.

At the end of the regular playing season, the team with the most points, in their respective divisions will be the first seed for playoffs. Playoff seeding will be determined by points at the end of the regular playing season. In the event of a tie in the point standings, the following tie-breaker rules will apply, in the order listed:

The team with the most wins is the higher seed

The team that won the most games in head-to-head competition is the higher seed

The team with the most runs scored during the regular playing season is the higher seed

The team with the least runs scored against during the regular playing season is the higher seed

Failure to comply with the decision reached by the Board will result in a forfeiture of the game. If both teams fail to comply with the decision reached by the Board, it will result in both teams being charged with a loss for the scheduled game. After a game starts, the decision to call a game shall be made by an Executive Board member. In a situation where play is suspended due to unsuitable weather or field conditions, the Board will wait 30 minutes before calling the game. All coaches, players and umpires are expected to remain at the field until a game is officially called by an Executive Board member. Play may be suspended for longer than 30 minutes as long as there is a reasonable chance to resume play. In the case where an Executive Board member is not available, determination will be made by the Head of Umpires.

Any team forfeiting a game at any time during the season will be charged with a loss. The opposing team will be awarded a win and receive the 2 points towards their team standings.

Managers cannot refuse or request any umpire unless the umpire has a member of his or her immediate family participating in the game.

The Executive Board will determine the first date of practice and game play. All practices and games will be scheduled by the Executive Board. Requests for additional practice time can be submitted via email to hbsanj@gmail.com and will be approved based on field availability.

Protests shall be considered only when based on the violation or interpretation of a playing rule, use of an ineligible pitcher or the use of an ineligible player. No protest shall be considered on a decision involving an umpire's judgment.

Equipment which does not meet league and or division specifications must be removed from the game.

All players must be fully uniformed to the standards established by their respective divisions.

All jewelry must be removed including cloth jewelry. This applies to all divisions. Only medical bracelets are allowed and must be taped so they are visible.

Managers/coaches must exchange lineups prior to the start of the game. Lineups cards are to include the name and number for all players. If a player arrives after the start of the game, they can only be entered at the bottom of the lineup. If any players leave throughout the game, all remaining players are to be moved up one spot, lineups cannot be adjusted after the start of the game due to a player leaving early. There will be no penalty when a player needs to leave the game early.

Game Scheduling

Games must be played, as scheduled, weather permitting, otherwise the game shall be considered a forfeit. In the event of bad weather or field conditions the league president shall determine if games will be played. In the event that the President is not available, one of the other Executive Board members will make the determination in the following order: Vice President, Secretary, Treasurer or any League Trustee.

The season must be complete, including all playoff games prior to the last day of school and/or middle school graduation, whichever comes first.

Rescheduled games will be rescheduled by the Board. HBSA is currently using TeamSnap for scheduling and communication. Failure to play a make-up game on the date scheduled shall result in a forfeit.

Game time is limited to 2 hours and no new inning can begin after 1 hour and 45 minutes. Weeknight games are scheduled to start at 5:30pm or 8:00pm. Weekend games can be scheduled to start at 10:00am, 12:30pm, 3:00pm or 5:30pm.

If a game is called because of time element, the score will revert to the last complete inning. Four (4) innings completed or three and one-half (3 ½) innings, if the home team is leading, is an official game.

No regularly scheduled games shall be played on Sunday. Make up games may be played on Sunday if both teams agree.

Games called for rain, darkness or time limit must have four (4) completed or three and one-half (3 ½) completed innings if the home team is leading to be considered an official game. All postponed games that are not complete games will be rescheduled and replayed in the order of occurrence; schedule permitted.

Any postponed games occurring within the last two weeks of the regular season schedule will be rescheduled in the order of their importance to league standings.

The league will attempt to schedule all games around school functions when possible.

Playoff Scheduling

Playoff games will be scheduled for both the Junior and Senior Baseball and Softball divisions. All playoff games must be played to completion, when possible. If a game is called before it is an official game, it will be played over from the beginning. If a game is called after it is a complete game, it will be picked up from the point at which it was called and played to its conclusion. If a game ends in a tie after 6 innings, extra innings are permitted to continue until a winner is determined or the game reaches 10:00pm. If the game is still tied at 10:00pm, the game will be resumed the following day until a winner is determined.

Pre-Game Practice

Teams will have about 30 minutes of pre-game warm up before the start of a game when possible. For games starting at 5:30pm, both the home and visiting teams can begin pre-game warm up at 5:00pm. For games starting at 8:00pm, both the home and visiting teams can begin pre-game warm up at 7:30pm. In the event that there is a previous game scheduled on the field, warm-ups can begin once the previous team has vacated the field area.

Both teams are expected to share the field for pre-game warm up. The team using the 1st base dugout warms up on the right field side of the field and the team using the 3rd base dugout warms up on the left field side of the field.

Scoreboards and Scholarship Buckets

Prior to each game, a manager or coach should check-in at the snack stand and retrieve the scoreboard remote and high school scholarship fund bucket.

The coaches will share the responsibility of updating the scoreboard throughout the game, with the home team updating the scoreboard in the top of the inning and the away team in the bottom of the inning.

The coaches will share the responsibility of distributing the Scholarship Fund Bucket around to the spectators at each game. Each coach should ensure their respective side of the stands (1st base and 3rd base sides) are provided the opportunity to donate.

HBSA Divisions

Baseball Divisions	
Division	Grades
Pee Wees	1st and 2nd Grades
Juniors	3rd and 4th Grades
Seniors	5th and 6th Grades

Softball Divisions	
Division	Grades
Pee Wees	1st and 2nd Grades
Juniors	3rd, 4th and 5th Grades
Seniors	6th, 7th and 8th Grades

Coaching Mission

To provide HBSA players and coaches a foundation that establishes a coaching consistency within each division and a developmental progression across the league.

The material provided will act as a guide to facilitate learning through an integrated body of knowledge, principles, values and skills.

Helpful Tips!

- Keep practice fun!!
- Have a practice plan
- Create stations to keep the kids moving
- Provide opportunities for fun competition
- Quality overall quantity
- Mix it up

Player development goals by division

Pee Wee Baseball / Softball

Learn the basic rules

- Run in right direction when ball is hit
- Runners must touch bases
- How to record outs (catch ball in air, throw to first, or tag runners)
- Run past first base
- Scoring a run

Throwing mechanics

- Turn body so front shoulder points toward target
- Elbow above shoulder- L shape
- Bow and Arrow-point glove towards target
- Step towards target w/ non-throwing foot
- Release the ball

Tracking the ball

- Follow ball with eyes into glove
- Use two hands to catch and field
- “Alligator” hands to field ground balls
- Catch ball out in front of body

Hitting

- How to hold and swing the bat
- Batting safety (when not to swing bats)
- Hitting off a tee
- Hitting softly tossed balls (in practice for Tball)
- Go back to Go Forward- shifting weight from back to front

Learning Positional Play

- If ball is hit to your teammate let him/her field it
- Everyone stay in their positions
- Throwing ball to first base

Junior Baseball / Softball

Learn the basic rules

- Run past first base
- Tagging up
- Balls and strikes
- Sliding

Throwing Mechanics

- Introduce proper grip
- Point front shoulder, step, and throw
- Generating momentum toward the target and executing follow-through

Catching and Fielding

- Thrown and hit balls
- Watch the ball into glove
- Use Two hands
- Forehand and backhand
- Underhand flip

Hitting

- Hitting pitched balls from live pitcher
- Choosing right bat
- Learning the strike zone
- Introduce “soft toss” and other hitting drills
- Execute weight shift- Go Back to Go Forward to generate power

Learning positional play

- Learn different positions and areas each player should cover
- Cover nearest base when ball not hit to you
- Basics of cutoffs and relays
- Making throw to bases- understanding force outs vs tag outs

Senior Baseball / Softball

Hitting

- Hitting pitched balls from live pitcher
- Understanding strike zone- swinging at good pitches
- Working the count
- Bunting
- Develop weight-shift to generate power
- Learn variety of hitting drills

Pitching and throwing mechanics

- Learning control- throwing strikes and pitching to locations
- Pitcher covering first
- Long-toss to strengthen arm
- “Crow-hop” after fielding balls

Base running

- Stealing, after ball leaves pitcher’s hand
- Extra-base hits
- Sliding
- Listening to base coaches
- Running to 1st base on dropped 3rd strike

Learning team fundamentals

- Cutoffs and relays

- Basic bunt defenses
- Defending the steal
- Infield and outfield communication

Sample practice plans

Pee Wee Baseball / Softball

Time	Category	Drills		Notes
10 Mins	Dynamic Warm Up (all players together)	<ul style="list-style-type: none"> · High knees · Butt kicks · Side shuffles 	<ul style="list-style-type: none"> · Frankensteins · Arm stretches 	Engage with the players. Upbeat and positive.
10 Mins	Throwing Drills (all players together)	<p>Teach:</p> <p>Grip, stance, point shoulder and hip, use legs</p> <p>Drills:</p> <p>1) Use legs and throw</p> <p>2) cocking</p>	<p>Catching the ball (incrediballs or tennis balls)</p> <ul style="list-style-type: none"> - How to wear glove - Fingers up, down, etc. - 2 hands - Move feet to center the ball <p>Drills:</p> <p>Player throws to coaches practicing proper throwing technique</p>	<p>Have players focus on correct technique and doing the drill properly. This is not “warm-up”; this is throwing practice!</p> <p>We say “throw the ball with your legs”. Use feet to drive legs toward target.</p> <p>Also require players to receive throw properly – ready position, move feet, catch ball two hands near center of their bodies.</p> <p>Note: Cocking Position (or Power Position) happens when lead foot hits ground.</p> <p>Throwing hand holds ball back and at least head high. Bicep/forearm at 90 degrees.</p>

				Glove arm up and extended. Feet wide; no step. Rotate and throw.
20 Mins	Fielding	Fielding – Ball to First Drill		<p>Fielders line up at second base position. First baseman or coach stands on first.</p> <ul style="list-style-type: none"> • Coach hits (or rolls) grounders to players, who take turns fielding the ball and throwing it to first. • You can run this drill from any position on the infield, and throw to any base. • Keep the throw length reasonably short (shortstop to 2nd or 3rd, 1st to 2nd etc.) for younger players
10 Mins	Base running	(How to run) Home to 1st	(How to run) Home to 2nd	<p>Home to 1st: break hard out of box, run straight line toward 1b; hit near edge of base; run straight through bag; look to right for overthrow.</p> <p>Home to 2nd: ball is in outfield, so batter/runner thinks “double”. Run outside base line, lean left at 1st base and touch inside corner (either foot) and turn hard toward 2b.</p>

15 Mins	Hitting (2 groups)	Group 1 Overhand Toss (or Front Toss) Hitting Drills: <ul style="list-style-type: none">· Feet Wide/ Head Down· Hit Away	Group 2 Tee Work <ul style="list-style-type: none">· Pre-Pitch Routines· Level Bat Path	Have players do pre-pitch routine to start every drill. Give players frequent feedback and instruction. Focus on technique rather than results.
---------	--------------------	--	--	--

Junior Baseball / Softball

Time	Category	Drills		Notes
10 Mins	Dynamic Warm Up (all players together)	<ul style="list-style-type: none"> · High knees · Butt kicks · Side shuffles 	<ul style="list-style-type: none"> · Frankensteins · Arm stretches 	Engage with the players. Upbeat and positive.
10 Mins	Throwing Drills (all players together)	<p>Teach: Grip, stance, point shoulder and hip, use legs</p> <p>Drills: 1) Use legs and throw 2) cocking</p>	<p>Focus on making accurate throws to their partner.</p> <p>Catch the ball with proper glove position – moving their body in line with the throw</p>	<p>Have players focus on correct technique and doing the drill properly. This is not “warm-up”; this is throwing practice!</p> <p>We say “throw the ball with your legs”. Use feet to drive legs toward target.</p> <p>Also require players to receive throw properly – ready position, move feet, catch ball two hands near center of their bodies.</p> <p>Note: Cocking Position (or Power Position) happens when lead foot hits ground. Throwing hand holds ball</p>

				back and at least head high. Bicep/forearm at 90 degrees. Glove arm up and extended. Feet wide; no step. Rotate and throw.
20 Mins	Individual Defensive Skill Work Infield	Individual Infield Drills – Ground Balls Teach proper fielding position Drills: · In fielding pos – roll Teach ready position, prep move Drill: · From ready position – roll balls side to side work on moving laterally to field the ball		Introduce drill quickly; use all available coaches to break players into smaller groups. Give players feedback on every rep; tell/show them what they are doing correctly and what they need to improve upon. Fielding Position: feet wider than shoulders, 10 toes point straight ahead. Hips, butt down; back flat like table top; weight on balls of feet. Glove well out in front (so can see ball) at midpoint between feet. Barehand above glove (alligator jaws). Head down so coach who rolls ball can see only button on your hat.
	Outfield	Individual Outfield Drills Teach: Proper technique to catch fly ball Drills: 1) Coach stands next to player, throws pop up; ensure player catches ball with fingers upward 2) Coach 10' from player; toss pop up; ensure proper technique		
10 Mins	Base running	(How to run) Home to 1st	(How to run) Home to 2nd	Home to 1 st : break hard out of box, run straight line toward 1b; hit near edge of base; run straight through bag Home to 2 nd : ball is in outfield, so batter/runner thinks “double”. Run outside base line, lean left at 1st base and touch inside corner (either foot) and turn hard toward 2b.

<p>20 Mins</p>	<p>Hitting (2 groups)</p>	<p>Group 1</p> <p>Bat Path</p> <p>Tee Work</p> <p>For younger players or beginners, holding the bat down near the base using one hand may be too difficult. Have them choke up 2-4 inches on their bats if they are too heavy. Remember, the focus of the drill is the swinging motion, not hand placement.</p>		<ol style="list-style-type: none"> 1. The player will begin by getting into their batting stance. 2. Next they will swing, but using only their bottom hand. 3. After about 30 seconds, have the player switch now to their top hand only. 4. Have each player set up in front of a tee and take live ball swings. Hit 10 balls with the bottom hand only. 10 balls with the top hand only. Then 10 balls using a both hands (normal swing) <p>Emphasize proper swing technique by isolating each of the batter's hands.</p>
		<p>Group 2</p> <p>Soft Toss</p> <p>Front Toss</p>		<p>Have a coach stand off to the side of the hitter and throw soft/side toss. Hitter should focus on swing down and through the ball – use a Net if available 8-10 hits</p> <p>Using Heavy Balls – Stand 5 – 8 feet in front of hitter and underhand balls to the hitter 8 – 10 hits</p>

Senior Baseball / Softball

Time	Category	Drills		Notes
10 Mins	Dynamic Warm Up (all players together)	<ul style="list-style-type: none"> · High knees · Butt kicks · Side shuffles 	<ul style="list-style-type: none"> · Frankensteins · Arm stretches 	Engage with the players. Upbeat and positive.
10 Mins	Throwing Drills (all players together)	<p>Teach: Grip, stance, point shoulder and hip, use legs</p> <p>Drills: 1) Use legs and throw 2) cocking</p>	<p>Focus on making accurate throws to their partner.</p> <p>Catch the ball with proper glove position – moving their body in line with the throw</p>	<p>Have players focus on correct technique and doing the drill properly. This is not “warm-up”; this is throwing practice!</p> <p>We say “throw the ball with your legs”. Use feet to drive legs toward target.</p> <p>Also require players to receive throw properly – ready position, move feet, catch ball two hands near center of their bodies.</p> <p>Note: Cocking Position (or Power Position) happens when lead foot hits ground. Throwing hand holds ball back and at least head high. Bicep/forearm at 90 degrees. Glove arm up and extended. Feet wide; no step. Rotate and throw.</p>
20 Mins	Individual Defensive Skill Work Infield	<p>Individual Infield Drills – Ground Balls</p> <p>Teach proper fielding position</p> <p>Drills:</p> <ul style="list-style-type: none"> · In fielding position – roll <p>Teach ready position, prep move</p> <p>Drill:</p> <ul style="list-style-type: none"> · From ready position – roll balls side to side work on moving laterally to field the ball. 		<p>Introduce drill quickly; use all available coaches to break players into smaller groups.</p> <p>Give players feedback on every rep; tell/show them what they are doing correctly and what they need to improve upon.</p>

		Progress Drill to forehand and backhand fielding position teaching crossover technique.		Fielding Position: feet wider than shoulders, 10 toes point straight ahead. Hips, butt down; back flat like table top; weight on balls of feet. Glove well out in front (so can see ball) at midpoint between feet. Barehand above glove (alligator jaws). Head down so coach who rolls ball can see only button on your hat.
	Outfield	Individual Outfield Drills Teach: Proper technique to catch fly ball Drills: 1) Coach stands next to player, throws pop up; ensure player catches ball with fingers upward 2) Coach 10' from player; toss pop up; ensure proper technique		
10 Mins	Base running	(How to run) Home to 1st	(How to run) Home to 2nd	Home to 1 st : break hard out of box, run straight line toward 1b; hit near edge of base; run straight through bag Home to 2 nd : ball is in outfield, so batter/runner thinks "double". Run outside base line, lean left at 1st base and touch inside corner (either foot) and turn hard toward 2b.

<p>20 Mins</p>	<p>Hitting (2 groups)</p>	<p>Group 1</p> <p>Bat Path</p> <p>Tee Work</p> <p>Remember, the focus of the drill is the swinging motion, not hand placement.</p>	<ol style="list-style-type: none"> 1. The player will begin by getting into their batting stance. 2. Next they will swing, but using only their bottom hand. 3. After about 30 seconds, have the player switch now to their top hand only. 4. Have each player set up in front of a tee and take live ball swings. Hit 10 HEAVY balls with the bottom hand only. 10 balls with the top hand only. Then 10 balls using a both hands (normal swing). <p>Heavy balls will introduce the need to swing through the ball with legs.</p> <p>Emphasize proper swing technique by isolating each of the batter's hands.</p>
		<p>Group 2</p> <p>Soft Toss</p> <p>Front Toss</p>	<p>Have a coach stand off to the side of the hitter and throw soft/side toss. Hitter should focus on swing down and through the ball – use a Net if available 8-10 hits</p> <p>Using Heavy Balls – Stand 5 – 8 feet in front of hitter and underhand balls to the hitter 8 – 10 hits</p>