

DYSA Spring 2019 Coach Clinic

Season Coaching Planning and Tips!

- ▶ Practice Planning
- ▶ Resources
- ▶ Goals
- ▶ Game Management
- ▶ Roster Management and Playing time

Practice!

▶ PLAN PLAN PLAN

- ▶ Why plan practice? Arent we doing the same thing every time?
 - ▶ Warm up, teach something, play something, 5 pee breaks, some tears and bandaids, wait for a late parent, repeat.
 - ▶ A planned practice is a FUN practice. Teams with fun practices have a better experience!
- ▶ You need to TRAIN your players how to practice. You aren't their babysitter.
- ▶ What should a good practice include?

Practice goes like this!

1. Warmup
2. Chalk talk
3. Stations/instruction time
4. Reps on one of the skills taught
5. Competitive fun or a scrimmage to close it out
6. Cement their learning and give them HW if any

Whoa there! Your first practice needs a BIT more....



- ▶ Team & Game Introduction (15 Min)
- ▶ Introduction of coaches and players
 - ▶ Rules of team
 - ▶ Safety Rules
 - ▶ Differences from 8u
 - ▶ Practices
 - ▶ Expectations for independence, paying attention, doing your training
 - ▶ Pitching
- ▶ The dugout and it's purpose
- ▶ The bases, their purpose, and direction to run the bases
- ▶ The positions on the field, where they stand, and the difference between infield and outfield
- ▶ In game basics: What's an inning, 3 outs per half inning, What's an out, How is a runner safe, What's a strike, What's a ball

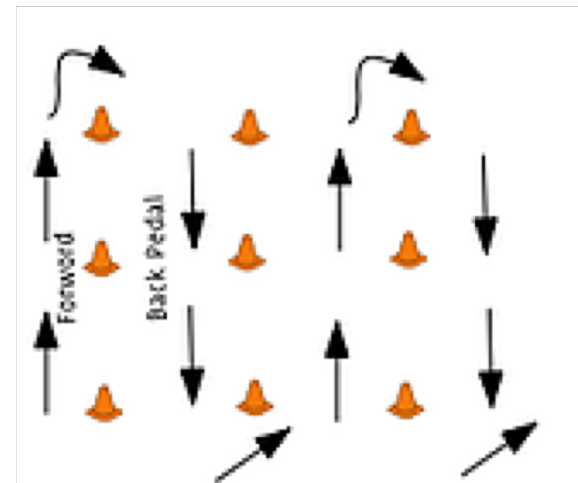
Warmup

- ▶ Get that blood pumping
- ▶ Teach them a cycle, and use it every time
 - ▶ Jog to X and back
 - ▶ Ladder drills for the legs
 - ▶ Warmups for Arms and Torso
 - ▶ **NO STATIC STRETCHING**
COLD



My Warmups

- ▶ Agility Warm Up (10 Min)
 - ▶ One foot in each moving forward
 - ▶ Two feet in each moving forward
 - ▶ Two feet in each moving laterally
 - ▶ AND>>>>>?
- ▶ Cone fun
 - ▶ Player starts at bottom left cone with glove and sprints forward
 - ▶ Once past the top cone, the player back pedals in the opposite direction
 - ▶ Player continues until through all cones
- ▶ THEN they get a ball!



New players?

- ▶ Never hand a ball to a new player to “warm up”
- ▶ Separate your groups
 - ▶ Learners & Throwers
- ▶ One Size Doesn't fit all
- ▶ Getting hit in the face is forever



So they are warm... what now?



- ▶ Explain the goals of practice
- ▶ What you will cover
- ▶ They will forget, but remember, you are also teaching them HOW to practice.

Instruction time

- ▶ Small Groups
- ▶ One or two skills introduced per practice
- ▶ Stations with 3 or 4 girls at each, spend 15 minutes... rotate
- ▶ Stations
 - ▶ New skill
 - ▶ Skill from last week
 - ▶ New Skill or combine the two?
- ▶ This is NOT reps. This is instruction. Make them do it correctly. This is NOT smacking them for failing, it is teaching. If a kid falters, recalibrate your expectations and tactics and try again.

Reps!

- ▶ Especially on compound skills, reps are KEY
- ▶ Get the team together, and do reps of the skills they just learned or practiced at stations.
- ▶ This should NOT be get them in a line and bang grounders at one kid while 10 others wait... be creative, small groups are ok here too.
- ▶ Watch your time, watch their body language. **BOREDOM IS BAD**
- ▶ Make sure that they are executing.
- ▶ If a kid or two is failing repeatedly, pull them aside and emphasize the skills from stations... You have multiple coaches, use them. You aren't singling them out, you are teaching. Letting them fail is much more damaging than pulling them aside. They **KNOW** they are failing, as do the rest of the kids.

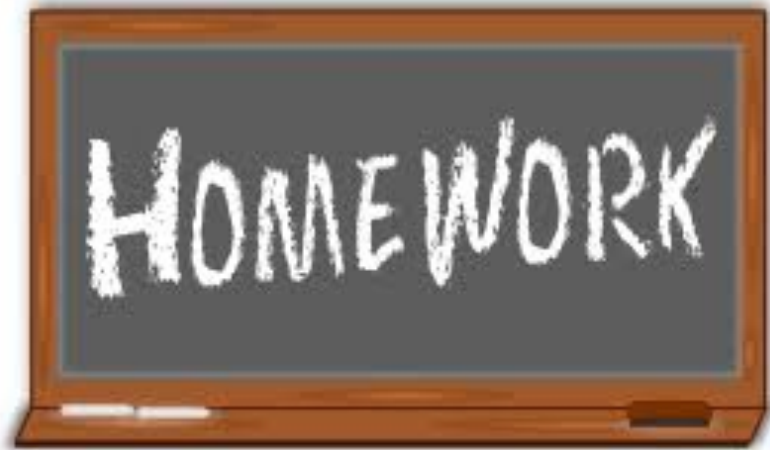
Let them show it!

Competitive game,
scrimmage, contest!



- ▶ Competition breeds intensity
- ▶ Kids are naturally competitive. Use it.
- ▶ Make it fun
- ▶ Kids winning are ok!
- ▶ Kids lose in sports... own it
- ▶ Craft games that allow even the learners to win sometimes

Cement the learning



- ▶ Short closeout not a bunch of people stumbling off
 - ▶ What you learned today
 - ▶ Why its important
 - ▶ If time, have each player say something or someone they appreciated at practice
 - ▶ What homework if any the kids have... remember, fun training at home is where the magic happens
 - ▶ What's next? Game? Practice?
 - ▶ Team Cheer!
 - ▶ Smiles as they leave!

Practice Punchlist

- ▶ Important to sit down with coaching staff and lay down a punch list of **MUST DO** items.
 - ▶ You don't want to hit week one and realize you never mentioned coach signals, what happens if hit by pitch, things like this. Better a **BAD** team that knows what's going on than a bunch of confused scared kids who can **REALLY** catch a grounder.
- ▶ Send your practice plan to your coaches the night before for feedback.
 - ▶ Get their thoughts on what needs to be covered, what kids need extra attention, how to split up stations.
- ▶ Have a quick after action following each practice. While loading up, get that fresh feedback on what worked... what didn't? Be willing to fail. If you have never had a practice go **TERRIBLY**, you aren't being honest, trying new things.

Resources

EAC
ELITE ATHLETE CONSULTING

HOME SERVICES COLLEGE RECRUITING RECRUITING VIDEOS **SoftBOK** CONTACT US

SoftBOK
Softball Body of Knowledge

Overview
A body of knowledge (BOK) is generally defined as a complete set of concepts, terms and activities used by professional organizations to help guide their particular practice or work. SoftBOK™ is a body of knowledge dedicated specifically to the sport of fastpitch softball. It effectively provides organizations, coaches, athletes, and parents access to premium softball instruction conveniently and affordably. SoftBOK™ content can be conveniently accessed from any device with a wireless internet connection.

About the Developer
SoftBOK™ was developed by Darin Delgado, Associate head coach at American River College, Director of Coaching Education for USA Softball of Sacramento, and founder of Elite Athlete Consulting (EAC). Coach Delgado began his professional career in information technology as a computer programmer for Oracle Corporation. After nearly 20 years developing software, his experience coaching his daughters ultimately compelled him to get involved in youth sports. In addition to his position as a softball coach with American River College, Coach Delgado devotes a significant amount of his personal time assisting youth leagues and local softball associations with skills clinics and

- ▶ **SOFTBOK**
 - ▶ Login **usasoftball2019**
- ▶ **Google and Youtube!**
- ▶ **DYSA Board**
- ▶ **Other coaches**
- ▶ **The girls!**
- ▶ **Cut paste chop choose and use.**

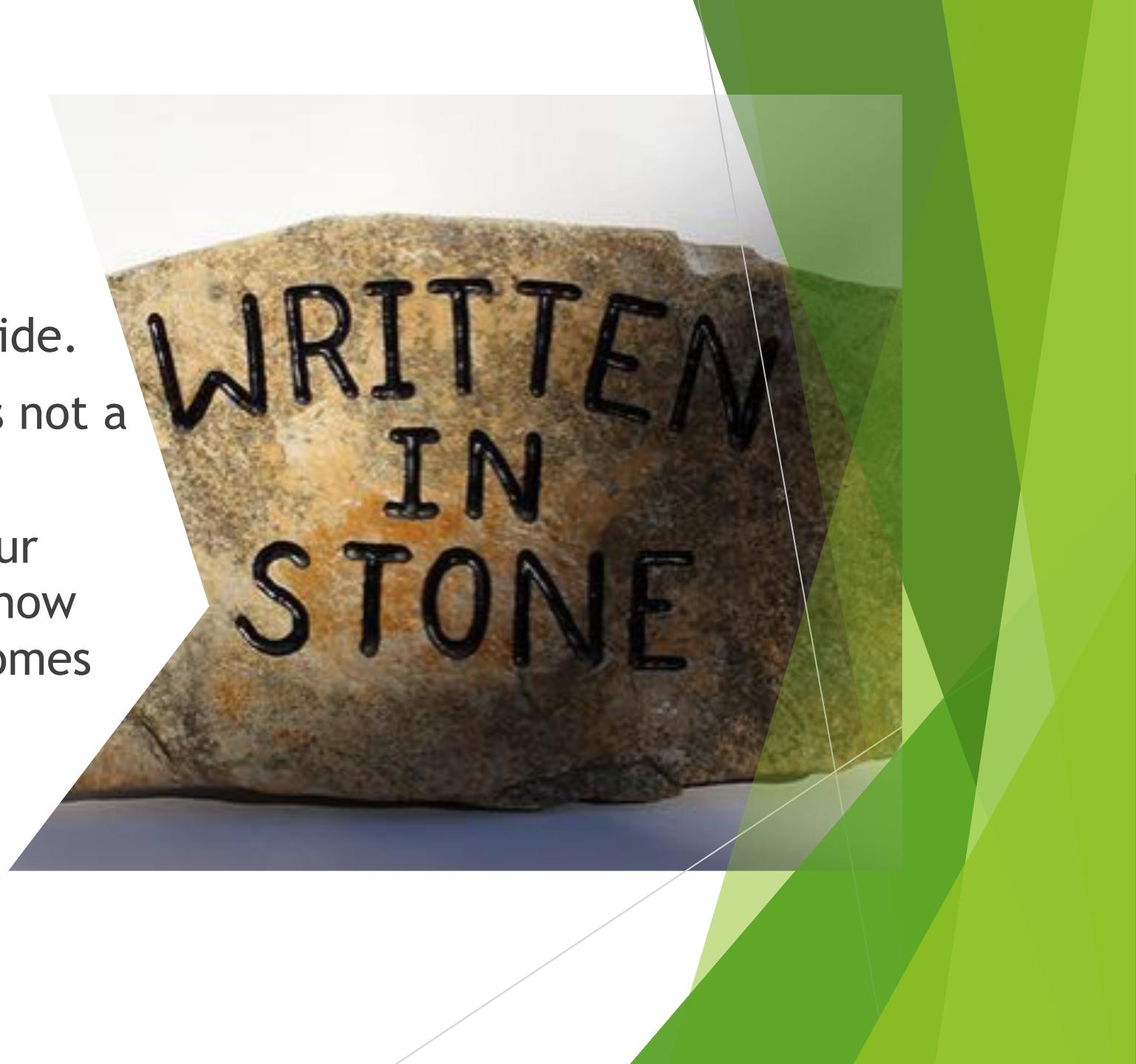
Goals



- ▶ It might sound silly.... But you need to sit down and set goals for the year.
- ▶ If you could press the easy button and all your goals came true... what would they be?
- ▶ WINNING IS NOT A GOAL... it is a result
- ▶ Craft your practices, game plans and coaching with these goals in mind.

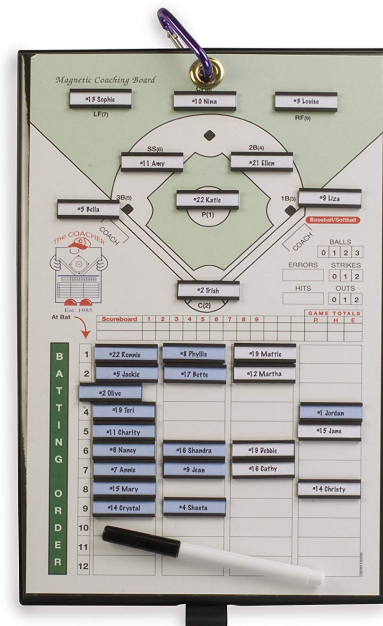
Game Management

- ▶ Set the lineup, and let it ride.
- ▶ Iron fist, a chaotic game is not a fun game.
- ▶ Game time is where all your training of the players on how to ACT and play softball comes in
- ▶ Dugout management
 - ▶ Rules
 - ▶ Conduct
 - ▶ Sportsmanship



Lineup Board

- ▶ Clipboard, one to rule them all
- ▶ Get one
- ▶ Coacher
- ▶ Make one
- ▶ Don't let a kid touch it
- ▶ **Ever.**



Playing time and Roster Management

- ▶ Be clear, upfront and honest with parents.
 - ▶ 6u, doesn't matter. Do your thing. Game. Snack. Done.
 - ▶ 8u has regular season, then seeding, then tournament.
- ▶ Regular season should be building and not caring about wins and losses
 - ▶ Seeding, you tighten things up a bit on positions
 - ▶ Tourney, play to win.
 - ▶ Minimum play rules.
 - ▶ As long as you are clear with them, and fair. You are good

RULES!

- ▶ Have you read them?
- ▶ Have your parents?
- ▶ Myths of softball and baseball
 - ▶ Tie goes to the runner
 - ▶ Ran out of the baseline!
 - ▶ Cant touch or collide with a fielder! **EVER!**
 - ▶ What else?



Question and Answer Time!

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered in a clean, sans-serif font.

DYSA Spring 2019 Manager and Coach Meeting

New resources!

Hello davissoftballpresid...

[Log out](#)



[HOME](#)

[SoftBOK](#)

[LESSONS](#)

[CLINICS](#)

[CONTACT US](#)

[ATHLETES](#)

[Practice 1](#)

Focus: Understanding the Game, Agility, Catching, Throwing, Base Running, Fielding/Footwork

[Practice 2](#)

Focus: Understanding the Game, Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Base Running

[Practice 3](#)

Focus: Agility, Pitching/Catching, Throwing, Catching, Hitting

[Practice 4](#)

Focus: Agility, Pitching/Catching, Throwing, Base Running, Hitting

[Practice 5](#)

Focus: Agility, Pitching/Catching, Throwing, Catching, Fielding/Footwork



Rec League... What does that mean?

- ▶ Fun!
- ▶ Development
- ▶ Sportsmanship and love of sport
- ▶ Winning and Losing

HOW? How do we make it fun?

- ▶ Have Fun Yourself!
- ▶ CHILL OUT!
- ▶ Reps into Games!
- ▶ Competition
- ▶ Games!

Coach Conduct

READ IT!

- ▶ Umpires
 - ▶ Smile, you are likely wrong. They are volunteers who get paid a pittance, or a teenager.
 - ▶ If they blow a call, it will come around and even out... unless you make an enemy
 - ▶ If they have conduct issues, smile, finish the game, shake hands and contact the board.
- ▶ Parents
 - ▶ Don't tolerate negativity.
 - ▶ Resources
- ▶ Players, hold them to a high standard of conduct!
- ▶ Be that Coach

Coach Responsibilities

- ▶ Field Prep and Takedown
- ▶ Only play on open, safe fields. City listserve
- ▶ Forfeiting.. Who to call? What to do?
- ▶ Rain/Lightning
- ▶ Dangerous conditions heat and or smoke, air quality
- ▶ Safety and injuries
- ▶ League rules for dugouts, behind home plate, Female coverage
- ▶ Game Recaps

Coach Survival

- ▶ **DELEGATE!**
- ▶ Communicate

Rules

- ▶ Download them, read them. Send the rules to all parents
- ▶ Interleague
 - ▶ Make sure you are clear on rules before games start. Meet with coaches and umpire and chat!
 - ▶ Davis games Davis Rules. Period. If they don't like it they can haul.
 - ▶ Woodland Dixon Winters games? Their rules. Download and read!

Select Integration and Workload

▶ Touches Rule

- ▶ 4 touches per week MAX (what's a touch?)
- ▶ Be cognizant of Select workload
- ▶ This doesn't mean they just oops, skip practice whenever...
- ▶ Select is a REC program. If a player is bailing on rec, they cant play select.
- ▶ Select has 5 tournaments, only 3 during spring rec play.
 - ▶ Spring Series I - February 23/24 -- Davis
 - ▶ Spring Series II - March 2/3 - Folsom
 - ▶ Spring Series III - March 17 and 24
 - ▶ Spring Series IV - April 13/14 - Five Cities
 - ▶ Spring Series V - May 4/5

What Now?

- ▶ Questions?
- ▶ Private questions?
- ▶ Head to COM B Shed to get gear
- ▶ Plan your first practice!