

An Unofficial Coach's Handbook for NWA Kickball

(Useful Information
compiled from a variety of sources)



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Getting Started

1. Read your Rule Book thoroughly.
2. Get familiar with the website: www.nwakickball.com
3. For Junior, Senior and Teenage coaches know your tryout and team draft dates. During tryouts you will be given a roster and the girls will demonstrate their skills. At the draft your team will be given a number and you will be able to draft your team as the order goes around. After the draft you will pick your team colors and your pre-season practice schedule.
4. Teams are announced at the opening night ceremonies. Prepare to meet your team for a short time after the announcements.
5. Have a team party and sign up parent volunteers.
Your team will need:
Head Coach; Assistant Coach; 2nd Assistant Coach; Team Parent; Field Marker; Concession Stand help; Umpire; Team Scorekeeper; Official Scorekeeper.
6. Meet with the Team Parent and Assistant Coaches to send out to the team:
A preseason practice schedule, a team roster, and a game schedule.
7. Every parent needs to volunteer your team needs:
 - Two parents to volunteer and take the umpire test. You need one umpire at every game.
 - Two parents to do scorekeeper training. Home team is the official scorekeeper.
 - Two to four parents to mark fields. Visitor is the field marker.
 - Six parents to work concessions. Approx. three shifts with two people per shift. Your team will also be asked to help with concessions during the mid and end of season tournaments. Siblings and children 12 and over can help.
8. Send out e-mail reminders for each game.
9. Read your rule book again and check the website often.

MISCELLANEOUS

1. Lower division teams are urged to have your team parent get names put on the uniforms. This helps the fans be better supporters. You may know all the girls, but the parents probably don't. Names help the spectators say things like "Good try, Jenny!" and make the players seem more like people. You might want to also have shoelaces that match your uniform.
2. Remember that you must have at least two adults at all practices. One of these adults must be female but does not have to be a coach. If you have an injury or a problem, you can't very well take 12 girls with you. This is for the safety of you and your players.
3. Clarify among the coaches how coach/daughter situations will be handled. It is often better if a coach has the main responsibility for another coach's daughter. It is important that coaches' daughters are not shown preferential treatment. If anything, they should be an example to the rest of the team.
4. Use positive reinforcement. Look for the things the player does well. For example, if a girl is using her hands to catch instead of "making a basket", rather than saying "Don't catch with your fingers because you'll jam them", try something like "Let the ball come to your forearms and hug it into your body giving with the ball". Always try to provide a cue for the player to focus on that puts emphasis on performing correctly.
5. Make sure you never embarrass or humiliate a player. If a player makes a mistake in a game, take the blame yourself. Even though you may have already taught her, let her know you will work more or explain better later.
6. Maintain a reasonable outlook on winning. Of course, we all want to win but must keep winning in perspective. Teach by your example that effort and attitude are more important. Remember that every time a game is played, half the people lose. Players need to learn to deal with both victory and defeat for themselves and their opponents.
7. Video of practice or games can be a good learning tool.
8. Encourage your team to cheer and have team yells.
9. Stress sportsmanship. Be an example by complimenting your opponents.
10. Umpires are volunteers, too. Treat them with courtesy. They are human and can make mistakes. If you think an umpire is missing an infraction or is in error, call a time-out and ask the plate umpire to watch for the infraction or for permission to speak to one of the other umpires. One umpire cannot overrule another, but if asked can offer an opinion. Feel free to ask for an explanation of a call. Time-outs to talk to the umpire

do not count against you. Be reasonable on how often you question calls -- excessive game delays distract from the game and from the fun of competition.

11. Time-outs to talk to your team do count. You are allowed only one per half-inning, anymore will result in your pitcher being removed from her position for the remainder of the game. You do not have to call a time-out to switch player positions, but this should be done quickly. A new pitcher is entitled to warm-up pitches the first time she pitches in a game. The umpire may not always notice a pitcher change, so have the coach or new pitcher ask for warm-ups if you want her to have them. In rookies, the time-out after 3 outs to rotate players does not count as a time-out, but please try to do this quickly.

12. Balls are inflated to 6½ pounds.

13. On game days when the weather is questionable check the website for field playability. Have a phone tree plan in place to get the word out to your players if the field status is not favorable for a game.

14. Uniforms: Coaches on the field should wear a "coach" team shirt provided by the league to match your team. Shorts or pants should match your players (no, jeans, please).

15. During a game, coaches and players not on the field must be totally within the dugout during play.

Sample Pre Season Practice Schedule

NWA Kickball 2008
S1/ Team Crush

Pre-Season Practice Schedule

Saturday, March 1 st	11:30am	Senior Field
Sunday, March 2 nd	5:30pm	Senior Field
Tuesday, March 4 th	5:15pm	Rookie Field
Saturday, March 8 th	5:30pm	Teenage Field
Sunday, March 9 th	4:00pm	Rookie Field
Monday, March 10 th	6:00pm	Rookie Field
Friday, March 14 th	6:30pm	Teenage Field
Saturday, March 15 th	4:00pm	Rookie Field
Wednesday, March 19 th	6:00pm	Junior Field
Saturday, March 22 nd	**Practice Canceled**	
Sunday, March 23 rd	**Practice Canceled**	

Note: Practices during Spring Break are optional

Note: Our fixed practice starting April 12th will be every Sunday at 5:30pm on the Senior Field

Sample Game Schedule

NWA Kickball Senior 1/ Team Crush 2008 Game Schedule www.nwakickball.com

Date	Time	Field (**)	Home/Visitor- Required Volunteers
Monday, March 24 th	5:15pm	Senior (S4)	Visitor - field marker & ump
Saturday, March 29 th	4:00pm	Senior (S3)	Visitor - field marker & ump
Monday, March 31 st	5:15pm	Teen (S2)	Home - official scorekeeper & ump
Wednesday, April 2 nd	5:15pm	Senior (S5)	Home - official scorekeeper & ump
Monday, April 7 th	5:15pm	Senior (S6)	Visitor - field marker & ump
Friday, April 11 th	6:00pm	Senior (S4)	Home - official scorekeeper & ump
*Concessions 5:15 - end of game, Davis & Wisenhunt			
Monday, April 14 th	5:30pm	Teen (S3)	Home - official scorekeeper & ump
Wednesday, April 16 th	7:00pm	Senior (S2)	Visitor - field marker & ump
*Concessions 5:15 - 6:45, Haney & Sharp			
Tuesday, April 22 nd	5:30pm	Teen (S5)	Visitor - field marker & ump
Thursday, April 24 th	5:30pm	Senior (S6)	Home - official scorekeeper & ump
Tuesday, April 29 th	5:30pm	Senior (S4)	Visitor - field marker & ump
Thursday, May 1 st	5:30pm	Teen (S3)	Visitor - field marker & ump
Saturday, May 3 rd & Sunday, May 4 th Mid-Season Tournament			
Monday, May 5 th	7:00pm	Senior (S2)	Home - official scorekeeper & ump
Thursday, May 8 th	7:00pm	Senior (S5)	Home - official scorekeeper & ump
*Concessions 5:15 - 6:45, Zamen & Joseph			
Monday, May 12 th	5:30pm	Senior (S6)	Visitor - field marker & ump
Thursday, May 15 th	7:00pm	Senior (S4)	Home - official scorekeeper & ump
Monday, May 19 th	7:00pm	Senior (S3)	Home - official scorekeeper & ump
Thursday, May 22 nd	5:30pm	Senior (S2)	Visitor - field marker & ump
Tuesday, May 27 th	7:00pm	Senior (S5)	Visitor - field marker & ump
Thursday, May 29 th	5:30pm	Teen (S6)	Home - official scorekeeper & ump
Saturday, May 31 st & Sunday June 1 st End of Season Tournament			

**Indicated opponents team number

*This schedule may change slightly due to scheduling conflicts. We will notify you ASAP regarding any changes.

*Please have your player to the field $\frac{1}{2}$ hour before game time.

*Don't forget a water bottle.

*If you are going to be late or will miss a game, please call:

[REDACTED] **[REDACTED]**

*Regular Season Practice Time starting April 12th: Sundays, 5:30 - 7:00pm
Senior Field

PRACTICES

1. Equipment needed:

Balls -- as many as you can get, and a bag to carry them in (if you have only the 3 provided by the League, have the players bring theirs, too)

Bases -- carpet squares, rubber dish drainers, floor mats, etc.

String or tape for marking field

Flour for marking lines

Rule book for field dimensions

Clipboard for practice notes and attendance records. Keep accurate attendance records so you will know which girls missed what and in case you need to bench a player

First Aid Kit

Miscellaneous Supplies -- Extra water, ice, towels, rubber bands (for hair), treats

2. Get to practice early to mark the field.

3. Have a plan of what you are going to work on and how long you'll spend on each part.

4. Try to keep your practices moving and have everyone involved. Standing in line waiting for a turn is boring and unproductive.

5. For young or new players, it is recommended that you schedule a practice session (20-30 minutes is plenty) with them and their parents. You can do this individually or two girls at a time. Use this opportunity to get to know the girl and put her at ease with the sport. This also lets the parents know what you are teaching her and enables them to work with her at home.

6. First Practice:

Warm-up

Work on basic skills -- Stress fundamentals (a video is available for checkout):

Throwing -- shoulder rotation, eye on target, step and follow through to target

Catching -- ready position, move to ball, and cradle the ball in your basket

Kicking -- ready position, small step to adjust, stride, aggressive follow-through toward target with toe pointed and opposing arm swinging

Use lots of drills (examples later in handbook)

Assess your players to determine what you will need to work on most and begin to think of positions for each girl

7. Second Practice:

Warm-up

Work on basic skills using more drills

Explain the various positions (where each one plays and her responsibilities)
Put girls in positions and simulate game situations (have a coach kick the balls initially so that there are more plays to be made)

8. As you have more practices, you will probably have fewer drills and more game situations. Always let the players know the specific situation, i.e., # of outs, where the runners are, and where the play should be. In the younger divisions, virtually all practices should include drills of basic skills.

9. During the first few weeks of practice, the league coach or another league official will try to visit at least one of your practices.

DEFENSIVE POSITIONS & RESPONSIBILITIES

Frequently remind your players that their primary responsibility on defense is fielding the ball. If they can field the ball, they should go for it and count on their teammates for back-up or covering their base.

Each player will need to adjust her position according to the position of her teammates. Initially, she will need to make sure that she has a clear view of the kicker and the ball crossing home plate. If she can see the pitch as the kicker makes contact, she will be able to anticipate the kick and react more quickly to the ball.

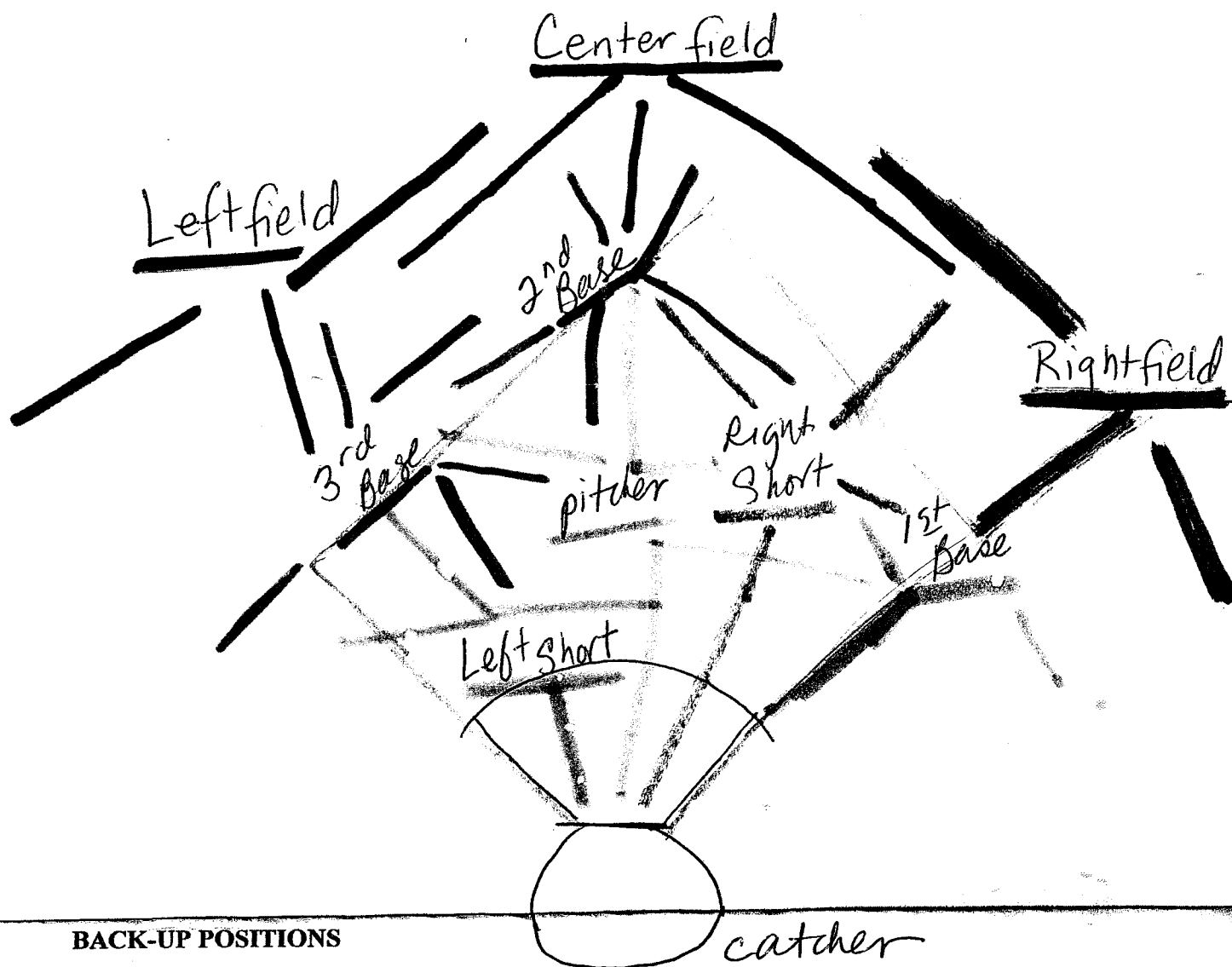
Generally infielders have good reactions, are quick thinkers, know the rules, can make accurate throws, stay aware of the game situation and are leaders. They tend to be your older, more experienced players but not necessarily. Give the younger ones an equal chance; you may be pleasantly surprised.

Outfielders should be able to catch long fly balls and have strong throws. They may be the girls who require a little more time to react to the ball. Make sure to give these girls a lot of practice rather than relegating them to the outfield forever. Most of them would rather play somewhere else. Try to give them the chance.

The table on the following page summarizes the responsibilities of the various field positions.

(Numbers correspond to those in the score book)

Position	Responsibility
(1) Pitcher	Should know the basic pitches and be able to vary both the type of pitch and target area on the plate. She should cover bases when the baseman has to field a ball, be a team leader, and have good ball sense. She does <u>not</u> have to be the daughter of a coach.
(2) Catcher	Should cover home plate on a force at home and back-up the left short when she is covering home. In rookies, the catcher is usually one of your better players – she should be able to catch well but doesn't need a strong throw. In the upper divisions, this is often a position that is subbed. A good catcher can be a real asset, but often a luxury that cannot be afforded during regular season play. She must position herself outside the kicker's circle and out of the kicker's field of vision until the ball is kicked. Once contact is made, she should move quickly to home plate. It is her job to try to stop all bunts before they reach the 3-foot line.
(3) 1 st Base	Should be positioned far enough infield to be useful as a fielder. The depth of her position will vary by age division and the strength of the kicker. She must be careful to avoid being in the basepath when she is not fielding a ball. She should also be prepared to act as a relay on a ball kicked to right field. The 1st baseman is often one of your taller players who can provide a bigger target and stretch for balls. She is not afraid of the ball or of incidental contact with the runner. She must be able to concentrate on the ball.
(4) 2 nd Base	Plays on the 3rd base side of 2nd where she can see between the pitcher and left short. She is likely to be one of your best catchers.
(5) 3 rd Base	Plays far enough infield to be useful as a fielder and able to move to her right for foul balls. She acts as a relay from left field. She should have good game sense and the ability to make tags.
(6) Left Short	Plays on the 9-foot line closer to the foul line than to the pitcher. She is probably your best fielder and will get the most action. She has quick reactions, good ball sense and is a leader. She is responsible for kicks anywhere near her, for bunts and covers home except on a force.
(7) Left Field	Plays deep between 2 nd and 3 rd . She is responsible for backing up the fielders in front of her, center field, and 3 rd base. In Juniors and Seniors, she is probably your best outfielder.
(8) Center Field	Plays deep behind 2 nd and back up both left and right field and second base.
(9) Right Field	Plays deep between 1 st and 2 nd . She should back up right short, center field and 1 st base. She is probably your weakest outfielder unless the pitcher or the wind are sending balls to right field. If she cannot master backing up all three of her teammates, emphasize her responsibility of backing up overthrows to 1 st . This is likely to be one of the positions subbed.
(10) Right Short	Plays on the 1st base side of 2nd. Her depth varies with the age division and strength of the kicker. In rookies, she should be all the way up on the 9-foot line. In the upper divisions, she can be almost to right field. She should be someone who can handle the ball quickly and has good ball sense. She becomes the 2nd baseman when the original 2nd baseman is fielding a ball. Her reactions and fearlessness are not as superior as those of the left short.



BACK-UP POSITIONS

Each position needs a back-up to ensure the ball is played in a timely manner.

- 1st base: If the first baseman is pulled away, the right short stop, and sometimes the pitcher will cover 1st. The right fielder assists in the field and at times will cover 1st.
- 2nd base: Pitcher or center field
- 3rd base: Left short, and sometimes the pitcher will cover 3rd base. The left fielder assists in the field and at times may cover 3rd.
- Home plate: Left or right short, and sometimes the pitcher will cover home.
- Left short: Pitcher
- Right short: Pitcher
- Left field: Center field
- Right field: Center field
- Center field: Left or right field
- Pitcher: Left short, right short, and second baseman.

Tip: Make sure the girls are following the ball. Even though the ball may not be in their area, there is a potential that the ball will come to their area by the end of the play. Keep your eye on the ball at all times.

THE GAME

1. Ahead of time:

- Know which players will be there.
- Make at least 3 copies of your line-up (one for your dugout, one for the opposing team, and one for the officials).
- Make sure one of your team umpires will be there. The home team is responsible for providing the first base umpire, and the visiting team for the third base umpire.

2. Take to the fields (at least 30 minutes before game time):

balls for warm-up	pencil sharpener	First Aid Kit
team score book	extra water	watch,
line-ups,	ice	extra shorts
clipboard,	towel	diagram of player positions
rulebook,	rubber bands	
by-laws,	bobby pins	
pencils,	ziploc bag for jewelry	

and (for upper divisions) extra hat, substitution slip and feminine hygiene products.

3. Warm-up:

Have your team warm-up in the outfield near your dugout. The team listed first on the schedule is the visiting team and will be in the dugout by first base. The team listed second is the home team and will be in the dugout by third base. Teams warming up should stay in the grass and out of the way of those marking the field. Do not let your players get near the chalked lines. If you are the second game on the field, you may need to find an area by the soccer fields to warm-up. Remember that warm-up is limited to 30 minutes or it will count as a practice.

4. Before the game:

- The home team is responsible for recording the game in the official scorebook. The official score books are located in the shed. Make sure that you get the one that is labeled for the appropriate field, age division and game time and allow enough time for both teams to enter their line-ups. Players must be listed by full name (first and last), number and starting position.
- The visiting team is responsible for marking the field. This is usually done by one or two parent volunteers and should take about fifteen minutes. The field should be marked before every game, even if another game has just been played on the field.
- Introduce yourself to the plate umpire.
- Get your players in the dugout a few minutes before game time or as soon as the umpire tells you to. Check to make sure your players have removed all

jewelry, secured their hats, tucked in their shirts and know where they're playing.

- Be ready to promptly take the field or send out your first kicker at the signal of the umpire.

5. During the game:

- Keep your players up beat and moving in and out of the dugout quickly.
- (Upper Divisions) Have your substitutions in writing and ready at the beginning of the fourth inning. This should be handed to the plate umpire and must include the numbers and full names of all players involved, e.g.

#12 Mary Jones for #2 Ann Smith.

6. After the game:

- Line-up your players by your dugout to file by the other team. This line includes coaches at the end and generally demonstrates the team's sportsmanship. Coaches should then go thank the umpires.
- You might want to talk to your players briefly about the game, return their jewelry, etc. to them and remind them of your next scheduled activity.
- Get your team score book from your team scorekeeper. (Home team: be sure to return the official score book to the concession stand).
- If there is another game scheduled for your field, please try to vacate the dugout in a timely manner.
- Each team is responsible for cleaning up their dugout and around their stands. If you are the last game on the field, please take the trash sack to the dumpster by the Senior Field and replace the trash sack. Extra sacks are available in the concession stand.

PRACTICE DRILLS

As a coach your main concern is to teach and coach all the girls on your team. We want each player to have the opportunity to play and contribute to the team. Your biggest challenge will be to assess the strengths and weaknesses of each of your players and then help each player use her strengths and improve her weaknesses so she can play to the best of her abilities. This section of the handbook is intended to give you some techniques to assess and build player skills.

The primary skills needed for kickball are:

Accurate throwing,
Catching,
Kicking,
Fielding, and
Base running.

THROWING

Long Distance

When throwing the ball a relatively long distance (from outfield to infield or across the infield), the player should use the side arm throw. The player should

- look directly at the person she intends to throw to,
- take a step toward her target with her body facing sideways with her throwing arm furthest from the target,
- twist her body with the arm holding the ball behind her, such that her target can see the back of her shoulder,
- swing her back arm forward using her upper body, releasing the ball and
- end with her "ball hand" pointing toward the person she has thrown the ball to.

It is important for the player to keep her eye on the target throughout this process.

Short Distance

When throwing the ball a relatively short distance (a few feet), the player can use a "basketball" pass or "push" throw. The player should

- Face her target,
- Have a hand on each side of the ball with elbows pointing outward, and as she steps with the opposing foot, and
- "push" the ball toward her target.

In both cases, the girls throwing the ball should be targeting the throw at the catcher's chest or midsection.

CATCHING

The players should be taught that all balls should be caught in a "basket." The basket is formed by holding your arms in front of you with elbows bent and palms facing upward. As the ball reaches the basket, a player should "cradle" the ball into her body. The player should always move in front of the ball so that the ball comes into her basket easily. By moving in front of the ball, even if the catch is missed, the ball is usually blocked and remains in front of the player. It is easier and faster to pick up a ball in front of you than to chase a ball that has gotten behind you. If a hard throw is coming, or a high pop fly, a player should give with the ball. The player's body should always be relaxed and slightly bent to ease the impact of the kick/throw.

THROWING AND CATCHING DRILLS

There are several drills that will help you assess and develop a player's throwing and catching capabilities and skills.

Drill #1 - Divide the team into two (2) groups and have each group make a circle. Place a coach in the center of each circle. Have the coach throw a ball to a player and have the player throw the ball back to the coach. The player should be instructed to call the ball and then catch it using her "basket" and throw the ball back to the coach targeting the coach's chest/midsection. This drill can be started with the girls in a relatively small circle and using the "basketball" throw, and then increasing the size of the circle and using the side arm throw. Watch for the range in which the players can accurately return the ball.

Drill #2 - Have the girls pair up, stand facing each other a few yards apart and throw a ball back and forth. They can begin using the basketball throw. After each girl has successfully thrown and caught the ball, have each of them take a large step backward to widen the distance between them. Make sure that they can accurately throw and successfully catch the ball before they widen the gap between them. Have them continue to widen the gap until they reach a point where they can no longer either accurately throw or successfully catch the ball. Watch for the range in which the players can accurately return the ball. This is also a good warm up exercise.

Drill #3 - Divide the girls into two groups and have them line up, one group facing the other. Start the ball on one end and have the girls throw to each other in a zigzag pattern. During this drill stress accuracy and quickness. After the girls have done this drill several times, you may try timing them and see if they can improve upon their time as the season progresses.

Drill #4 - Divide the team into two or three groups and have one coach take a group. Have the girls spread out and kick balls to them. Vary your kicks, including pop flies, line drives, and grounders. Be sure to have your girls charge the ball. With runners

going, every second counts. This drill helps the players' reactions and also teaches them how to work together and call the ball.

KICKING

During a game girls are allowed 20 seconds to get into the kicker's circle from the time the umpire calls "kicker up." During this time, if your team uses signals, be sure to have the players look at you. The girls also want to look at the field before they get in the circle, to be reminded of where the defense is and where the runners are. Most players have their own rituals before they step into the circle which should not interfere with your signals or their preparation for their kick.

Bunt

The bunt is used by the faster girls sometimes to get on base, but primarily to move runners. The bunt does not involve striking the ball forcefully with the foot. Instead, the knee is bent, the leg held forward with the foot held slightly off the ground, heel down and toe upward. The foot is held in this position and the ball is allowed to strike the bottom of the foot and bounce off. The ball can be directed by pointing the bottom of the foot in the direction that the kicker wants the ball to travel. If the pitch is slow, the bunter may have to slightly "push" the ball as it hits her foot. If the pitch is fast, a good bunter will give with the pitch as she bunts. To be most effective, a bunt should go approximately 3 to 5 feet towards first base.

Kick

As the kicker gets in the circle she should stand in the back, feet even with her shoulders, and her legs and waist slightly bent. Depending on the speed of the pitch, the kicker should start her motion when the ball is within 4 feet of the plate. Timing is the most crucial element of kicking. As the kicker starts her motion, she should take a small step with her kicking foot to give her extra power. She will then push off of her kicking leg and take a long stride. She then brings the kicking leg through, swinging her leg completely. A kicker's legs should always be bent until the follow-through, as her kicking leg straightens out. Throughout her motion, the kicker should have her head and upper-body down. Ideally, this process is one fluid motion, but keep in mind that it is difficult to master.

Kicking and Running

The kicker should keep her eye on the ball from the time it is released by the pitcher until it leaves the kicker's foot. However, once the ball is kicked, the player should turn her total attention to her new target - first base. Players often have a hard time resisting the urge to watch their kicks, but it often is the difference from being called safe or out. Ensure the girls that the coaches and parents are watching her kick and will tell her all about it after the game.

Should the ball go foul, the kicker should start the process over in its entirety check the field, check the coach for the signal, enter the circle, prepare to kick, follow the ball in, kick and run.

KICKING DRILLS

When performing kicking drills, it is a good idea to have the girls run at least a few feet out of the circle when they kick. This emphasizes, kick and run. Allowing a kicker to kick pitch after pitch and never leave the circle is hazardous as it conditions the kicker to watch her kick instead of taking off for first base immediately after kicking the ball.

Drill #1 - Place girls in the pitcher, 1st base, catcher and left-short positions. The remaining girls line up by the circle to bunt. Each girl gets two tries to get a fair bunt, just like she usually would in a game. To keep the entire team involved, you can rotate players either every kicker or as you see fit. As the girl bunts, she runs to first and the defense tries to get her out. This drill is also useful for letting your left-short and catcher get used to each other.

Drill #2 - Place players at base position and out-field positions. Have the remaining players line up to kick. Have each girl kick and run through first base. Emphasize running as soon as the ball is kicked in this drill. They should practice a fast take off after kicking the ball. They should NOT look at the ball but run as fast as they can, in foul territory, through first base. Teach them to hit first base running at full speed, continuing past first base, and turning out into foul territory to return to the base. As the girls progress, they should practice the placement of their kick as well.

Drill #3 - A good way to practice kicking form, is to kick into the fence. A girl should place the ball about 10 to 12 feet away from the fence and stand about 6 feet behind it. She then kicks the ball as she would a pitch, focusing on her technique.

RUNNING DRILLS

Drill #1 - Running the bases can be used as part of your conditioning. Have the girls run the full circle of bases, touching the inside corner of the base (this makes the smallest possible path around the bases). Running the base as quickly as they can also gets the girls used to hitting the base at full speed.

Drill #2 - Have the first base coach stand in the coach's box at first base and the girls line up along the fence by home plate. One at a time, have each girl start from the kicker's circle, on a signal from the other coach, she runs to first base. The runner is to listen for the first base coach's instructions as she nears the base. The coach should either instruct her to

- overrun the base (in which case she continues full speed until she is about two steps past the base, then begins to slow down and turns to the right to return to first base)
- go to second (in which case she touches the inside corner of first base and continues to second base), or
- go part way to second to "wait and see" (and then either send her on or call her back to first).

Remind the player to ALWAYS run in foul territory when running to first base. If a runner is in fair territory on her way to first and hit, anywhere on her body by the ball, she will be called out.

FIELDING

Fielding consists of three parts
 anticipating where the ball will be kicked,
 knowing where to throw the ball once it is caught, and
 knowing how to back-up the girl making the play.

Every girl on the field should know where the play is and what to do with the ball if she gets it. It is a good idea to have at least one player on your team call the play before every pitch.

Anticipating where the ball will be kicked and knowing what to do once it is caught requires an understanding of where the runners are currently and where they are going at the next kick. For example, if there are no runners on base or only a runner on first, the kicker will probably try to kick the ball toward third base. The fielder's should anticipate this and the player at second should be ready to receive the ball. Alternatively, if there is a player on third, the kicker will likely try to kick the ball toward first or second base, so the third base runner can score.

"Backing up" means moving behind the player fielding the ball (about 10 to 15 feet behind the player, depending on the division) in case the catch is missed. For example, if a pop fly is kicked to the right outfield, the right outfielder should be moving to catch the ball. AT THE SAME TIME, the center fielder should be moving behind the right fielder in case the ball gets away from the right fielder. If it does, the center fielder should be in position to make the catch.

Kickball Drills

Running Bases:

- 1- Practice running through first base. Line everyone up at home, and send them one after the other running as fast as they can, hitting the orange base, and running through.
- 2- Line everyone up at home, with base coaches on 1st and 3rd, and send them through quickly with coaches sending them on, or stopping them.
- 3- Start a practice off by having the girls (PeeWee) running in circles around the bases and yelling out the base name as they touch it.

Defense:

- 1- Put short stops on the line, and tell them where the runners are (instead of where the play is) and then kick them the ball. The goal is to teach which base to throw to for a force out.
- 2- At the end of practice, line all the girls up and have them each catch a fly ball before they leave. (I do this at the end of every practice. It is important that all the girls stay and cheer each other on until the last girl catches her pop fly). If a girl is having trouble catching, NEVER tell her to scoot closer. It is much more subtle for the coach to take a couple of steps closer in, and saves the girl from any embarrassment.
- 3- Split the girls into groups, with one group running from 3rd, one group playing LS, and one group at catcher. Explain to the baserunners that the bases are loaded, and if the ball is kicked on the ground, they must run home. Let the coach kick the ball to the LS, and she either tags the runner or throws it to the catcher. This is the perfect opportunity to explain to catchers that when the ball is not thrown to them, they must move off of home plate.
- 4- "Run, Run, Run – Throw" This drill is designed to let the girls learn how to make an out at either first or third. Have one girl play first base and the others play one of the shortstop positions. Roll the ball to a shortstop, have her pick it up take 3 to 5 steps and then chest pass the ball to baseman. When you start you may not want to be the actual distance as on the field. As coach, train the girls to listen to you yell "run, run, run, - throw" whenever the player gets in a throwing range she can make.

Offense:

- 1- When reasonable, have the girls kick pop flies to each other. It may get a little hectic, but it is a great exercise.
- 2- Have a couple of girls kicking, while the rest of the team is practicing something else. Decide what the goal is (i.e. kicking it far, low, or in a certain direction) and give them 5 tries to get as close as they can.
- 3- Teach the girls about strikes and balls by having them stand in the circle when pitches are thrown and calling them. It is better not to have the girls kicking at the same time, since it is such a distraction. If they call one incorrectly, ask them to show you where the ball went across. If their reasoning is correct, but you think the ball was in a different place- let it go! The most important thing is that they understand the rule.
- 4- To teach directional kicking, place a red cone about four feet from 1st or 3rd base line and tell them to kick it between the line and cone.

Catching and Throwing:

1. Have the girls get in line and start throwing them "pop-ups". Teach them to catch by having them form a "basket" with their arms and telling them to catch it with their chest.
2. Play a FUN game of "hit the coach" by having the girls get in a circle around you and let them start trying to hit you with the ball. They think it is only fun because they are trying to get you and do not realize that they are learning to catch and throw at the same time. When they get better throw in an extra ball or two.
3. Have girls line up across from each other in straight lines. Use one ball and have them chest pass it back and forth in a diagonal pattern to the end of the line. Make it a race.

Bunting:

1. Describe a correct bunt as driving a go-cart and pressing down on the gas the foot. Raise the knee and press on the gas.

Pitching:

1. Have them "bowl" the ball. Important to only let them use one hand when releasing the ball. Can practice at home on sidewalk. If the ball touches the grass would have been a ball.

RUNNING

- Once the ball has been kicked, run toward 1st base in the "BASE LANE". (*Rule: The kicker-runner must not obstruct a fielder ACTIVELY fielding the ball.*)
- "BASE LANE": A three foot wide lane, outside the foul line, for the kicker-runner running to first base. (*Tip: Run over the orange first base and turn to right. If you turn to the left, the defensive team may tag you "OUT" (below the waist), as an advance attempt to second base. Umpires have been known to call a runner "OUT", even though they were walking back to first base if intent was evident. Rule: While running the bases, if the runner runs more than three feet to the right or left of the imaginary line from her current position to the next base, to avoid a tag, the runner will be automatically called "OUT". Rule: If a play is made at first and the runner did not touch the orange base, she is out. Once she touches or passes the orange base, it ceases to exist and she must return to the white base.*)
- No lead-offs or stealing. (*Rule: If runner is off the base at time of pitch, she is out, dead ball.*)
- Once a defensive player has touched a fly ball, the runner can advance with caution to the next base. (*Tip: A runner is on first base and a fly ball is kicked. A defensive player runs to catch it and the ball bounces off of her back in the air, and is then caught by another defensive player (the ball never hits the ground). The runner can advance with caution to the next base once the ball hit the first player. Note – the outfield fence and umpires in fair territory are "blades of grass", i.e. a ball that hits them has hit the ground and the ball is live. A kick that hits the fence (or a fielder) and falls over is a homerun.*)

DRILLS:

- Time the runner from home plate to first base. (*Tip: Repeat this a few times to allow the runners to beat their previous times.*)
- Have them run from home to first base. Have a coach at first switch off having the runner "STAY", in which the runner will overrun first base and turn to right, or "TWO", in which the runner will advance to second base. (*Tip: Make sure the runner is told what to do before she reaches the base. This will prevent hesitation. Make sure the runner does not slow down prior to reaching the base. She should be going full force past first base or rounding to second base.*)
- Coaches: The first base coach is responsible for the kicker and the runner on first base. Once the runner leaves first base, the third base coach takes over. (*Tip: Make sure the runner is watching the third base coach once she leaves first base.*)

BUNTING

(not allowed in PW/Rookie Divisions)

- Stay as far back in the circle as possible without standing or touching the white line. *(Tip: By staying back, the defensive team thinks the kicker is going to kick. If she is standing close to home plate, the defensive team knows what she is going to do, and the short stops and catcher are ready.)*
- Take one step with the non-kicking foot.
- Bring kicking foot forward about a foot length in front of non-kicking foot.
- Bend knees, lean forward, and raise kicking foot about two inches off the ground with toe pointed up to the sky.
- Push the ball forward with the underside of foot. *(Tip: Depending on the speed of the ball, the kicker may need to pull her foot back to cushion the kick, so it will barely go over the three foot line. Rules: A "double tap" is a foul ball. Foul bunt on third strike is an out.)*

DRILLS:

- Bunt over and over again.
- Pair up and bunt to each other.

KICKING

The top of the ball must cross the plate below the kicker's knee to be called a "STRIKE". A high bouncy ball that hits the plate is a strike, even when it touches high on the kicker. If she swings and does not contact the ball with her kicking leg (below knee), it is a strike. The ball may contact the kicking leg several times and be legal. If it touches any other part of her body or uniform, it is foul.

- Stay as far back in the circle as possible without standing or touching the white line. *(Tip: Watch for "rocking back" and move kicker forward if she does this.)*
- Take one step with the non-kicking foot and swing through with the kicking foot.
- Point your toe toward the ground.
- The ball should hit the bow-tie (shoe laces) on your shoe. *(Tip: Soccer kicks are not recommended. The ball tends to pop-up and is easily caught.)*
- Lean your upper body forward. *(Tip: Swing your arms for more power - opposite hand toward kicking knee, and same hand behind you.)*
- Bring foot down inside the circle. *(Rules: If the kicker swings and misses, and the foot comes down on any white line, or on or past home plate, the kicker will be called "OUT". Once the ball is pitched, if the kicker steps over or touches any white line, AND SWINGS at the ball, the kicker will be called "OUT".)*
- Grounders: Follow the above steps. The ball should hit your shoelaces, but your foot should be turned inside. Keep your leg and foot in line, and rotate your knee toward the dugout. *(Tip: These are the best kicks.)*

DRILLS:

- Kick over and over.
- Kick against the fence.

PITCHING

The “STRIKE ZONE” is any part of home plate and the area encompassed by imaginary lines drawn at right angles to the edges of home plate, extending upward to an imaginary line parallel to the plate and at a height equal to the **bottom** of the kicker’s knee. Any sliver of the ball in this “box” is a strike.

STRAIGHT PITCH

- Stand in rear of box. *(Tip: The pitcher can hold the ball with two hands if more comfortable.)*
- Advance toward home plate, bend knees, and bring arm/ball forward as if bowling. *(Tip: **Cup** the ball between palm and arm above wrist. Ball must be released below the pitchers waist and with one hand. (Exception: PW/Rookie league is allowed to release using two hands). As in bowling, once the ball is released, the hand should come straight up in line with home plate.*
- Ball must hit at least once in fair territory before crossing the plate.

INSIDE CURVE

- Using the steps above, twist wrist with little finger toward the center, aiming the ball toward the opposite side of the plate. *(Tip: If you know what foot the kicker kicks with, put the ball across the plate at her non-kicking foot. This makes the kicker move in an awkward position to kick the ball.)*

OUTSIDE CURVE

- Using the steps above, **cup** the ball and rotate arm around outside of ball.

DRILLS:

- Practice, Practice, Practice...

THROWING

DRILLS:

- Partner-up about ten feet apart. Throw with your stronger arm underhand aiming for the chest. Do the same about twenty feet apart. At 30 feet, switch to a side-arm release with a power step. *(Tip: Have the girls use the hand (underhand or overhand) that throws furthest and most accurate. This is a good warm-up before games and practices.)*
- The “Chest-Pass” is good for short distance throwing. *(Tip: Right short is about five to ten feet from the first baseman, she can chest pass for accuracy.)*
- Split the team in two groups. One line at first base and the other at right short. Roll the ball to right short and right short will throw the ball to first base. *(Tips: Make sure the girl at first has one foot on the base. It is better that the girl on first get off of the base to go get a overthrown ball, than to wait until the ball passes her to go get it. Follow the ball at all times.)*
- Split the team in two groups. One line at third base and the other at left short. Do the same drill as above.
- Using the two drills above, place a girl on second base as well and change up the play with the girl throwing from the shortstop.
- Get in a big circle and throw to the person across from you. *(Tip: This is a good drill to use before games and practices.)*
- Split the team in three groups. Position one girl at each of the bases (1st, 2nd, and 3rd). Have the three groups position themselves at left field, center field, and right field. Roll, kick, or bounce the ball to the girl and have them throw to the appropriate base. Swap the girls on the bases periodically. *(Tip: Make sure the throw is hard enough to make it to the base and accurate.)*

CATCHING

Use a “basket” to catch the ball. Round arms in front of you with elbows about four inches apart. Hands should be about shoulder high. Allow ball to land on inside of elbows, and wrap hands around top of ball. *(Tips: Bend knees to cushion the catch. Keep fingers tight against each other, to prevent jammed fingers. Discourage catching with hands, to ensure a more accurate catch, and to prevent jammed fingers. Move to the ball!)*

DRILLS:

- Partner-up and practice catching as the other girl throws. (Can be used with the Throwing drill)
- Get in a big circle, and practice catching. (Can be used with the Throwing drill)
- Kick (or throw) high-flies. This will help in judging a catch. *(Tip: This is a good drill to use before games and practices.)*
- Place a girl on each base and home plate. Make throws to each base. *(Tip: Make sure the girl has one foot on the base at the time of the catch. The catcher should have her foot on the 1st base side of the plate to prevent the runner from stepping on her or running her over.)*

BACK-UP POSITIONS

Each position needs a back-up to ensure the ball is played in a timely manner.

- 1st base: If the first baseman is pulled away, the right short stop, and sometimes the pitcher will cover 1st. The right fielder assists in the field and at times will cover 1st.
- 2nd base: Pitcher or center field
- 3rd base: Left short, and sometimes the pitcher will cover 3rd base. The left fielder assists in the field and at times may cover 3rd.
- Home plate: Left or right short, and sometimes the pitcher will cover home.
- Left short: Pitcher
- Right short: Pitcher
- Left field: Center field
- Right field: Center field
- Center field: Left or right field
- Pitcher: Left short, right short, and second baseman.

Tip: Make sure the girls are following the ball. Even though the ball may not be in their area, there is a potential that the ball will come to their area by the end of the play. Keep your eye on the ball at all times.

THINGS WE LIKE TO HEAR

Way to go !	You can do it.	Good Try !
Be Aggressive.	That's the way.	Know what you want to do.
Let's go !	You're in control.	Let's get that run in.
Applause for a good play	-- made by either team.	

CHANGING NEGATIVES INTO POSITIVES

<u>We Don't Want To Hear This</u>	<u>Because</u>	<u>Try This Instead</u>
Watch the back line	Alerts umpire & distracts kicker	Be Ready
That's OK	Calls attention to a mistake	Let's get this one
Don't Let a Strike Go By	Focuses on striking out	Two strikes, be ready to kick this one.
Any type of coaching	It's distracting and confusing	You know what to do
Are you nervous	Undermines confidence	This is exciting, This is what we've been practicing for, Let's show them what Northwest can do, Give it your best

NWA Kickball

Coaches Code of Conduct

Thank you for taking the time to participate as a coach in NWA Kickball. The purpose of our League is teach young girls and women the basics of life, love of God, obedience of the law, the joy of winning and the sadness of losing, the importance of teamwork, the respect for others, and the desire to promote good sportsmanship.

As a coach in our League, by definition, you will set the example for your players with each interaction you have with them be it game, practice, or other event. Above all else, you will serve as the primary role model of sportsmanship, fairness, integrity, and appropriate behavior for both your players and their parents.

The following Code of Conduct applies to you as a coach, in any capacity, in our League. Your signature below indicates that you have read and understood these requirements and agree to follow them throughout the season. Further, you understand and acknowledge that failure to abide by this Code of Conduct may include disciplinary action by the Board, up to an including dismissal from coaching responsibilities.

Any questions regarding this Code of Conduct should be directed to the NWA League Coach.

Coaches Shall Not:

- Use profanity or abusive language during practices, games, or other kickball events
- Participate in, or allow the use of, alcohol or tobacco (in any form) during practices, games, or other kickball events
- Participate in, or allow the use of, illegal drugs or the abuse of prescription drugs
- Encourage or condone a player's ridicule, taunting, or embarrassment of other players
- Participate in any physical altercation with ANY coach, player, parent, or umpire

Coaches Shall:

- Encourage teamwork and sportsmanship at all times
- Be fair and impartial regarding each player on the team
- Pay careful attention to the physical condition of each player on the team
- Demonstrate respect for each player, umpire, and parent

I have read and understood the above Code of Conduct and agree to follow this Code of Conduct throughout the season.

Printed Name

Signature

Date

Pee Wee and Rookie Special Section

NWA ROOKIE DIVISION

"UMPIRE CHEAT SHEET"

VISTING TEAM – 1st Base dugout, marks fields, and provides 1st and 3rd base umpires

HOME TEAM – 3rd Base dugout, provides scorekeeper and Home Plate umpire

RULES TO REMEMBER

- Minimum 7 players required per team to play an official game
- Games are 6 innings, but can't start a new inning after 50 minutes
- Everyone plays – must rotate players in field, maximum 2 innings at a position
- Maximum 8 players in the infield, other players in outfield (behind base path)
- Maximum 2 players forward of the pitcher's box prior to any pitch
- No intentional walks

HOME PLATE UMPIRE ("Umpire-In-Chief")

- Remind Coaches to provide line-ups to Scorekeeper and opposing Coach
- Have Coaches line teams up on foul lines 5 minutes prior to scheduled start time (This is a good time to check uniforms & jewelry, shirts tucked in, stud earrings OK)
- Coach or Umpire should assist players in reciting LMKII pledge
- **START GAME PROMPTLY** – Note time of first pitch to Scorekeeper

FIELD UMPIRES

- 2 Umps – Home Plate Ump covers home and 3rd, Base Ump covers 1st & 2nd
- 3 Umps – Home Plate Ump covers home, 3rd Base Ump covers 2nd & 3rd

MAKING CALLS

- CALL KICKER TO CIRCLE - Motion to player in On-Deck Circle. Say "KICKER UP"
- BEGIN PLAY - Point to Pitcher and say "PLAY BALL"
- PLAY IS OVER - Raise hands and say "TIME" or simply call next kicker to circle by saying "KICKER UP". (You'll lose your voice if you call "TIME" after every play!)
- TIME OUT - Raise hands. Say "TIME"
- DEAD BALL - Raise hands, Say "DEAD BALL" while stepping into fair territory in front of Home Plate
- RESUME PLAY - Simply point to the Pitcher, If necessary say "PLAY BALL"
- BALL - Say "BALL". Announce the count
- STRIKE - Say "STRIKE", Announce the count
- FOUL BALL - Wait until touched by defense or obviously foul with no chance of returning to fair territory; Raise hands, Say "FOUL BALL", Point with both hands to foul territory. Announce the count
- FAIR BALL - Point to fair territory, **Say nothing!**
- OUT - Raise right hand. Say "OUT"
- SAFE - Push hands apart, **Say nothing!**
- PLAYER MISSES BASE - **Say nothing!** Wait for appeal (where defensive player steps on missed base either deliberately or accidentally). If appeal is made, make your call. If no appeal after a "reasonable amount of time" (a short pause) call next kicker up. Appeal expires at beginning of next pitch.

Pee Wee Practice Drill Suggestions

Begin by breaking the game down into the basic skills of kicking, running, throwing and catching. You'll eventually be able to simulate game situations, but don't rush it! Teach the basics first. When frustration mounts ... it's probably time to change drills.

BEGINNER DRILLS:

- *LINE UP* (along a line and behind a mark or cone)
- *READY POSITIONS* (make it into a "gottcha game")
- *ATTENTION SIGNALS* (*rhythmic claps, whistles, etc*)

KICKING

- Begin with "static kicks". Chances are "Lefties" are really "Righties". Determine player's dominant foot by placing item front-center of player. Ask them to "stomp the bug".
- Keep it simple. "Step – Kick". No "running starts".
- With pitching, It's all about timing. Choose a consistent pitching speed for both practices and games. Faster you pitch (within reason) ... harder they'll kick. You want them to contact the ball just AFTER it passes the plate.
- Teach them the basics: 1) Watch the ball. 2) Point the toe and "kick with your laces" 3) Follow through by "finishing with your foot in front of your face" (demonstrate by holding your hand out waist high ... having them kick up to it).
- Finer points: 1) Stay in the circle 2) Take small steps left or right to keep the ball in centered in front of you 3) directional kicking (very rare in Pee Wee, but who knows ...)

KICKING DRILLS:

- *FENCE KICK*: Chain link is a great backstop!
- *STATIC KICK*: Place ball just behind the plate. May need to "make a divot".
- *THREE PITCHES*: Each player gets three pitches. Runs to first on after the third pitch
- *DIRECTIONAL KICKING*: Who can "hit the cone"?

BASE RUNNING

- 1st Base: "STEP ON ORANGE - STAND ON WHITE"
- "Run THROUGH" 1st and Home. "Run TO" 2nd and 3rd.
- Player must stay in contact with base "until ball crosses home plate". To be safe, teach "until ball is kicked".

RUNNING DRILLS:

- *RUN BASES DRILL*: Line up behind Home. Each player runs the bases. Wait for players to run entire base path or start next player when runner touches second. Have 'em yell out each base as it is touched
- *CHASE TO FIRST DRILL*: After kick Coach chases player all the way to first base.
- *BASE COACH DRILL*: Have Base Coach play a form of "Coach May I" to keep them on their toes. Gets them used to following Base Coach instructions.
- *RELAY RACE DRILL*: Split players into two teams lined up at Home and 2nd. Have a relay race. Great way to end practice.

THROWING

- Chances are you'll have very little success throwing early in the season. Rarely coach throws to 1st and 3rd. Never throw to 2nd.
- Chest passes to distance and accuracy. Underhand tosses for close range exchanges.
- Three options after ball is fielded. "Throw", "Hand" and "Hold".

THROWING DRILLS:

- *BUCKET BRIGADE*: Two lines stacked close. Relay race handing ball off. Spread apart. Repeat.
- *LINE TOSS DRILL*: Form two lines. Players directly across from one another toss ball back and forth.
- *HIT THE COACH*: Big circle. Chest pass at Coach. A real crowd pleaser!

CATCHING

- Start VERY close. Toss easy. Increase distance slowly.
- “Make a Basket” by holding arms out together with palms up. Then “hug” the ball as if it were a “little yellow baby”.
- Practice, practice, practice. Throw at least one catching drills into every practice.
- Have players simply throw ball up and catch it themselves. Great practice drill anytime ... anywhere!

CATCHING DRILLS: (*see Throwing Drills*)

FIELDING

- “Keep the ball in front of you”. Move side to side “like a crab” ... legs apart, bent down, hands almost to the ground.
- If you can’t catch it ... at least let it bound off and land in front off you
- Once they have the ball, help them decide where to go with it. Begin with “run, run, run, run ... PASS”. Then introduce two other options: “run, run, run, HAND IT TO ‘EM” and “run, run, run, HOLD THE BALL”

FIELDING DRILLS:

- *CONES DRILL*: Divide players into three groups ... each lined up behind a cone. Players take turns receiving three “throws”. Roll the first few sets. Bounce the next few. Toss the last set. Don’t throw them all “at them”. Make them “crab” to stop the ball.

Other Suggestions:

- Talk to your girls so they get “the big picture”.
- Don’t be afraid to slow down or even “freeze” a practice drill in order to teach.

PW & Rookie Coaches Clinic

2006 Season

"...stop digging in the dirt and watch the ball..."

Joe Bunner

Fearless PW Rookie Coordinator

February 25, 2006

Managing

Parent Volunteers

- ☐ Get team parent & volunteers ASAP
 - Get 2 of each:
 - ☐ assistant coaches
 - ☐ umpires
 - ☐ field chalkers
 - ☐ Scorekeepers
 - ☐ three concession teams
- ☐ Get a "dugout mom"
- ☐ Communicate early & often
- ☐ Spread sheet for jobs
- ☐ Rotating snack schedule
 - It is all about the snacks, right?

General Stuff

- ☐ Always have with you:
 - Rule book
 - Medical forms for all players
 - A female age 18 or older
- ☐ Put your name on all balls
- ☐ Buy some bases at Academy
- ☐ Get some flour in a container
- ☐ Restrooms for pre-season:
 - Mr. Gattis or Starbucks
- ☐ Girls can't wear jewelry
- ☐ Water breaks:
 - they love 'em, you need 'em
- ☐ Only go for an hour

Drills

Kicking

- ☐ 1 step and kick
- ☐ I teach:
 - Watch the ball
 - Kick with the laces
 - Foot in front of your face
- ☐ Start 'em out kicking at fence
- ☐ Practice, practice, practice
- ☐ No running starts
- ☐ Stay in circle
- ☐ FOR PW:
 - Tee it up after "n" pitches
- ☐ FOR Rookie:
 - Some can directionally kick

Running Bases

- ☐ Run the bases to warm up
 - Call out base as they touch it
- ☐ 1st base
 - Run to orange base & move over
 - Run through 1st and home
- ☐ No leads offs
- ☐ No stealing
- ☐ Train 'em to use base coaches

Drills

Throwing

- ☐ Chest Pass or underhand
 - 2 lines, pass back & forth
 - Run, run, throw
 - Bucket brigade
 - Hit the coach
- ☐ PW: Very little throwing early
- ☐ Rookie: Much more throwing
 - ID kids who are not afraid of the ball and use them as catchers
- ☐ Never throw to 2nd. It goes bad 99.5% of the time...

Catching

- ☐ Make a basket for fly balls
- ☐ Practice flys at each practice

Fielding

- ☐ Come up & don't wait for it
- ☐ Move 'em from side to side as the ball comes to them
- ☐ Use cones to divide the field

Pitching (rookie)

- ☐ Think bowling
- ☐ Think more bowling
- ☐ Think bowling straight
- ☐ 1 hand release, below waist

Drills

Their Brains

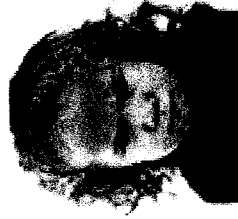
- Talk to your girls so they get the big picture
- Don't be afraid to slow down the "doing" and do some talking. They should know:
 - Each base & field position
 - What a force is
 - What happens if...

Games

- ☐ Get there 30 minutes early, warm up in the outfield
- ☐ Don't assume pre-marked field is marked for little girls
- ☐ The LMKB pledge
- ☐ Player rotation
 - Player may not play same position for more than 2 innings
 - Action positions
 - Easy to identify on the line up
 - Pocket card to get 'em on the field and in their spots
- ☐ PW Coaches can be on the field, Rookies in dugout
- ☐ 90% of the plays are at home
- ☐ Shirts must be tucked in
- ☐ Teach them to listen to your voice only
- ☐ My pre-game talk; The kids who do the best...
 - Listen to their coach, pay attention, and run hard

How to have a rotten season...

- ☐ Beg for parent volunteers before each game
- ☐ Blow off practices or show up late for games
- ☐ Argue every close call
- ☐ Don't keep your parents up to date
- ☐ Leave a kid off the line up



Other Joe-isms

- ☐ If you are organized, everything else is easy
 - ☐ Be on time for practices and games. Simple, right?
 - You are the grown up they depend on
 - ☐ Don't cancel a practice unless you & all your coaches can not be there. Swap times with another coach if you can.
 - ☐ Ask a parent out of the stands to help out at practice if you are on your own.
 - ☐ Typically game 1 to game 3 will be your biggest improvement all year
 - ☐ Break them into groups for drills, keep everyone engaged
 - ☐ Reward, hug, and high five
 - ☐ Even if you are competitive as hell, for them, it's about fun
-