



Coaching Concepts and Mindsets

- Encourage Effort & let players know Mistakes are OK and a major part of skill building. In baseball, if you don't fail, then you're not trying.
- We are working with kids. Patience is vital. Developing skills will take time and repetition. Learning the game of Baseball is a marathon not a sprint.
- For safety and the skill building process, be aware that players have different skill levels and confidence, group accordingly for catch and drills.
- Strive for five times more praise than criticism. Make each praise or criticism specific & truthful.
- Focus on process not results when teaching and providing feedback. Players can only control their actions, teaching the fundamentals of these actions will help them develop better positive results.
- Teach players to "Respect and Honor the Game". - ROOTS
 - Respect the (R)ules;
 - Respect their (O)pponents;
 - Respect the (O)fficials;
 - Respect their (T)eammates;
 - Respect One's (S)elf.
- Make it a goal, as a Coach, to NOT tell players where to throw the ball during games and scrimmages. Making decisions is one of the greatest learning opportunities. Let them make mistakes and then teach. (Hardest part of Coaching for me)
- Legs power the body, head control power - The game is played with the feet. Teach 'lower half' is very important.
- Teach that momentum (movement) is paramount to generating power and fluidity in throwing. Encourage a 'two step throw'.
- Catch Practice is the most important part of every practice. Coaches and players need to be focused and disciplined, and at their best.
- Batting practice is a 12-player drill. Keep everyone engaged.
- Every throw during practice should be made using a sound throwing technique. If a player makes a lazy throw correct them and have them do it again.

- Delivering Balls during Fielding Drills
 - Throwing/tossing/rolling the ball is preferred to ensure accuracy and allow the players to focus on the actions of their body (process) not the reactions of the ball.
 - Throw (hit) repeatedly to the same spot in order for the player to have repeated and consistent reps of the same movement. Give a series of balls (5 or 10) to their right, then to their left, in front, behind, etc.
 - When tossing fly balls DO NOT throw High 'pop flies'. The arc should resemble a football pass.
- Do Not Hover over your own child - work with other players and let other coaches correct and encourage your child. You have time at home to work with your child.