

Coaches Manual 2022

Edition 2 - updating initial 2017 version

Contents

Introduction to DDMBA	6
DDMBA Policies	9
Code of Conduct.....	9
Coaches Code of Conduct.....	12
Parents / Guardians and Spectators Code of Conduct.....	13
Players Code of Conduct.....	14
DDMBA Background Check Policy.....	15
Tobacco, Alcohol and Drugs Policy.....	18
Member in Good Standing.....	20
INCIDENT REPORT FORM.....	21
Emergency Action Plan (EAP).....	22
Emergency Personnel.....	23
Emergency Communication.....	24
Emergency Equipment.....	25
PLAYER EMERGENCY & MEDICAL INFORMATION FORM	26
INJURY REPORTING FORM	27
Fair Play	29
Team Administration.....	30
Parent meeting – How to conduct.....	30
Initial Introduction / Communication to Parents – Sample Letter	31
Team Rules.....	33
Team/parent objectives & expectations – Code of Conduct	33
Coaching Philosophy.....	33
Fundraising	34
Team volunteers	35

Tournaments	35
Budgets	35
Issuing Team Uniforms – Jersey Deposits	35
Paying Umpires.....	35
Rosters	35
Closing out the Season.....	36
Collecting Team Uniforms / Disbursing Deposit	36
Closing out Bank Account	36
Reconciling Budget.....	36
Returning Equipment.....	36
Team Party.....	36
Team Awards.....	36
Player Development	37
Developmental Milestones	37
Rally Cap.....	37
Rookie.....	37
11U.....	38
13U.....	38
15U.....	39
18U.....	39
Understanding the Level Rules	40
Recreational Program (2022 update)	40
Competitive Program (2022 update).....	48
Practices	56
Achieving Excellence in Coaching - Planning an Effective Practice	56
The Importance of Having a Plan.....	57

Dealing With Limited Field Space	57
Perfect Practice Makes Perfect	58
Sample Practice Plan - Ages 12 and Under.....	59
Sample Practice Plan - Ages 13 and Up.....	60
Pre-Season Conditioning	61
Indoor Workouts.....	61
In-Season Conditioning.....	63
Planning an Effective Practice.....	66
Staging Batting Practices	67
Practice Drills.....	68
Throwing and Receiving a Baseball.....	68
Throwing and Receiving Drills	70
Running the Bases & Sliding.....	71
Base Stealing.....	72
Implementing Fielding Practices.....	73
Infielding Drills	74
Outfielding Drills	75
Hitting Drills	76
The Art of Bunting.....	77
Pitching Mechanics.....	78
Game Management.....	84
Coaching the Bases	84
Giving Signals.....	85
The Batting Order	86
DDMBA Baseball Association Lineup card.....	88

Fielding Assignments - How to Create Defensive Lineup Strategies90

Sample Fielding Charts Depending on Number of Players on Roster93

Player of the Game.....97

Introduction to DDMBA

HISTORY OF DARTMOUTH AND DISTRICT MINOR BASEBALL ASSOCIATION

65 years of Minor Baseball in Dartmouth

Ken Hartling, May 24, 2015

During the 1800's many variations of the game of baseball were played for both recreation and competition. The first recorded competition of the game that took place in Dartmouth was in 1841. On June 24, of that year, the Halifax team, St. Mary's Total Abstinence Society travelled across the harbour to take on the Dartmouth team that was known as St. Peter's Total Abstinence Society. It is said that approximately 700 men met on a field that was on the St. Peter's grounds, Ochterloney St. and engaged in games of bat and ball.

These games were not the present day type but were probably more similar to the game of Rounders rather than the present game which was invented by Alexander J. Cartwright in 1845. After Cartwright created the present day game, fields were built in Dartmouth in the following decades but were mainly for recreational purposes.

In 1876 the first recognized game of baseball took place and once again the game featured teams from the sister cities. On the Dartmouth Commons, the Victoria Club of Dartmouth took on the Bluenose Club of Halifax.

During the late 1800's the multi-sport clubs in the country were the most powerful means to sponsor sporting programs and Dartmouth was no exception. The Chebucto Club ran many sporting teams and in 1887 the Chebucto Grounds were built on the site of the Holiday Inn which now stands adjacent to the Angus L. MacDonald Bridge.

During the early 1900's baseball became more popular and more organized and a minor baseball league was formed and contained various teams from the area. It was recorded that this league attracted very large crowds so it was obvious from the early part of the century that Dartmouth was a baseball town.

Perhaps the greatest example of Dartmouth's love of baseball was shown during the existence of the Halifax and District League (1946-1955). During this time crowds would be huge as families would spend a Sunday afternoon watching a doubleheader at the rebuilt Chebucto grounds now called Arrows Ball Park and nicknamed "Little Brooklyn". The new Arrows park was opened on May 24, 1948. There were also live television broadcasts of the games by the CBC.

At this time minor baseball was again beginning to take the spotlight. Dartmouth Minor Baseball was formed in 1950 by Art Merrick and Joe Gallant and it contained associations from Central, North, Woodside and Eastern Passage. Art Merrick would remain the President of Dartmouth Minor Baseball for the next 20 years. The ball fields on the Dartmouth Common were later named the Arthur H. Merrick Memorial Ball Diamonds and a stone marker was unveiled on July 30, 1995, as part of the 100th anniversary of Dartmouth Natal Day.

Any divisions of baseball at this time period would have been different than at present as Baseball Canada was not founded until 1964.

This association ran leagues for mass participation up until 1978 at which time the “Rep” program was started and consisted of teams that represented Dartmouth Minor Baseball at the “A” level for Mosquito, Beaver, Bantam and Midget. This concept separated those who excelled at this high level of competition from those who played baseball for pure enjoyment.

Later, Dartmouth Minor Baseball changed its name to Dartmouth and District Minor Baseball Association as with the increased development of the city and outlying areas, the organization absorbed the baseball operations of the newly developed areas. For instance Westphal/ Port Wallis Minor Baseball (WPW) joined Dartmouth Minor Baseball in 1958.

In the summer of 1988 baseball in Dartmouth broke new ground by successfully hosting the National Bison Championships and followed this by putting on a better show for the 1989 National Midget Championships, the 1991 Bantam Nationals, the 2008 Midget Nationals (co hosted with Halifax) and the 2009 and 2010 Senior Nationals.

More recently have been the 2011 National Peewee Atlantics, and the 2013 and 2014 Junior National championships.

DDMBA and its member associations offer several divisions based on age as follows: Ball School – 5 and under, Pre Rookie – 7 and under, Rookie – 9 and under, Mosquito - 11 and under, Peewee – 13 and under, Bantam – 15 and under, Midget – 18 and under, Junior – 21 and under and the adult groups Intermediate and Senior.

Dartmouth and area is divided into several areas: North/ Central, Woodside, Eastern Passage, Westphal/ Port Wallis, Cole Harbour, Humber Park and the newest areas Lake Echo and Porters Lake.

Recently the Representative (Rep) Teams of DDMBA took on a new name of the Arrows.

This is in tribute to the semi-pro team the Dartmouth Arrows, members of the old H and D league of the 40's and early 50's. The Arrows started in 1946 as the Halifax Arrows but were brought to Dartmouth in 1948 by local business men Herm and Bob Kaplan.

Baseball in Dartmouth, like many things has endured bad times as well as good but it is a safe bet that if there is a baseball game taking place in Dartmouth, there will always be somebody there watching it

DDMBA Policies

Code of Conduct

All Individuals have a responsibility to:

1. Maintain and enhance the dignity and self-esteem of DDMBA members and other individuals by:
 - a) Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, colour, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, religious belief, political belief, disability or economic status;
 - b) Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members;
 - c) Consistently demonstrating the spirit of sportsmanship, sport leadership and ethical conduct;
 - d) Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory;
 - e) Consistently treating individuals fairly and reasonably;
 - f) Ensuring adherence to the rules of Baseball and the spirit of those rules.
2. Refrain from any behavior that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious. Types of behavior that constitute harassment include, but are not limited to:
 - a) Written or verbal abuse, threats or outbursts;
 - b) The display of visual material which is offensive or which one ought to know is offensive in the circumstances;
 - c) Unwelcome remarks, jokes, comments, innuendo or taunts;
 - d) Leering or other suggestive or obscene gestures;

- e) Condescending or patronizing behavior which is intended to undermine self-esteem, diminish performance or adversely affect working conditions;
 - f) Practical jokes which cause awkwardness or embarrassment, endanger a person's safety, or negatively affect performance;
 - g) Any form of hazing where hazing is defined as *"Any potentially humiliating, degrading, abusive, or dangerous activity expected of a junior-ranking athlete by a more senior team-mate, which does not contribute to either athlete's positive development, but is required to be accepted as part of a team, regardless of the junior-ranking athlete's willingness to participate. This includes, but is not limited to, any activity, no matter how traditional or seemingly benign, that sets apart or alienates any team-mate based on class, number of years on the team, or athletic ability."*;
 - h) Unwanted physical contact including, but not limited to, touching, petting, pinching, or kissing;
 - i) Unwelcome sexual flirtations, advances, requests, or invitations;
 - j) Physical or sexual assault;
 - k) Behaviors such as those described above that are not directed towards a specific individual or group but have the same effect of creating a negative or hostile environment;
 - l) Retaliation or threats of retaliation against an individual who reports harassment to DD MBA Board.
3. Refrain from any behavior that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behavior that constitute sexual harassment include, but are not limited to:
- a) Sexist jokes;
 - b) Display of sexually offensive material;
 - c) Sexually degrading words used to describe a person;
 - d) Inquiries or comments about a person's sex life;
 - e) Unwelcome sexual flirtations, advances or propositions;
 - f) Persistent unwanted contact.

4. Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. More specifically, DDMBA adopts and adheres to the Canadian Anti- Doping Program. Any infraction under this Program shall be considered an infraction of this Code and shall be subject to disciplinary action, and possible sanction, pursuant to DDMBA Discipline and Complaints Policy. DDMBA will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by DDMBA or any other sport organization
5. Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development or supervision of the sport of competitive Baseball, who has incurred an anti-doping rule violation and is serving a sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES)
6. Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities
7. In the case of adults, avoid consuming alcohol in situations where minors are present, and take reasonable steps to manage the responsible consumption of alcoholic beverages in adult-oriented social situations associated with DDMBA events
8. Respect the property of others and not willfully cause damage
9. Promote Baseball in the most constructive and positive manner possible
10. Adhere to all federal, provincial, municipal laws
11. Comply at all times with the bylaws, policies, procedures, rules and regulations of DDMBA, as adopted and amended from time to time.

Coaches Code of Conduct

In addition to Code of Conduct (PAGE 1), coaches have additional responsibilities. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will:

1. Meet the highest standards of credentials, integrity and suitability, including but not limited to such considerations established by DDMBA Screening Policy, so that the community is satisfied it has minimized the risk of an unsafe environment;
2. Report any ongoing criminal investigation, conviction or existing bail conditions, including those for violence; child pornography; or possession, use or sale of any illegal substance;
3. Under no circumstances provide, promote or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcoholic beverages and/or tobacco;
4. Respect all other teams and athletes from other teams and, in dealings with them, not encroach upon topics or actions which are deemed to be within the realm of coaching', unless first receiving approval from the coach who is responsible for the team or athlete(s) involved;
5. Not engage in a sexual relationship with an athlete of under the age of 18 years, or an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust or authority over such athlete;
6. Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights;
7. Dress professionally, neatly and inoffensively;
8. Use inoffensive language, taking into account the audience being addressed

Parents / Guardians and Spectators Code of Conduct

In addition to Code of Conduct (page 1), parents/guardians of individuals, and Spectators at events will:

1. Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence;
2. Never ridicule a participant for a poor performance or practice;
3. Respect the decisions and judgments of officials and encourage athletes to do the same;
4. Not question the judgment or honesty of an official or a DDMBA staff member;
5. Respect and show appreciation to all competitors and to the coaches, officials, and other volunteers who give their time to the sport;
6. Keep off of the competition area and not interfere with events or calls.

Players Code of Conduct

In addition to Code of Conduct (page #1), athletes will have additional responsibilities to:

1. Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to travel, train or compete;
2. Participate and appear on time, well nourished and prepared to participate to one's best abilities in all competitions, practices, training sessions, events, activities, or projects;
3. Properly represent oneself and not attempt to enter a competition for which one is not eligible, by reason of age, classification, or other reason;
4. Adhere to DDMBA rules and requirements regarding clothing and equipment;
5. Never ridicule a participant for a poor performance or practice;
6. Act in a sportsmanlike manner and not display appearances of violence, foul language, or gestures to other players, officials, coaches, or spectators;
7. Dress in a manner representative of DDMBA with focus being on neatness, cleanliness, and discretion. Designated official clothing, if applicable, must be worn when traveling and competing;
8. Act in accordance with DDMBA's policies and procedures and, when applicable, additional rules as outlined by coaches or chaperones.

DDMBA Background Check Policy

DRAFTED: April, 2016 Revised May, 2016

Preamble:

Protection of children is of paramount concern and a key mandate for the Dartmouth District Minor Baseball Association [DDMBA]. DDMBA has mandated that a policy requiring Criminal Background Records checks is required for on and off field personnel representing DDMBA in any capacity and interacting with children/players. Beginning with the 2016 Season, it will be mandatory that all Coaches, Assistant Coaches, Managers, Treasurers, Executive and Board personnel complete Criminal Background Records checks. As part of this process automatic exclusion from participation in DDMBA activity is warranted for certain criminal offenses with mandated timeframes for re-consideration of DDMBA participation set out in this policy.

Policy:

The following is the adopted policy for the 2016 season and moving forward:

- 1) Criminal Background Records checks [containing vulnerability sector check] will be mandatory for all DDMBA Executive Members and Board Members as well as Coaches, Assistant Coaches, Managers and Treasurers of all DDMBA teams;
- 2) Criminal Background Records checks are to be due for the 2016 season by July 30, 2016 and for subsequent years moving forward are to be due two weeks after the first game of the season is played;
- 3) Failure to produce the Criminal Background Records check by this deadline will result in the individual not being permitted to partake in DDMBA activity;
- 4) The Criminal Background Records check will be valid for DDMBA purposes for a period of three [3] years from the date of issue;
- 5) A Criminal Background Records check obtained for use in a different sport, employment or school setting is transferrable for the purpose of the DDMBA Background Records check and valid for three [3] years from the date of issue;
- 6) Those individuals who fall under this Policy are to attend their local police office and complete the Criminal Background Records Check process which may involve the following:
 - a. Presenting two pieces of identification including photo I.D. ie passport, drivers license;
 - b. Completing the prescribed Criminal Record Check form;
 - c. Payment of a fee for this Check [it will be up to individual Associations as to whether or not they will reimburse individuals for this fee];

- 7) If DDMBA uses the services of an accredited and licensed Background checking company, that service may be used as per their guidelines in the same manner as the Police Background Check;
- 8) The Background Check is to be treated with the utmost confidentiality with the completed form only being released by the police or Background checking company to the individual who applied for the Check;
- 9) The Applicant will deliver the completed Background Check to their Association President who will deliver it to the DDMBA President who will either hold and preserve the Check or arrange for it to be stored in a database held by the Background checking company as described in paragraph five [5] above;
- 10) The current DDMBA President is to assess the Background Check and:
 - a. inform the applicable Association President of any individual who has a criminal record of that fact;
 - b. conduct an assessment of fitness to partake in DDMBA activities;
- 11) The current DDMBA President will review the Check and this policy and advise the Applicant and the Applicant's Association President of any rejection of fitness to participate in DDMBA activities.

Automatic Exclusions/Mandated Timeframes for Participation Re-Consideration:

The following criminal convictions result in automatic exclusions for participation in DDMBA activities with mandated timeframes for participation re-consideration:

1. Any sexual related convictions - no time limit - automatically ineligible;
2. Any violent offences above common assault – eligible for Board case-by-case re-consideration after ten [10] years from date of last conviction;
3. Any drug trafficking type offenses - ten [10] year time limit from date of last conviction;
4. More than one Drinking and Driving or Prohibited Driving offenses – ten [10] year time limit from date of last conviction and letter/certificate of sobriety to be provided from the individual and/or an accredited organization such as AA in the discretion of the current DDMBA President;
5. More than two criminal convictions – ten [10] year time limit from date of last conviction - eligible for Board consideration after ten [10] years only in exceptional circumstances - exceptional circumstances could exist if the multiple convictions arose from the same event as opposed to two events from different times;
6. Any criminal convictions within the past five [5] years with reconsideration at five [5] year time limit from the date of last conviction and taking into account whether the conviction is related to the other five [5] exclusions noted above and in that situation the earlier stated exclusions and time limitations for re-consideration apply;
7. Any convictions not considered above but which in the discretion of the Executive are serious enough to warrant review by the Executive and which will be subject to a review by a panel of three persons. The panel will consist of three members

of DDMBA Board [of which one member must be the current DDMBA President] to be appointed by the Board in their discretion.

Appeal:

A rejected Applicant may appeal the decision to reject by way of a written request to the current President of DDMBA with said written request to be accompanied by a letter of support from the Applicants Association President or his delegate. The current DDMBA President will refer the matter to a panel to hear the appeal with said panel to consist of three members of DDMBA Board [of which one member must be the current DDMBA President] to be appointed by the Board in their discretion.

Tobacco, Alcohol and Drugs Policy

Policy:

The Dartmouth District Minor Baseball Association [DDMBA] promotes a healthy lifestyle for its Members and is mindful of health-based research that has been conducted with respect to the use of tobacco, alcohol and drug use. DDMBA recognizes that Association Members are also subject to the laws of Canada and Nova Scotia as well as the bylaws of the Halifax Regional Municipality and all Members are to govern themselves in accordance with the law. As such, the use of tobacco, alcohol and illegal drugs on, at or near the field of play is strictly prohibited with penalty for non-compliance to be levied after a hearing is convened and carried out as per DDMBA policy.

Procedure:

1. Coaches and managers will be informed of DDMBA policy regarding the use of tobacco products, alcohol and drugs prior to each season. It will be the responsibility of coaches and managers to inform players and parents of these policies.
2. Players and coaches in uniform must refrain from using tobacco products at all times.
3. Smoking or using chewing tobacco/tobacco products such as dip, plugs, etc by any team member or personnel while in uniform is prohibited.
4. Uniform jersey and cap must be removed prior to smoking.
5. Smoking is not permitted by any Association Member at publicly owned outdoor sporting or spectator areas within 20 metres (65.6 Feet) of any point of the edge of the sporting or spectator area.
6. Players of any age must never be under the influence of alcohol at any time at any team function whether on-field or off-field.
7. Coaches in uniform must refrain from using alcohol at all times.
8. Coaches in a public place (ie restaurants, bar, hotel lobby, etc) shall remove uniform jersey before having a drink containing alcohol. Ball caps may be worn with discretion.
9. Coaches, managers and players of legal age must refrain from the use of alcohol and/or illegal drugs prior to a practice or game with their respective team.
10. Use of any illegal drug as defined by the Criminal Code by any team personnel [coach, player, manager, etc] on, at or near the field of play will result in that individual being immediately suspended until DDMBA convenes a hearing to determine an appropriate penalty.
11. If it is determined that any coach or player takes part in on-field or off-field team functions while under the influence of alcohol or illegal drugs it will result in that

individual being initially and immediately suspended until DDMBA convenes a hearing to determine an appropriate penalty.

12. **NOTE:** Notice of initial and immediate penalty will be conveyed by Executive Member or Coach to Player if a player violates the policy and by Executive Member to Coach if a Coach/Team Personnel violates the policy so long as the Notice is issued in good faith based on evidence to be documented and passed along to DDMBA discipline panel as soon as possible.
13. **NOTE:** Anticipate being suspended for the remainder of the season for a violation of Item 10 or 11 if you are a player and being dismissed from DDMBA if you are a coach/team personnel.

Member in Good Standing

Membership in DDMBA will consist of all minor league players/parents, coaches, managers and elected or appointed officials [in good standing](#) who live in the Cole Harbour, Dartmouth & Eastern Passage area. All others are considered affiliated members.

A "Member in good standing" is defined as an individual who is eligible to step on the field of play for the current year after meeting the following criteria:

1. all fees are paid "up to date" including:

(a) All fees for the current year of play have been paid in full or are in the process of being paid in full as stated in writing by Kidsport, Jumpstart or some other certified program and as confirmed in writing by a member of the DDMBA executive;

(b) Any account outstanding from the previous year has been paid in full or stated to be satisfied in writing by a member of the DDMBA executive;

(c) Any other fee or account which remains unsatisfied from prior years of play has been satisfied and so confirmed in writing by a member of the DDMBA executive.

2. Any and all equipment used or borrowed by the Member in prior years has been returned to the DDMBA or Club or said debt is stated to be satisfied in writing by a member of the DDMBA executive;

3. Any and all uniform or team clothing/apparel used or borrowed by the Member in prior years has been returned to the DDMBA or Club or said debt is stated to be satisfied in writing by a member of the DDMBA executive.

If there is a disagreement as to a Member being in good standing or not the Member has the right to state his/her case in writing to a member of the DDMBA executive for determination of eligibility but until such time as the Member has been deemed to be in good standing in writing by the DDMBA the Member is not eligible to step on the field of play.

INCIDENT REPORT FORM

Date: _____		Time: _____		League: _____		Division: _____	
Home Team: _____				Visiting Team: _____			
Home Coach: _____				Visiting Coach: _____			
Location of Incident _____							

Umpire: _____	Phone: _____	E-mail: _____
Umpire: _____	Phone: _____	E-mail: _____
Umpire: _____	Phone: _____	E-mail: _____

[illegible][illegible]

Emergency Action Plan (EAP)

The purpose of this document is to provide instructions to members of Dartmouth District Minor Baseball in the event of a medical emergency regarding volunteers/athletes. An emergency is any sudden life-threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided.

All members of Dartmouth District Minor Baseball who work directly with athletes are required to familiarize themselves with this plan. Throughout the year there might be many times in which a medical professional is not immediately available. This places athletic personnel, most likely coaches, in the position of potentially providing emergency medical services in the form of cardiopulmonary resuscitation (CPR) and basic first aid. Dartmouth District Minor Baseball staff may also receive training via othersources. Please check with Dartmouth District Minor Baseball for approved programs.

Documentation of certification should be provided to the Executive Board.

Personnel should review the policy at the beginning of each baseball season. Coaches should discuss the policy in detail with the Executive Board. An emergency plan must exist for all organized practices and competitions, including out-of-season training, strength training and conditioning workouts. The manager/coach is responsible for the emergency plan.

Hopefully, potential emergencies will be avoided by thorough physical screenings of an athlete prior to participation in any sport. Also, safe practices, including training techniques, and adequate medical coverage should be taken into consideration.

However, accidents and injuries are inherent with sports participation. Therefore, proper preparation on the part of the volunteers will enable each emergency situation to be managed appropriately. If you have any questions about the enclosed plan, please contact the League President, to discuss the pertinent issues in advance.

There are three basic components of this plan: Emergency Personnel, Emergency Communication, and Emergency Equipment. A summary emergency template is provided at the end for your convenience.

Emergency Personnel

The type and degree of sports medicine coverage for an athletic event (practice or contest) may vary based on factors such as the particular sport or activity, the setting, and the type of training or competition. With the majority of athletic contests and practices, the first responder to an emergency situation is typically a volunteer of the sports staff, most commonly the manager/coach. The roles of these individuals within the emergency team may vary depending on various factors such as number of members of the team, the athletic venue itself, or the preference of the head coach. Roles within the emergency team include:

- A. Immediate Care of the Athlete (by those with highest level of health training)
- B. Emergency Equipment Retrieval
- C. Activation of Emergency Medical Services
- D. Directions to the Emergency Site (EMS)

A. Immediate Care of the Athlete

The first and most important role is immediate care of the athlete. Acute care in an emergency situation should be provided by the most qualified individual on the scene. Individuals with lower credentials should yield to those with more appropriate training. This should be determined in advance of each training session.

B. Emergency Equipment Retrieval

The second role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types and location of the emergency equipment. Coaches, managers and involved parents are good members for this role.

C. Activation of Emergency Medical Services (EMS)

The third role, EMS activation, should be done as soon as the situation is deemed an “emergency” or “life-threatening event”. Time is the most critical factor. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure, who communicates well, and who is familiar with the location of the sporting event, and who knows the situation to relay the important information on to EMS (Time of injury, what happened, how it happened etc.)

D. Directions to the Emergency Site

After EMS has been activated, one member of the team should be responsible for meeting the emergency medical personnel as they arrive at the site of the contest, if they are not already there.

Depending on ease of access, this person should have keys to any locked gates or doors that may hinder the arrival of medical personnel. A trainer, manager or coach may be

appropriate for this role.

They must also know the situation to relay the important information on to EMS (Time of injury, what happened, how it happened etc.)

Emergency Communication

A. Activation of Emergency Medical System (EMS)

In the event that an emergency occurs involving an athlete, a member of the team should promptly contact Emergency Medical Services (EMS) by phoning 911. It is the responsibility of the manager / coach / parent or other team member to bring a cell phone to the field. A back up communication plan should be in effect if there should be failure of the primary communication system.

B. Contacting the Emergency Medical Services (EMS):

1. If EMTs are at the event, then a signal (discussed in advance) should be given to summon them forward.
2. If EMS is not on site, call 911.
3. The following information should be provided to the dispatcher:
 - a) Your name
 - b) Exact location where the injury occurred and where you will meet them
 - c) The number you are calling from
 - d) Number of injured athletes
 - e) The condition of the athlete(s)
 - f) The care being provided
 - g) Make sure that you hang up only after the dispatcher has hung up
4. Notify someone from the Executive Board. You should have these numbers with you at all team practices and games.
5. As EMS is being dispatched, make sure someone is designated to retrieve any needed emergency equipment from the sidelines.
6. Have the coaches serve as crowd control and keep other athletes away from victim.
7. Send someone to meet the ambulance at the designated spot. A manager/coach will accompany the injured athlete to the hospital (if the guardian is not present).
8. The manager/coach/guardian should bring medical and/or insurance information with them to the hospital if accessible.

EMERGENCY PHONE NUMBERS HRM EMS / FIRE / POLICE -911
DDMBA League President – as found on the website listed under Executive

Emergency Equipment

Emergency equipment can include medications or devices required for a particular athletes' medical condition such as an EpiPen® or asthma inhalers. Each manager is responsible to maintain the following and ensure it is at the field for all practices and games:

1. First Aid Kit
2. Player Emergency Profile (template provided)
3. Any necessary medication a player may require during an athletic event.

DARTMOUTH DISTRICT MINOR BASEBALL ASSOCIATION

PLAYER EMERGENCY & MEDICAL INFORMATION FORM

Registration Information

<i>Player Name:</i>
<i>Parent(s) / Legal Guardian(s):</i>
<i>Home Phone:</i>
<i>Cell Phone:</i>
<i>Email:</i>

Emergency Contact (in case parent /guardian cannot be reached)

<i>Name:</i>
<i>Relation to player:</i>
<i>Home Phone:</i>
<i>Cell Phone:</i>
<i>NS Health Card :</i>
<i>Family Doctor:</i>
<i>Phone:</i>

Medical Conditions that Manager / Coach should be aware of:

- ☐ Asthma ☐ Allergies : _____
- ☐ Seizure Disorder ☐ Other : _____

Medications :

Please ensure you discuss all pertinent medical issues with your child's coaching staff at the beginning of the season. If your child has a particular emergency action plan, please forward this to the Manager.

I/we being the parent(s) or legal guardian (s) of _____ do hereby appoint the supervising Dartmouth District Minor Baseball official to act on my behalf in authorizing unexpected medical, dental, surgical care, or hospitalization for said minor, in my absence and I authorize the Dartmouth District Minor Baseball official to grant consent to medical doctors and emergency staff at a hospital / emergency facility to conduct the required tests and provide the necessary medical treatment/care to the above named child **IF I, MY SPOUSE OR LEGAL GUARDIAN CANNOT BE REACHED**. I understand that every reasonable effort will be made to contact me. I understand that the consent and authorization herein granted are valid only during the length of the season.

Signature of Parent or Guardian: _____

Date: _____

DARTMOUTH DISTRICT MINOR BASEBALL ASSOCIATION

INJURY REPORTING FORM

Date of report: _____ Report Prepared By: _____

Athlete's Name: _____

Nature of injury: _____

How did the injury occur? _____

Was protective equipment worn at the time of injury? No _____ Yes _____

Type of equipment: _____

Medical Care Provided:

Describe immediate first aid care given in detail.

On-Site First Aid Given By Whom?

Sent to Doctor? _____

Doctor's Name: _____

Sent to Hospital? _____

Hospital's Name: _____

How was athlete transported to doctor/hospital? _____

Was parent notified? Yes _____ No _____ Time Notified: _____

How was parent notified? _____ Who notified parent? _____

Result of Injury (treatment, time away from sport, etc)

Corrective Actions Taken to Prevent Similar Incidents

Remarks

Witnesses

Name : _____ Phone: _____
Name : _____ Phone: _____

Report Preparer Signature : _____ Phone: _____

Coach Signature : _____ Phone: _____

Fair Play

DDMBA supports FAIR PLAY therefore, during all play, a player must play at least 67% of the player's available time unless for disciplinary reasons. A defensive inning is deemed to be 3 outs. (Note: due to team size it may be difficult to manage the playing time. The intent is to BE FAIR.). A player shall not sit a second inning until every other player has sat at least one inning. Players should not be 'hidden' in the outfield but be given a chance to play multiple positions (this applies mainly to Pee Wee and below, and safety must take priority (i.e. a player who has difficulty catching the ball may not be safe playing first base in higher levels)

Team Administration

Parent meeting – How to conduct

As soon as possible following selection of the team, the head coach should call a meeting of the coaching staff and parents. If a manager is selected prior to the meeting, the manager would organize and run the meeting.

The purpose of the parents meeting is to introduce the coaching staff to the parents and the parents to one another. It does not need to be overly formal and can be conducted at the field or at a nearby meeting area (i.e. Sobeys community room).

The meeting agenda should also cover coach-parent-player expectations and commitments. The coaches should explain their goals for the season, their coaching philosophy and how everyone involved – from players to coaches – can help to make it a successful and productive season. Field rules should be discussed (i.e. player attendance, how early to arrive before games/practices, respectful distance from bench, constructive comments from the stands, etc). The coaches should outline how much time will be expected of the players/parents in terms of number of games and practices per week. Any particular playing and safety equipment requirements should be discussed.

For rep teams, fundraising should be covered; from how much the coaches expect the team budget to be, to planned tournaments. The Rep Coordinator will provide a sample budget. There are limits to the amount of clothing, etc that can be purchased and these DDMBA guidelines must be adhered to. Rep team parents generally seed the initial bank account with a deposit (i.e. \$200) to support team expenses until fundraising money comes in.

Parent positions should be filled at this meeting: manager, fundraising coordinator, field assistants (bench helper, field prep, etc)

Parent and coach contracts can be signed and handed in. Player emergency medical forms should be completed and submitted as well.

The meeting should wrap up with a question and answer session.

Initial Introduction / Communication to Parents – Sample Letter

Hello everyone,

Welcome to the 2017 baseball season. I am the coach of the _____ this year and hope to help make the administrative aspect of the team run smoothly. I look forward to meeting/getting to know you all.

My name is (insert name of head coach), the head coach of the (insert team name- Yankees, etc), and together with the help of (names of assistant coach(es)), and manager (name of manager) we will be coaching the team in the (insert division name –Rookie, etc) division. Our team includes the following players:

INSERT PLAYERS NAMES HERE

Before our first meeting I wanted to send out some information so that you can come prepared if you have questions. The parent meeting will take place at ____pm in at _____

Coaching Philosophy - We will share our coaching philosophies with you at the parent meeting. We will say for now that our primary goal will be to ensure that players have fun while learning the game of baseball and developing their baseball and teamwork skills. We will strive to be competitive and emphasize to our players that practice, teamwork and trying your best are keys to achieving personal and team success.

Communication – All scheduling information will be updated on Goalline as it becomes available. I recommend subscribing to the schedule or downloading the Goalline app as a method to easily receive scheduling info. You will also receive a weekly email to highlight any changes to the schedule.

Opening Ceremonies will be held on (Insert date) at (Insert time) at (insert location) . All players should attend in full uniform and arrive 15 minutes early.

Arrows Top Up Fee (rep teams only)– Everyone should have received an email from the DDMBA regarding the Arrows top up fee. It is \$200 and needs to be paid to DDMBA via cc or email transfer as quickly as possible to get the season started. If there are any issues in this regard, please speak to us after the meeting.

Practices - Field times are not yet 100% finalized with HRM. Please ensure your child comes to practice appropriately dressed with our unpredictable weather. Cups/Jills and helmets are mandatory and a water bottle with their name on it is highly recommended. Kids are permitted to wear shorts to practice unless otherwise instructed by coaches.

Games – Our home field is _____. Please ensure your child is at the field _____ **minutes prior to game start**. Don't forget cup/jill, helmet, water bottle and a jacket/sweater for the dugout.

Uniforms - The players are provided with a uniform. A \$_____ uniform deposit will be collected at the parent meeting and returned at the completion of the season when jerseys are returned.

Medical Conditions / Emergency Plans

A medical information form is to be completed and submitted to managers for every child. If your child has any serious medical conditions and/or emergency plans that are to be followed, please speak directly to us. We will carry a contact list for all parents to games and practices, so if you plan to leave your child at the field, please ensure your contact information is correct. I would also recommend that if you leave the field, you delegate another parent to act as guardian in the event of an accident.

Tournaments - Schedules all pending

Insert tournament information here.

Volunteering

There are a number of responsibilities for which we are seeking volunteers. We ask that you consider these positions and put your name forward at the meeting if it is an area in which you can help. The roles can be shared between several people as well and if you've never done it before, we can teach you! Many hands make light work.

Pre-game preparations: Rake/line field 30 minutes before start of game, placing bases

At game time: Scorekeeper, Pitch Counter

Post-game preparations: Remove bases, clean dugouts, pick up any garbage from teams

* We will need at least two parents to split the scorekeeping between them. There is a 'How to Score' keeping tab on our website: www.ddmba.net

Fundraising

Fundraising in baseball is done to cover costs or team equipment such as balls, umpire fees, practice field costs etc. In our experience, one or two successful fundraisers will cover the costs for the summer. Details are not finalized as of yet but will definitely involve the players. If anyone knows of an interested business that may be interested in a sponsorship, we welcome that info too.

Any parent-paid contribution other than registration is eligible to be returned. If all parent contribution is used up and a balance for your player exists and all bills are paid the moneys can be held in trust for winter programs or next season's registration.

Budget

Our team budget will be transparent and distributed to all parents once it is finalized.

See you all at the Parent Meeting.

Thanks!

Team Coach Name

Team Rules

It is very important that each team sets its own rules at the beginning of the season.

Examples may include what will happen if a discipline issue, supervision of children on field with no coach supervision.

Some examples may include:

1. 24-hour cooling off period for complaints
2. No throwing equipment
3. No swearing
4. No disrespect to coaches, umpires or teammates

Team/parent objectives & expectations/Code of Conduct/Coaching Philosophy

This topic will vary depending on the coach. However, the DDMBA Competitive & Recreational Rules and the various Codes of Conduct as stated above have priority over any individual coach philosophy.

Fundraising

Fundraising exists in several forms.

Ticket Selling / Lottery – All tickets selling and lottery initiatives conducted by a DDMBA team must have a valid lottery license. This license is free and obtained through the Access Nova Scotia. The process is online and can be accessed via this link:

<https://novascotia.ca/sns/access/alcohol-gaming/gaming/online-application-ticket-lottery-permit.asp>

Sport Nova Scotia Sportsweep – Sport Nova Scotia administers the tickets. A team representative must sign out the tickets at Sport Nova Scotia on Spring Garden Road. Tickets are \$2.00 each, and seller receives \$1.50 per ticket. All ticket stubs, unsold tickets and lost tickets must be recorded and returned to Sport Nova Scotia at end of fundraising event.

Team volunteers

Volunteers have to vary can vary depending on the level of play. Some examples include treasurer, fundraising, etc, Team Social Person, Scorekeeper, Pitch Counter. It is best for you to identify at the start of the season which positions you will require and recruit volunteers as early in the season as possible. It is recommended that one person does not assume the role of coach and treasurer.

Tournaments

Recreational tournaments – Check www.baseballnovascotia.com and other club websites in your area.

Rep Tournaments – Nova Scotia Tournaments are all listed on the BNS website (www.baseballnovascotia.com). It is recommended to check the other provincial associations very early in the season as registration is limited and fills quickly.

Budgets

Rep teams – Rep coordinator will provide budget and guidelines for completion. A manager meeting is held at the beginning of the season.

Recreational teams – Recreational teams may require a budget for tournaments or additional field time.

Issuing Team Uniforms – Jersey Deposits

Each association president will notify coaches of the jersey pick up time and location. Parents must submit a jersey deposit which is held by the treasurer of the team. At the end of the year, it is the manager's responsibility to collect all jerseys and return to association president. Cheques can be returned to parents when jersey is submitted or cashed in the event jersey is not returned.

Paying Umpires

Coaches do NOT pay plate or base umpires at the field. Umpire game payments occur electronically by the DDMBA Treasurer after a review process initiated by the Umpire Assignor and confirmed by the DDMBA Club representatives.

Rosters

Recreational - Refer to Rec Rules; Competitive – Refer to BNS Handbook.

Closing out the Season

Collecting Team Uniforms / Disbursing Deposit

The coach or manager will collect all jerseys at the final game or practice or team closing party. Request that the jerseys come back clean. At the time of jersey return, return the deposit cheques to parents. Each coach will return the jerseys to their respective association. Please ensure the jerseys are laundered and submit the deposit to your association for any missing jerseys.

Closing out Bank Account

Bank accounts should be closed by September 30th. All excess monies should be submitted to the association treasurer.

Reconciling Budget

Recreational teams should finish the season with no monies left. Budgets can be reconciled and submitted to the treasurer of the association no later than September 30th.

Returning Equipment

Each association will notify coaches of the day in which equipment can be returned to the association. Please ensure all equipment is returned for storage throughout the winter and use the following year.

Team Party

Recreation - End of the year team parties are optional and to be arranged by each team's coach and/or manager. Team parties should be age appropriate and accessible to all families.

Rep – An end of the season party and awards event is arranged by the rep coordinator. Team awards are given for MVP, BJ Higgins [Cole Harbour] and Coaches Award. Contact the rep coordinator for more information.

Team Awards

Team Awards are at the discretion of each coach. At the recreational level, fun awards for each player, highlighting a positive aspect of their season is encouraged. For example, "best sportsman", "most improved hitter", etc. Take the opportunity to make each child realize and appreciate their improvements and contribution throughout the season.

Player Development

Developmental Milestones

Rally Cap

- Fundamental movements and play, for example:
- Learning the basic rules: such as running in the right direction when the ball is hit; how to record an out (i.e. catch a fly ball; throw the ball to first, etc); running past first base; scoring a run; three outs in an inning, etc.
- Throwing mechanics: turn the body so that the front shoulder points toward the target; keep the elbow above the shoulder; step toward the target with non-throwing foot and release the ball.
- Tracking: follow the balls with the eyes into the glove, whether on the ground or in the air (use softer balls); use two hands to catch and field; try and catch the ball out in front of the body.
- Hitting: how to hold and swing the bat; batting safety (when not to swing the bat, batting helmets, etc); hitting off a tee; hitting soft-toss.
- Learning positional play

Rookie

- Fundamentals movements skills and play. Continue building skills from while adding:
- Learning the basic rules: force outs; tagging up; baserunning (when you have to/don't have to run; not running into or past your teammates); balls and strikes.
- Throwing mechanics: introduce the four-seam grip; point the front shoulder, step and throw; introduce the concept of generating momentum toward the target and following the throw.
- Catching and fielding: thrown and hit balls; fingers up versus fingers down; see the glove and the ball; use two hands; forehands and backhands; introduce the underhand flip; first-base fundamentals; crossovers and drop steps.

- Hitting: choosing the right bat; proper grip; hitting pitched balls; introduce drill work (tee, soft toss, short toss).
- Learning positional play: learn the positions and the areas each position covers; cover the appropriate base depending on where the ball is hit; basics of cutoffs and relays.

11U

- Fundamental sport skills. Building competencies in earlier levels by reinforcing basic skills and adding:
- Learning the basic rules: infield fly rule; balks.
- Baserunning: steals, extra-base hits.
- Pitching and throwing mechanics: windup versus stretch; four seam grip; pitcher fielding/covering first and home; crow-hops.
- Learning team fundamentals: cutoffs and relays; basic bunt defenses; basic first and third situations; underhand flip and double plays; defending the steal; infield and outfield communication and priorities.

13U

- Developing specific skills and position play
- Throwing mechanics and Pitching: emphasis on generating momentum toward the target and following the throw (larger field); breaking balls, change-ups; pitching mechanics and using the body effectively (longer distance); pickoff mechanics; flat work (drills); introduction to long toss.
- Hitting: introduce situational hitting (inside-out swing, hitting behind runners, hit and run, productive outs); sacrifice bunting versus bunting for a hit; understanding the count.
- Baserunning: first-and-third situations; steal breaks; lead-offs; delayed steals; reading situations and reacting to them.
- Fielding: generating momentum back toward the target on throws when necessary; crossover and drop steps; backhands and when to use them; double-play depth; pitcher covering first; infield communication.
- Learning team fundamentals: pickoff plays; full bunt defenses; first and third defenses; pop-up and fly ball priorities; double plays and underhand flips.

15U

- Developing specific skills and position play
- Throwing mechanics and pitching: long toss; flatwork (drills); continue mastering breaking and off-speed pitches; throwing for accuracy; generating momentum toward the target and following the throw; pickoff mechanics.
- Hitting: mental aspects (hitter's count versus pitcher's count); two-strike hitting; aggressive versus defensive swings; situational hitting; productive outs; advanced game situations and defenses.
- Baserunning: one-way leads; going on the first move; reacting to batted balls; tag-up situations; third-base rules; no-out, one-out and two-out rules.
- Fielding: understanding and adapting to playing conditions (grass versus dirt, sun, bad hops); fence drill (outfield); crossover and drop steps; do-or-die plays at the plate; preventing runners from taking extra bases; communicating between pitches.
- Learning team fundamentals: cutoffs and relays; advanced pickoff plays and when to use them; double plays; advanced game situations and defenses.

18U

- Fine tuning specific skills and position play

Understanding the Level Rules

DARTMOUTH DISTRICT MINOR BASEBALL

RECREATION LEAGUE RULES (Revised March, 2022)

1.0 GENERAL

All players, coaches, parents, fans, volunteers, and Executives are expected to act in accordance with HRM policies and Bylaws, Baseball Nova Scotia and DDMBA rules. Anyone found not to be following any of the above will be removed from the game and/or field. Further discipline may be handed down by the Disciplinary Committee.

2.0 INSUFFICIENT PLAYERS, PICKUPS, PLAYER RELEASES & OVERAGE PLAYERS

2.1 Coaches are responsible for ensuring players are available for a given game.

2.2 Whenever possible 48 hours notice should be given to the opposing coach and the Recreational Coordinator when it becomes necessary to cancel a game for other than field conditions. A minimum of 6 hours notice is to be given. If proper notice is not given the opposing home team is required to pay for umpires, which cost will be recovered from the cancelling teams Association.

2.3 Insufficient Players

2.3.1 Teams must have a minimum of eight (8) players and a coach ready for the start of the scheduled game (+15 min). At no time can unregistered players be used. Players must be registered within that teams Association.

2.3.2 Teams forfeiting two games on the field will have their status within the League reviewed. A third forfeit may result in removal from the League.

2.3.3 In the case of a forfeited game due to insufficient players, both coaches may have a combined practise/fun game. Umpires are expected to stay for the game if they have been paid.

2.3.4 The team forfeiting will be responsible for the cost of the umpires.

2.4 Call Ups

2.4.1 Teams may pick up players from any Recreation League team playing at any level lower than theirs within their own Association. IE U13 must come from U11.

2.4.2 Players may be picked up when it is clear that less than 9 regular team members will be present at the game. Pick up players MUST be identified on the line-up card and

2.4.3 Rep players, A, AA, and AAA cannot move back or up to any Recreation League team.

2.5 Player Releases

2.5.1 All players playing Recreation League in an Association outside of the

2.5.2 Association of their residence MUST have the release approved by Recreation League Coordinator for that Division unless from either the gaining or losing Associations to avoid any possible conflict of interest.

2.5.3 “A” team may invite Recreation League level players from other members. If the player makes the team their registration will be forwarded to the gaining Association. No player release will be required. If the player does NOT make the team, the player MUST be sent back to their home Association.

2.5.4 Any Association wishing to place a player in a division lower than what they are currently in must follow the following guidelines:

2.5.5 Any overage age player is NOT allowed to pitch or catch.

2.5.6 Girls are allowed to play one year under their current date of birth and as such are not considered overage players.

3.0 GAME PRELIMINARIES

3.1 Poor Field Conditions

Coaches are to determine if a field is fit to play by calling the HRM Field Line at 490-7100 or the HRM Field Conditions web site after 3pm on weekdays and 9am on weekends. Depending on the conditions/forecast further updates may be forthcoming:

- Coaches/Teams have no discretionary right to play on closed fields.
- The home team is responsible for contacting the Rec Coordinator to re-schedule the game.

3.2 Equipment, Balls and Uniforms

3.2.1 Batting helmets must be worn by batters, base runners and on deck batters.

3.2.2 Chin straps are no longer mandatory for U13 and below

3.2.3 Metal cleats are not permitted in U13 and below.

3.2.4 Home team will supply the game balls. All game balls will be of good quality as directed by the PC at the coaches meeting at the start of the season.

3.2.5 All players are to be in uniform for every game. Coaches will dress appropriately in team colours.

3.2.6 Players in all age groups are required to wear a protective helmet and mask while

3.2.7 Catching for a pitcher. This includes practise, warm-up, both bullpen and in between innings, and games. Coaches/Parents MUST wear at least a mask during warm up situations. Throat protectors are to be mandatory for all catchers. Extension masks are acceptable provided the throat area is adequately covered in conjunction with the chest protector.

3.3 Line Up Cards

3.3.1 Coaches will exchange line-ups at the start of each game and present the home plate umpire with a copy. This list MUST include players first and last names along with Jersey number. All coaches on the bench MUST also be included.

3.3.2 The Coach will inform the home plate Umpire of any line-up changes. IE injuries or early departure.

3.3.3 Any player arriving late, excluding the forfeit rule will be allowed to play by adding them to the bottom of the batting order.

3.4 Minimum Innings

3.4.1 DDMBA supports FAIR PLAY therefore, during all play, a player must play at least 2 innings, unless for disciplinary reasons. (Note: due to team size it may be difficult to manage the playing time. The intent is to BE FAIR.)

3.4.2 Bench Rule - Only players, coaches, managers and league officials shall be allowed in the bench areas of the playing field. Spectators and parents must not enter this area until the game has been completed.

3.4.3 Game Score - Both coaches are responsible to post the game score to DDMBA website within 24 hours of the game completion. Failure to call will result in loss of points in the league standings. If no official Umpire shows up for the game, the PC should be notified.

3.4.4 Rescheduling Games - A coach must notify the opposing coach and the Recreational Coordinator no less than 48 hours prior to game time of a cancellation. The game MUST be re-scheduled within 7 days or the game will be considered forfeit by the cancelling team. Any game not made up by the end of the season will be forfeited by the cancelling team. All forfeited games will be scored as 1 run per inning. IE U15 play 7 inning games the score would be 7-0.

4.0 UMPIRES

4.1 Umpires will be scheduled by the Umpires Assigner.

4.2 In cases where the Umpires do not show up the two sides have the option to pick a parent or two so rescheduling is not required. With no umpires or parent umpires no official game will be played and the game will be rescheduled. The Umpire Assigner will make every reasonable effort to contact the Home Coach to inform him that there will not be any Umpires.

4.3 When fields are closed by HRM it is the responsibility of the Umpire Assigner to contact the Umpires to cancel the games. No Umpires are to be dispatched to closed fields. The home field Coach must still contact the Assigner to reschedule games.

4.4 The Umpires will be in full authority of the game once commenced and their decision will be final.

4.5 All levels will have two paid Umpires on the field, unless both Coaches agree to play the game with one Umpire, in this case the one Umpire will be paid full plate plus half the base.

4.6 All games will continue until completed unless the Umpire stops it.

4.7 In the case of a forfeited game due to insufficient players, both coaches may have a combined practise/fun game. Umpires are expected to stay for the game if they have been paid.

5.0 TOURNAMENTS

5.1 All member associations who host a tournament shall provide a copy of their rules and regulations for the tournament to each team participating.

5.2 Any problems that arise during the tournament shall be directed to the area President who is hosting the tournament or the tournament director. DDMBA is not responsible for Association sponsored tournaments.

6.0 PLAYING RULES GENERAL

6.1 General

6.1.1 Unless otherwise specified in the following clauses, all rules of Baseball Canada and Baseball Nova Scotia shall be followed.

6.1.2 All players will be in the batting order.

6.1.3 DDMBA has not adopted the designated hitter rule for house league play.

6.1.4 Coaches will use unlimited player substitution or the normal procedure as per Baseball Canada Rule Book.

6.1.5 Substitutions must be made at the end of an inning.

6.1.6 Coaches must coach from the bench or the coach's boxes.

6.1.7 Coaches will only be permitted to cross the foul lines to assess and/or assist injured players, visit a pitcher or ask for a ruling clarification.

6.1.8 No Coach, Manager, Trainer, Player or any other team rep shall address an Umpire to debate/question a judgement call by an official. This will result in an automatic ejection.

6.2 Pitching Rules

6.2.1 Pitching at all levels and pitch counts shall follow the guidelines established in Baseball Nova Scotia. Excluding U11 for regular season play. Please refer to link http://baseballnovascotia.com/clientuploads/Handbook/BNS_Handbook_2019.pdf

6.2.2 One pitch in an inning constitutes a full inning for the purpose of the pitcher only.

6.2.3 Pitchers must be in contact with the rubber when pitching.

6.2.4 At the beginning of the game, the pitcher has a minimum of 8 pitches to warm up, followed by a 5 pitch warm up in the following innings.

6.2.5 A new pitcher entering the game at any other time will be allowed a minimum of 8 warm up pitches.

6.2.6 Once removed, pitchers are not permitted to return to that position.

6.3 Run Rules

6.3.1 Five Run Rule: The Five Run rule per inning will apply to ALL levels of ball. The final inning will be open (no 5 Run rule).

6.3.2 Ten Run Rule. U11 - If a team obtains a lead of ten or more runs at any time after completion of 4 innings (3.5 innings for the home team) the game shall be terminated immediately. It is not a requirement to complete the inning. 3 and 1/2 innings means half way through the 4th inning.

U13 and U15 - If a team obtains a lead of ten or more runs at any time after completion of 5 innings (4.5 innings for the home team) the game shall be terminated immediately. It is not a requirement to complete the inning. 4 and 1/2 innings means half way through the 5th inning.

7.0 DIVISIONAL SPECIFIC RULES

7.1 U9

7.1.1 NO Bunting, Stealing, leadoffs, walks.

7.1.2 Players cannot take foot off base until ball is hit.

7.1.3 Batters who are hit by a pitch are awarded first base automatically.

7.1.4 All players in batting order

7.1.5 Players cannot play any position more than once in a game, except catcher 2 innings.

7.1.6 Players can catch and pitch in the same game.

7.1.7 All players must play infield and outfield in all games

7.1.8 Games are timed for 1.5 hours or 5 innings, home team starts time when play starts

7.1.9 In last inning at bat all players can bat (if 3 outs not recorded) but can only go through the order once. This would be the “so called” open inning

7.1.10 Only 4 runs an inning, except open inning (last inning)

7.1.11 A player can only go 2 bases on a hit. Except if there is a runner on 1st, ball is hit to the outfield runner can only go to 3rd. Batter-- if a runner on or not could only go to 2nd.

7.1.12 Bases are at 60 feet-- safety for runners and fielders

7.1.13 Pitching - A player/pitcher can pitch to a 3 Ball count then the coach finishes the batter with 4 pitches.

7.1.14 Pitchers must be at least 40 feet from plate and max 46

7.1.15 If pitchers wish, they can wear a pitching face mask.

7.1.16 Two Coaches can be on the field for positing players (behind SS & 2nd) and letting fielders know where to throw the ball.

7.1.17 No advancing on overthrows on bases.

7.1.18 Home team supplies game balls.

7.1.19 Balls used are hardballs

7.1.20 Scores will be recorded but no more than 10 runs in a win.

7.2 U11

7.2.1 The first inning that starts after 1 hour and 45 minutes of the first pitch is the open inning. The home team will be responsible for keeping time and informing the umpire of the time. Coaches have 2 minutes from the end of the inning to the first pitch of the next inning to get their players on the field.

7.2.2 The infield fly rule does not apply in U11

7.2.3 All batters will start with a count of one ball and one strike when they step into the batter's box.

7.2.4 A player cannot steal if the pitcher has the ball in the vicinity of the pitching rubber.

7.2.5 A player can only make an attempt to steal 2nd and 3rd once the ball reaches the batter.

7.2.6 A runner on 3rd cannot score on a passed ball or wild pitch. A runner may not score on an errant throw from the catcher to the pitcher.

7.2.7 If a player is stealing 3rd and the catcher throws it wide to the 3rd baseman, the runner is NOT allowed to go home.

7.2.8 If a player on a hit is running to 3rd and there is an overthrow to 3rd, the runner can go home. This is not a steal; it is a continuation of a play.

7.2.9 If a player is stopped on 3rd, the only way they can get home is by a hit ball or if the batter is hit by a pitch or base on balls when the bases are loaded. If a player rounds 3rd base, then comes to a stop, he is considered stopped at third. A player cannot round 3rd then stop to wait to see where the play will be. Once a player stops, they must go back to 3rd.

7.2.10 A runner may not advance from home to second on a base on balls.

7.2.11 A team can play with a minimum of 8 players. If a team shows up with not enough players to play the game, they will be allowed to start with 7 players. After a complete inning has been played, if the 8th player has not shown up, the game will be deemed a forfeit and play will continue for fun. (Exhibition game)

7.2.12 Catchers - If the catcher is on base when two outs have been recorded, he/she can be removed as a base runner and replaced by the player who was the last out. This will allow the catcher to suit up.

7.2.13 U11 has 6 innings

7.2.14 U11 will have a pitch count limit of 35/game and 50/week. Rest requirements follow BNS guidelines. These pitch counts are in place for Regular Season play ONLY. Play off and Tournaments will follow BNS Pitch Counts.

7.3 U13

7.3.1 Dropped third strike Batter is out, runners on base can advance.

7.3.2 Five [5] Run Limit per inning, last inning is open inning

7.3.3 Coaches/ Assistant coaches are permitted one mound visit. A second mound visit means the pitcher needs to be replaced.

7.3.4 Catchers are not permitted to visit the pitcher once a batter steps into the box.

7.3.5 The Coaches meeting at home plate shall be at 5 minutes before scheduled game start time. All infield practice shall be completed prior to this meeting. The first inning that starts after 1 hour 45 minutes after the first pitch shall be the open inning. The home team will be responsible for keeping time and informing the umpire of the time. Coaches have 2 minutes from the end of the inning to the first pitch of the next inning to get their players on the field.

7.3.6 The Infield Fly Rule does apply in Peewee.

7.3.7 Catchers - If the catcher is on base when two outs have been recorded, he/she can be removed as a base runner and replaced by the player who was the last out. This will allow the catcher to suit up.

7.3.8 U13 cannot steal home: unless a hit ball or bases are loaded and there is a walk

8.0 U15

8.0.1 Follow Baseball Nova Scotia Rules

8.0.2 Five [5] runs per inning

8.0.3 OPEN inning can only be in the 7th inning

8.1 U18

8.1.1 Follow Baseball Nova Scotia Rules

8.1.2 Five [5] runs per inning

8.1.3 OPEN inning can only be in the 7th inning

DARTMOUTH & DISTRICT MINOR BASEBALL ASSOCIATION

COMPETITIVE PROGRAM OPERATING RULES (2022)

Updated March 8, 2022

OBJECTIVES

- 1.1 Provide a competitive environment for all players within the District to develop to their full potential both technically and socially.
- 1.2 Promote coaching and playing levels by providing exposure to Regional Provincial and National programs.

SPECIFIC OBJECTIVES

- 2.1 The Competitive Coordinator shall organize all teams at each of the A (where appropriate) AA and AAA
- 2.2 The Competitive Coordinator shall ensure that all players within the District have a fair chance at being selected.
- 2.3 The Competitive Coordinator shall ensure a standard operating model for the orderly function of all teams.
- 2.4 The Competitive Coordinator and/or the Disciplinary Committee shall invoke disciplinary action if any coach or player violates BNS or DDMBA guidelines or policies.

HEAD COACH SELECTION

- 3.1 The DDMBA Competitive Coordinator shall recruit coaches on a year-round basis. When necessary, the coordinator shall appoint a Coaches Selection Committee who shall interview and recommend candidates to fill any vacant position for the upcoming season. The DDMBA board shall be notified by the Competitive coordinator of the selections via board meetings or e-mail. Coaches will be encouraged to participate in winter programs as part of the assignment.
- 3.2 The Competitive Coordinator shall annually review each coach's performance by Oct 30th and report any reasons why a coach would not be accepted for the next season.
- 3.3 Should no application be received for a specific position then the Competitive Coordinator shall appoint a coach.
- 3.4 All coaches must re-apply for teams from year to year. Preference will be given to previous year's coaches and assistants. Nonparent coaches may be given the opportunity to apply to a division for multiple years (2).

- 3.5 All coaches shall work with the Competitive Coordinator to promote and develop baseball in all associations when requested.
- 3.6 Assistant coaches applying for coach's positions must make application and will be given consideration based on previous years' service.
- 3.7 All head coaches shall submit names for assistant coaches, team managers and treasurers to the Competitive Coordinator, who will approve their appointment 7 days after tryouts are completed.
- 3.7 Every head coach, assistant coach and team manager shall complete all training and checks required for their position. These include:
 - 3.7.1 Submit to a Criminal Records Check Screening prior to June 1st of the current year.
 - 3.7.2 Complete the Safe Sport Module.
 - 3.7.3 Complete any NCPP modules required by BNS/Baseball Canada for the position held.

PLAYER SELECTION

- 4.1 All players in DDMBA will be given the opportunity to attend Competitive tryouts.
- 4.2 Amalgamated talent identification clinics will be held starting in April. Based on coach's evaluations, players will be invited to attend further team tryouts.
- 4.3 Previous coaches should be contacted by the head coach to obtain the past performance of a player.
- 4.4 All players shall be selected from DDMBA member organizations. An exception can be made by the Competitive coordinator to allow player(s) from outside Associations if the program is determined to be at a competitive disadvantage.
- 4.5 Player selection for Competitive teams shall be done simultaneously and be completed by **May 15th** weather permitting. Indoor tryouts may be held, and teams selected by coaches with the help of the Competitive Coordinator and Competitive Try-out Committee. Players may be re-assigned to house league during indoor tryouts if the player's safety is determined to be at risk. These re-assignments must be approved by the Competitive Coordinator. The tryout process will be further explained in Appendix 3.
- 4.6 No recruitment of players shall occur after that date without Competitive Coordinator approval.
- 4.7 A parent meeting shall be held by the coach after team selection to explain the teams operation for the upcoming season.
- 4.8 On request the head coach or assistant shall inform players released of their strengths and weaknesses and encourage the player to improve the required skills and try out again next year. Only

information pertaining to the player requesting feedback will be given. Information on other players' results/stats can be given. Players released will be notified by DDMBA as to when the recreation balancing begins.

- 4.9 All players attending tryouts out must be registered with the DDMBA and be in good standing with the organization. Upon being assigned to a Competitive team (A, AA, AAA). Once teams are established the DDMBA registrar will be notified as to what team the player is assigned to.
- 4.10 18U and below shall consist of 12 to 18 players per team.
- 4.11 All players selected to a Competitive team shall follow the expected behaviors as established by coaches and DDMBA.
- 4.12 All players trying out, must attend no less than two tryout sessions, or have made special arrangements with the Competitive coordinator No player shall be given a spot on any Competitive team based on where he/she played the previous year.
- 4.13 A head coach shall make team rules, to include player, coach and parent contracts and provide them to the Competitive Coordinator upon the team being selected.
- 4.14 A head coach is only permitted to suspend a player for disciplinary measures for a total of one game. The coach may request a longer suspension from the Competitive Coordinator to be approved by the disciplinary committee.
- 4.15 A head coach will keep a good record of any disciplinary action, stating the date and reason for the discipline. He/she will also keep a record of any confrontations with any parent.

TEAM OPERATION

- 5.1 The head coach shall be responsible for the overall operation of the team.
- 5.2 There shall be one team meeting per month between coaching staff and parents to keep all informed and up to date.
- 5.3 The head coach is responsible for holding practice sessions with appropriate frequency:
 - 11U, 13U and 15U at least 3 sessions per week (Batting cage extra)
 - 18U at least 2 sessions per week

Expectations and participation in all team events will be laid out by the Head Coach prior to the season beginning and strictly adhered to.

- 5.4 During the regular season a player must play at least 62% of his/her available time. Documents must be kept confirming playing time. An easy rule of thumb is that no player should sit anymore than 2 innings per game on a 12-team roster unless discipline is required. Discipline does not factor into the playing time requirements of the Arrows. For Provincials, Atlantic's, Eastern Canadians, and Nationals the head coach will follow the playing time rules listed by the governing organization (BNS, Baseball Atlantic and Baseball Canada) There is no fair play rule in Midget AAA. If there is a question

from parents about playing time for their child, they must submit a written request (e-mail) to the team manager copying the Competitive coordinator (briansecord61@gmail.com). The Competitive coordinator will pursue conversation with the head coach and respond back to the parent within 48 hours. At times pitching complicates this process because arm safety must be at the forefront of all playing time decisions.

TEAM ADMINISTRATION

- 6.0 The team shall consist of a “Team Manager” and “Team Treasurer”. The volunteers for these positions are not to be related to each other or to the coaching staff. No coach shall be permitted to be a signing officer.
- 6.1 Adequate notice will be given to all Arrows Teams – Managers/Treasurers to attend a mandatory meeting. All treasurers will be given signing authority to their team bank accounts. Also, the Dartmouth Arrows registration amount will be decided at this time as well. This fee must be paid prior to the start of the regular season, or the player must make arrangements with the Competitive coordinator.
- 6.2 Each team treasurer is responsible to forward a complete financial statement (revenue and expense summary) to a parent upon request within 7 days of such request. The treasurer shall report a mid season revenue and expense to the Competitive coordinator on or before July 30th of the current season and a final report at the completion of the season (Sept 30th).
- 6.3 The Competitive Coordinator or Competitive Registrar shall complete and forward all provincial registration, bluenose league and player/coach/manager/treasurer insurance forms.
- 6.4 The manager shall plan and coordinate all trips as instructed by the head coach.
- 6.5 The manager shall oversee team equipment and uniforms, to ensure all are returned to the DD MBA Equipment Manager at the end of the season. (Equipment inventory form)
- 6.6 The manager shall ensure the maximum publicity is obtained for the team.
- 6.7 The manager shall liaise with the team sponsors and ensure that proper recognition is given at seasons end.
- 6.8 Each player will present a post-dated cheque, payable to DD MBA and dated October 1 of that year, in the amount of \$75.00 for his/her uniform at the start of the season. Upon return of the uniform at the end of the season the cheque will be returned to the parent. If the uniform (jersey) is not returned or has been abused the cheque will be cashed to replace the uniform as of Sept. 30.
- 7.0 In the event a player leaves the team for any reason during the season all fund-raising monies paid to the team will be forfeited. Refunds for registration fees will be reviewed by the Competitive Coordinator and paid back based on the players participation at that point and the cost to the team /organization. Personal clothing cannot be returned.

- 7.1 A TOBACCO/ NON-SMOKING policy shall be enforced on all coaches, DDMBA officials and players at games, practices, or any other team events.
- 7.2 Coaches and players are to be in FULL uniform at all games. No exceptions.
Definition of full uniform is all coaches and bench staff should wear the team hat, pant (or shorts) and team shirt with Arrows logo.
- 7.3 The Competitive Coordinator shall be responsible for ensuring all players/coaches/manager/treasurer are insured through BNS.
- 7.4 A budget for each team will be prepared by the Competitive-Coordinator and the DDMBA treasurer. Each team will divide their budget amount by the # of players on the team, to create a "Cost per Player" amount. Each player is now responsible to provide the team with the said cost per player amount, whether it is fundraised, sponsored or cash monies. This amount is to be paid in full by July 15th. If a family has overpaid their cost per player amount, the said overpayment will be held "In Trust" to under the player's name for the following year. If the player does not make/play for a "Dartmouth Arrows" team, the said monies will be donated to the DDMBA. If a family has not met their cost per player amount, they must make arrangements with Competitive coordinator before that player can participate in try-outs for the Arrows the following year.
- 7.45 All non-Baseball Canada tournaments outside of New Brunswick, Newfoundland, Nova Scotia and PEI must be submitted to the Competitive coordinator before tryouts begin and approved by the DDMBA board. Upon approval specials fundraising rules will be put in place and strictly followed and audited upon the teams return.

APPENDIX: 1 FUNDRAISING MONIES

All monies raised for any Competitive team in Dartmouth is done under the name of the Dartmouth Arrows; therefore, any equipment purchased shall become property of the Dartmouth Arrows at the completion of the season.

Fundraising monies can only be used for the following:

- Tournaments
- Day to day expenses of running the team
- Equipment (bats, balls, scorebooks, bases, training aids)
- All equipment purchases exceeding \$200 must be approved by the Competitive Coordinator and a 2/3'rds parent vote.
- Players and coaches' ball related clothing warm up shirts, jackets or sweaters, is not to exceed \$75.00(tax extra)/player. Any clothing requested over and above this amount is the responsibility of the parents and cannot be paid through the team account.
- Team building (not to exceed \$200 without Competitive Coordinator's approval)
- Wind shirts and jacket design must be approved by Competitive Coordinator to ensure proper use of logo and the approved clothing.
- Food for players when competing in tournaments (1 team meal per tournament).
- Non-Parent coaches may claim hotel/gas/meal allowances. Non-Parent coaches (4 per team) will share 1 room where appropriate. Gas allowance will be one tank up, one tank back, not to exceed \$60.00/tank, 1 car. Meal allowances can be claimed up to \$40.00/day with no receipt. first day

of tournament (\$30.00 if travel starts before noon), full day of tournament (\$40.00) and final day of tournament (\$20.00 if finished before noon) (\$40.00 if finished after noon).

- If a non-parent coach receives a business sponsor for the team it is to be divided equally among the total amount of players on the team. If a parent over fundraises they can opt to assign the surplus to another player. This must be completed before July 15.
- Monies may be used to pay for coaching certification for coaching staff but must be budgeted. Teams can request financial assistance from the Competitive coordinator if the Competitive budget has projected surplus. The Competitive coordinator in conjunction with the president or vice president will determine what the potential amount is based on the needs of all teams.
- Managers may claim up to \$20 per month (June, July, and August) for personal cell phone usage on behalf of the team (no bills required).

APPENDIX 2: PARENT TOP UP MONIES

A coach may offer to rebate parents after the mid-season report is approved for the top up amount only. The Competitive Coordinator must approve all rebate checks before they are issued to ensure the team has proper funding to complete the season.

No money shall be given to parents for rooms, food, gas, bridge fare, and clothing.

APPENDIX 3: TRYOUT PROCESS

- 1) This Appendix will outline the tryout process for the selection of players for all Competitive teams within DDMBA
- 2) There will be a Competitive Tryout Committee established by the Competitive Coordinator in concert with Board. This committee will be responsible to:
 - a) Review and update where necessary each age levels evaluation criteria. There may be different criteria required at each age level. The Committee will also review the player selection process to make any changes/amendments as required.
 - b) Select personnel needed to fill the required positions to complete the evaluations. In situations where team's Head Coach and Non-player coaching staff is already in place, that coaching group will be permitted to conduct their own team/player evaluations. If required, that coaching group will also find people to run any required drills. There must also be an impartial observer appointed by the Committee to oversee that team's process and the observer will report to the Committee.
- 3) All players wishing to participate in the selection process must be registered through the DDMBA website with at minimum tryout fees paid. The DDMBA treasurer or his Arrows treasurer designate will confirm eligible players prior to the start of tryouts.

4) The tryout process may be broken down into three phases:

a) **Initial Evaluation:**

- i) All players attending the evaluations will be evaluated on an impartial and “blind” process. This means players will be evaluated in a process which does not use their name. The player will be assigned a number to keep for the duration of the tryouts. All players trying out will not be permitted to wear any Arrows swag or previous Arrows team apparel so as not to unduly influence evaluators.
- ii) In this phase all players will be evaluated on basic skills. The Tryout Committee will determine the basic skills and the assessment drills for each level. This phase may be done indoors with the purpose of obtaining a basic understanding of the skill levels present. After this phase players may be broken down into comparable groups for the start of on field evaluations.

b) **Secondary Evaluation:**

- i) During this phase all players will be further assessed on their skills as determined by the Committee. This phase will normally be completed on the field but may be done indoors if weather is a factor. Players may be reassigned after this phase. (i.e. the AAA coach(es) may decide to shorten the list of players they are interested in looking at.

c) **Game Play:**

- i) Inter-squad games are played at this phase to see and assess the players in-game skills.
- ii) No teams will be finalized without completing this phase.

5) Coaches from the levels below AAA (AA and A) are highly encouraged to participate/observe the higher-level evaluations. This coaching participation will allow more observation of players who may be released to a lower level to better obtain an understanding of these players skills and abilities.

6) Final team selection must be completed with the impartial observer present. Notes must be kept by the evaluators and/or coaching staff regarding evaluation data used to determine selection of players. Evaluators and/or coaching staff may be required to justify player selection to the Competitive Tryout Committee and/or the Competitive Coordinator.

7) After completion of the tryout process and teams have been finalized, any player may request feedback on their tryout, strengths and/or areas to improve. Only information about the individual players own evaluation may be given. The individual players tryout ranking will not be stated nor will any other player's tryout information be given.

- 8) All evaluation sheets and information ie spreadsheets are to be held/saved for at least one year but must not be used for any future tryout evaluations.

Practices

Achieving Excellence in Coaching - Planning an Effective Practice

Babe Ruth League Coaches Corner/Bill and Cal Ripken
www.baberuthleague.org/media/9327/CCMARCH2013.pdf

Baseball is a simple game. However, planning an effective baseball practice can be challenging. With this article, we are going to take a look at some of the basic components of a baseball practice and outline some sample practices for older and younger youth teams

Warming Up

So many times a coach will show up and immediately tell the team to go run around the soccer goalposts and come back. As players get older they begin to understand that this is a warm-up. They know what it means to jog and get loose. Younger players usually do not grasp this concept. They will view this as a race and will run as hard as they can in an effort to win the race. Some players will not be able to complete the run at this pace and will get tired quickly. Others will push themselves to the very end and will exhaust their energy. Either way you are going to have a bunch of tired kids. It might take them 10 minutes or longer to recover, which is not a good situation to be in when there only is an hour block allotted for practice.

A better idea for the younger ages is to open practice with base running. Kids love to run bases. In fact, they love it so much you can begin and end practice with base running. There is a drill we call "Big League" base running that we really like. The players run from home to first as if they are trying to beat out an infield hit. The concepts of touching the front of the bag and running through the base are stressed. Next, the players run from first to third. After that they walk home and then run a double. Then they simulate scoring on a hit from second base. Beyond that, if the players are not too tired they can run out a triple or a home run. Each time specific base running fundamentals are stressed.

As players get older (above the age of 13) the concept of a dynamic warm-up, including jogging, running, bounding, skipping, high knees, etc. can be introduced. The team should be able to arrive at practice and start this type of warm-up as a team on its own before beginning a daily stretching routine.

Cold muscles should never be stretched, but it is important to introduce a stretching routine to any age group. After the base running or dynamic warm-up, players can sit in a circle to begin their stretching routine. Younger players will not have a real physical

need to stretch. They roll out of bed and are loose and ready to go. There is not much danger of them pulling muscles. However, understanding the importance of stretching and developing a routine will be habit forming and will help them throughout their athletic careers. So the earlier the concept of stretching is introduced the better. Team stretching also provides coaches with an opportunity to go over the practice plan that has been developed for that day, which will eliminate wasted time once the practice begins.

The Importance of Having a Plan

It is important for a coach to spend at least some time in advance putting the day's practice on paper. It is even better if this plan can be emailed to all of the players and parents the night before practice. If the coach comes to practice with a plan and can communicate and organize the plan effectively while the team stretches, the confidence level of the players and parents will increase. They will understand that the coach is taking his or her responsibilities seriously and is attempting to make the experience as rewarding as possible for all involved. Players are more likely to give maximum effort and attention to a coach who is organized, and parents are less likely to question an organized, dedicated coach.

Dealing With Limited Field Space

It can be very easy for us to tell coaches not to fall into the trap of running a practice where one kid is hitting and everyone else is standing around in the field. After all, we have access to a new youth baseball academy that we have built in Aberdeen, MD, that has four youth fields, a synthetic turf practice infield, four batting cages with a tee and soft toss area and a large multi-purpose grass field. Most coaches come to practice and have use of one field for an hour. Some coaches don't even get to use a field with a backstop. Those circumstances make it harder to plan an effective practice. Harder, but not impossible. You just have to get a little creative!

Batting practice can be set up so that there are actually several different stations going on at the same time. Let's say you have a team with 15 players. You might break your team into three groups of five. One group goes to the outfield, where a coach or volunteer hits fly balls and ground balls to the players between pitches. Another group goes to the infield, where a coach or volunteer hits ground balls to the players between pitches. The third group is a hitting and base running group. One player goes to first base and simulates situational base running (seeing a bunt hit the ground before breaking, hit and run, advancing on a hit, reading a fly ball, etc.). Another player is hitting at home plate (two bunts, two hit and runs, 10 swings). The other three players are hitting plastic, rubber or foam balls off of a tee or by doing a soft-toss drill into the backstop or a fence.

In this scenario players are working on hitting, throwing and catching. If you spend 15 minutes on warm-up, throwing and catching before starting batting practice, you then can let the groups hit for 10-15 minutes each and still accomplish quite a bit. There might even be more time left over at the end to go over a team fundamental for older groups or to do more base running or have skills contests for younger teams.

This is just one example of how to make efficient use of limited field space to run an effective practice. Another way is to purchase some portable pop-up nets. These screens are light and fold up into a bag. They can be taken anywhere and set up in a matter of minutes, allowing for a coach to create his or her own hitting stations under virtually any conditions.

Perfect Practice Makes Perfect

We've all heard the saying, "Practice Makes Perfect." Well, that's not really true. If you practice a skill over and over again, but you are practicing it the wrong way, when it comes to a game situation you are going to do it wrong. Our dad, Cal Ripken, Sr., who played, coached and managed in the Baltimore Orioles' organization for nearly 40 years, was famous for saying, "Perfect Practice Makes Perfect." He also used to say, "If it's worth doing, it's worth doing right." Both of these sayings reflect the idea that we tend to play the way we practice.

Sample Practice Plan - Ages 12 and Under

10 minutes - Base running ("Big League" base running)

20 minutes - Stretch and throw

- Stretch around mound or in center field
- Go over practice plan in detail

45 minutes - Stations -small groups, 15 minutes per station and rotate

- Live Batting practice
- Tee work/ soft toss -use fences/backstops if necessary
- Fielding/ throwing station -while live batting practice is going on
- Fly ball/throwing station -while live batting practice is going on

10 minutes - Base running

As always, common sense must prevail. For ages 5-8, a practice should only last an hour. Times should be shortened accordingly. Players should only stay longer if they ask to, and you should let them do what they want. Players ages 8-10 may be able to stay the full time and 11- and 12-year-olds might be able to last for even longer. Use this framework as a guideline and customize practices to fit your needs.

Sample Practice Plan - Ages 13 and up

20 minutes - Stretch, run, throw

20 minutes - Ground balls and fly balls

Use buckets and systems to minimize throws and maximize repetitions:

- Not taking infield
- Two infield fungo stations
- One outfield fungo station

20 minutes - Team Fundamentals

- Bunt defenses
- First and third defenses
- Cutoffs and relays
- Pickoffs and rundowns
- Team base running

60 minutes - Team Batting Practice

Four stations, 15 minutes each (or four stations, 10 minutes each if you want to do another team fundamental) stations can be rotated daily - always include free hitting.

Once in-season, coaches should prioritize which issues need to be addressed during team fundamental sessions. Another team fundamental session can be added, reducing batting practice by 20 minutes. Please note that the infield fungo station does not mean taking a full infield. Batting practice provides opportunities for pitchers to throw on the side and do their running.

Pre-Season Conditioning

<https://www.baseball.ca/pre-season-conditioning>

Indoor Workouts

Most coaches in Canada should consider indoor practice sessions because of inclement weather conditions. General conditioning of all muscles through calisthenics, running and throwing, can be accomplished indoors. Space limitations can be overcome by using stations when conducting drills. Divide your squad in small groups, one to each station with a rotational system where each group can go from station to station.

Conditioning Circuit: Comprised of 3 stations:

- A wind sprints,
- B calisthenics and
- C pick-ups.

Hitting Circuit: Comprised of 4 stations: A hip rotation and stride drills, B pepper drill, C screen drill and D batting tee drill. The coach must ensure that each of the last two drills do not have balls being hit into the other circuit stations by having the players hit balls into exercise mats. Note: for indoor practices rubber practice balls should be used.

Throwing and Receiving Drills: Refer to the throwing and receiving drills to decide which drills you should incorporate into each station.

Running: Running should be done after the practice session. One or two laps around the gymnasium is enough at the beginning of the practice.

Calisthenics and Stretching: This warm-up should be followed by an exercise program of calisthenics and stretching exercises that condition all parts of the body:

Neck: The head should be rotated slowly in a circular manner; clock-wise and counter-clock-wise

Shoulders: The arms should be swung in a circular motion, forwards and backwards.

Trunk: Place hands on hips and twist the torso while in a bending position, clock-wise and counter clock-wise.

Legs: (hamstring) Stand erect, cross one foot over the other, with the heel of the crossed foot up. This will keep the pelvis straight as the player slowly reaches to the ground.

Repeat six times. Switch leg positions and repeat. (Groin) Spread legs as far as possible with the heel of the forward leg on the ground and the toe of the back leg on the ground. Slowly bob the pelvis towards the ground six times. Switch legs and repeat.

The coach should try and come up with a balanced mixture of exercises, making sure that all parts of the body are properly stretched and warmed up.

In-Season Conditioning

Courtney Plewes: The Baseball Zone Blog (March 18, 2015): <http://blog.thebaseballzone.ca/8-reasons-for-an-in-season-baseball-strength-and-conditioning-program>

Spring training camps are in full swing, which means baseball season is right around the corner! But don't be too hasty to ditch the gym in place for the field. In-season baseball strength and conditioning is an often over-looked and neglected aspect of a player's in-season routine. BIG MISTAKE!!!! Here are 8 reasons why you should make strength and conditioning a priority this in-season:

1. Reduce Your Chance of Injury

The baseball season is long and hard on the body. Baseball is also, primarily, a one-sided activity (hitting and throwing). This repetitive motion on an athlete's dominant side can lead to disaster if they are not prepared for the season or do not maintain their strength, mobility, and function throughout the season. A properly designed in-season baseball training program can take a proactive approach to avoiding common injuries and breakdowns throughout a playing season.

The excuse of 'not having enough time' to train during in-season is invalid. If you get injured and you cannot play you will have all the time in the world. Which would you rather?! Make the time.

2. Maintain Your Strength

If you do not lift weights during in-season, within 3-weeks of stopping you will have considerable strength losses. That means each week you are getting weaker and weaker; come play-off season when you should be at your strongest you will consequently be at your weakest.

In-season strength training is different than off-season training. We are not trying to bulk up or hit PR's but trying to maintain the gains we have made over the off-season. This means come next off-season you can start getting stronger right away without having to spend time and energy getting back to where you were.

3. Gain Strength

Why simply maintain your strength when you could get stronger? If your goal is to play baseball at higher levels (college and/or pro ball) you are going to need to be STRONG. At every level, the players get bigger, faster and stronger. If you want to keep up you cannot WASTE 6-8 months every year just playing baseball, while maintaining or, worse, losing strength.

A good in-season strength program is adapted to your playing schedule so that it allows

you to get stronger without compromising performance on the field. This way you are not relying on 4 short months a year to accomplish the gains you desire.

This is especially true if you aren't getting a ton of playing time, because of age, experience or position (pitchers have off days, and relief pitchers usually do not play as many innings). If this is the case then you should focus on getting stronger, since you have the time and energy to make some SERIOUS gains!

4. Increase Your Power

POWER = FORCE X VELOCITY

Force (aka strength) is HALF of the equation for creating more power. Meaning by getting stronger during the in-season you are in-turn increasing your power output! Practices and games take care of the velocity (speed) training with running bases, hitting, throwing, drills, etc.

Wouldn't you like to END the year throwing and hitting harder than when you started in the spring?!

5. Stay in Shape

Unless you can hit like John Kruk or pitch like David Wells I suggest you keep yourself in shape! Sitting on the bench munching on sunflower seeds and HubbaBubba and bad meals when on the road can lead to weight gain quick. Your in-season baseball strength & conditioning program will help combat this. Keeping you lean and fit all season long, helping you perform better on the field.

6. Stay Loose

True or false; lifting weights decreases flexibility and range of motion (ROM). FALSE!!!! If you perform your exercises through full ROM and include exercises that work multiple joints (squats, lunges, Push-ups, rows) you will keep your body flexible and mobile. In-season training programs should also have a large emphasis on flexibility, mobility, and myofascial release work to encourage the body to stay loose and mobile through the whole season.

7. Prevent Yourself from Getting SLOWER

If your "in-season" program consists of running poles or long distances and band work you should expect to become weaker and slower. Every movement in baseball is one of POWER and the main movements, swings and throws, last less than a second. Why then should your in-season (or off-season for that matter) program include anything but training to enhance your power production?

If you don't believe me listen to other experts in the field:

"I don't do any distance running for my guys. Coaches who have their baseball players run long distances are either lazy or flat-out stupid (or both)." – Eric Cressey, MKin., CSCS. (Co-founder of Cressey Sport Performance)

"This research demonstrates that power training and intense, lengthy cardiovascular endurance training are not compatible with the aerobic training resulted in decreased power among college baseball players. Such a decrease in lower body power during the length of a baseball season is a negative outcome that must be avoided to maintain performance in both pitchers and position players. It is suggested that conventional metabolic conditioning for baseball players, which generally includes extension aerobic endurance exercise be altered to include interval-type training or repeated sprint conditioning. By keeping all conditioning on the power end of the muscular fitness spectrum, power can be maintained or even increased throughout a baseball season." – Rhea, M.R., et.al. (2008). Noncompatibility of power and endurance training among college baseball players. *Journal of Strength and Conditioning*. 22(1) 230-234.

8. Enhance Recovery

With such a long season with numerous practices and games, quick recovery is vital during in-season. So then how does exerting energy and lifting heavy things aid recovery?!

Simple. Strength and conditioning session during the in-season are not 'gut-checks' and are not meant to leave you gasping for air and full of lactic acid. Your workouts should be short, 35-40 minutes, and sub-maximal. This type of training will help increase bloodflow to your working muscles, bringing oxygen and nutrients to them while removing metabolic waste that hinder your muscles ability to produce forceful contractions. A good in-season strength and conditioning program will also include myofascial release (foam rolling), mobility, and flexibility work, which all enhance the body's ability to recover quickly.

All-in all, continuing your strength and conditioning training through the in-season is vital to staying strong, healthy, mobile, powerful and one step ahead of the other guy. Make it a priority this season and see the difference it will make, you might surprise yourself.

Planning an Effective Practice

*<http://www.active.com/baseball/articles/how-to-run-an-efficient-baseball-practice>
by <http://www.baseball-tutorials.com/>*

When planning their season, coaches put a lot of thought into planning their baseball practice sessions.

There are often several goals to accomplish, and when working with young players, things tend to move slower than anticipated. In order for practice to be effective, coaches should focus on quality, not quantity.

The team will be much better off if each player practices a move correctly 10 times, rather than practicing it rushed and incorrectly 20 times. Coaches should use the following tips as a guide to running smooth, effective practices.

Drill Rotation

The most efficient method for practicing several drills within a practice session is through the drill rotation. With this approach, the coach will set up various stations throughout the field where players will work on specific skills.

Players will be divided into small groups that rotate through the stations together. The simpler the skills, the better, because explaining a complicated drill each time a group comes to a station will waste time that could be spent practicing.

Help is Key

For this method to be successful, it is very important to have assistants or parents to oversee each station. These helpers should be able to understand the drills and know what to watch for to make sure players are performing them correctly.

They don't have to have a coach's knowledge, but they should be told what improper form looks like so they will be able to correct players as needed. While the players are warming up, brief the helpers on each drill they will be overseeing. Ideally, enough helpers will be available so the coach can be free to observe all the stations.

Watching the Time

Before practice begins, the coach should determine how much time players should spend at each station. However, he should also be aware that sometimes more time is needed.

Being flexible is crucial when coaching young players, and coaches should remember that it is important for each player to be able to practice the skill correctly.

Make up for lost time by making sure players are hustling from station to station, and take notes on where each group left off so they can practice that drill at the next practice.

Make it Fun

Finally, coaches should focus on making practice fun.

Staging Batting Practices

The greatest part of a team's practice session centres on batting practice. Batting is the one component of the game that is common to all players. During a well-organized batting practice coaches can have players work on individual skills (i.e. fielding, baserunning).

Have one or two on-deck hitters -- rest of team is on the field in their position or hitting fungoes or as shaggers.

Outfielders hit together to allow infielders to work together as a unit (vice versa).

Strict routine should be adhered to during the session and the team must be aware of it for safety reasons and to take advantage of valuable practice time.

Pitchers are fungo hitters and stand near home-plate, far back in foul territory to protect against balls hit by the batter.

Fungo hitters hit balls to the infielders only after a pitched ball has passed or been hit in another direction.

Fungoed ball is the only ball that is thrown to another infielder, not the pitched ball.

Fungo hitters position themselves either behind first or third base to hit fly balls to the outfielders (usually 2 outfielders will take fungo fly balls while the others play the batted balls)

Pitchers take turns as "shagger" for the batting practice pitcher. Players roll all the batted balls to the shagger who in turn feeds them to the pitcher. Safest position for back-up man is behind second base on the outfield grass area.

Practice base running by having a hitter become a base runner at first base for the next hitter. The runner can practice advancing on balls hit or bunted by the batter. This helps them to develop proper lead-off and base running techniques.

Catchers serve as umpires by calling all the pitches -- whether batter swings or not. This familiarizes the batter with the strike zone and encourages them to be more aggressive. Catchers can work on their receiving skills during this time.

The pitcher's activity during the batting practice is equally important. It gives them the opportunity to work from the mound and face batters, thereby simulating a game situation.

Practice Drills

Throwing and Receiving a Baseball

Most aspects of the game involve skills in throwing and receiving a baseball. Unfortunately, many coaches neglect to teach the basic fundamentals needed to achieve appropriate skill levels.

Throwing:

Throwing a baseball properly depends on grip, arm action and body motion.

Grip

1. Forefinger and middle finger are close, but not together, and across the seams
2. The thumb is underneath and between the two fingers providing support
3. There should be a slight space between the palm and ball with the remaining fingers bent slightly to the side and relaxed.

Arm and Body Action

1. Rotate shoulder and hips to point at the target body weight is back
2. Throwing arm drops down as front leg begins stride (leg opposite throwing arm)
3. Throwing arm extends back - weight begins to transfer against the front leg
4. Shoulder levels - front leg lands on ball of foot - hips begin to open
5. Wrist is cocked - elbow bent
6. Eyes on target - hips open - weight transferred against front foot
7. Ball is released slightly above and in front of the head
8. Follow-through - bend the back

Receiving:

When receiving, the position of the glove is usually determined by whether the ball is above or below the waist. Above the waist the fingers point up and below the waist the fingers point down.

For balls at belt level, the arms are extended slightly more to cushion the catch, and the fingers point outward.

The baseball is caught with arms relaxed and extended towards the oncoming ball. The ball should be received on the throwing side of the body, with the elbows bent. The hands draw back slightly to absorb the force of the throw. The throwing hand enters the glove as soon as possible and finds the correct grip on the ball in preparation for a quickthrow. Coaches should stress that quickness with the feet is essential in getting the body into a good receiving position.

Throwing and Receiving Drills

<https://baseball.ca/throwing-and-receiving-drills>

These following basic drills can be used to improve player mechanics and overall performance in both throwing and receiving.

Throwing Drills

Have your players pair-off in two lines facing each other about six metres apart making sure there is adequate room between everyone. As they warm up, players should move further apart with longer and harder throws. For the longer throws it is important that players use the crow-hop step (3 steps taken prior to throwing - starting with the leg opposite the player's throwing arm. For example: a right-hander would stride left-right-left and then throw).

Another drill that can be used is to have players throw from a sitting position, then from both knees, then one knee (throwing side knee remains on the ground). This drill teaches players to properly rotate their hips when throwing (since they cannot use their legs).

Grip Drill: Each player tosses the ball in the air to themselves and catches it with the throwing hand. Practice finding the correct grip before simulating a throw.

Crow-Hop: Every player has a ball and they toss it in the air in front of them, catch it, crow-hop and simulate a throw.

Target Drill: Pick a target on their partner (i.e. the chest and face area). Award one point for every ball thrown accurately at the chest and two points for a successful throw to the face area.

Receiving Drills

Like throwing, the proper methods of receiving a baseball must be stressed.

Shuffle Step Drill: Quick, short lateral steps are important in getting the body into a good receiving position. Without using balls, have all the players shuffle quickly to their left and back to their right. After two or three of these quick steps, they should pretend to receive a ball on the throwing side of their body using two hands.

Soft Hand Drill: Have partners throw to each other with no gloves. This drill forces them to throw easily and to draw back their hands to cushion the impact of the ball when receiving.

Running the Bases & Sliding

<https://www.baseball.ca/running-the-bases>

Base running is one of the most natural skills for the young player. Most of the players at this age enjoy running and are in reasonably good condition, but many of them have improper running technique. The coach's job will be to correct errors in running form, teach correct base running skills and develop positive attitudes about hustle and aggressiveness.

Running Form

- Arms pump forward and backward
- If running to first and not on to second base, teach players to run through the bag. They don't slow down until they touch first base. They will slow down as they continue along the first base foul line. Do not turn toward second base as doing so could allow the other team to tag them out.
- If running past first and onto second, the player should begin to curve toward the first base coach's box and then arc toward first base. Running this 'bend' allows the player to maintain as much speed as possible as opposed to running straight to first then making a sharp turn to second.

Sliding

Teaching Sliding: An excellent place to teach sliding is on wet grass. Have the players take off their shoes and slide to a loose base. If the grass is long, it need not be wet, but wet grass is easier to slide on than dry. Using a sweeping compound on the gymnasium floor is fairly good also, although players will slide too far with this method. In the beginning, have the players assume the finished position 2 or 3 times before actually sliding so they are reasonably certain of what they are trying to do.

The bent-leg slide is the most effective and popular slide in baseball. It provides the quickest approach to the base and also enables the runner to pop-up and advance. The following are coaching points in learning the bent leg slide:

- Start to slide at least 9 to 10 feet from the bag. Do not slide late.
- Take off from either leg (whichever is most natural) and bend it under.
- Slide on the outside of the bent leg, contacting the ground with the calf, thigh and rear.
- Keep low to the ground. Do not leap or jump.
- Throw the head back as both legs bend, thus preventing the knees from hitting the ground first.

- Face the instep of the bottom foot in the direction of the slide, preventing the spikes from catching the ground.
- Always touch the base with the top leg.
- Keep the leg relaxed, the knee slightly bent, and the heel off the ground.

Bent Leg - Pop-up and Advance: Towards the end of the bent leg slide the player pushes the bent leg up before the slide is completed. The momentum generated from the slide along with the push up from the ground by the bent leg and the push up from the extended foot on the bag, spins the runner towards the next base.

Base Stealing

Stealing bases may not be allowed in all ages and divisions. Be sure of your league's rules before introducing stealing.

In contemplating a steal, each coach must consider the following questions:

- What is the ability of the runner?
- How good is the pitcher's move to first base?
- Can the hitter move the runner to the next base?
- Is the steal worth the risk?
- Does the situation warrant the attempted steal?

Stealing Second - Getting the jump on the pitcher: A good base runner gets the jump on the pitcher by studying their moves. If the pitcher commits themselves with a move towards the batter, they have to throw home or a balk is called by the umpire. As soon as the runner sees the pitcher start their move to the plate, they can be off and running.

Cross-Over: When the runner decides to go, they pivot on the right foot and cross-over with the left leg. In breaking for second base, runners should swing their left arm towards the next base as they begin their cross-over. The arm action pulls their body around and enables them to take a good first stride with their left foot. The runner's weight should be forward with their legs driving hard.

Glance: When the runner breaks towards second base on the steal, they must glance towards the plate after taking a few steps. This will help them decide whether to return to first (i.e. line drive or fly ball), slide into second, or round it and try for third (i.e. passball).

Stealing Third: Stealing third base is probably easier than stealing second and a right-handed batter will make the throw more difficult for the catcher. A runner can score in more ways from third than second, but if they are thrown out attempting to steal, a potential run is removed. For this reason most coaches are content to leave the runner on second.

Implementing Fielding Practices

<https://www.baseball.ca/implementing-fielding-practices>

A typical fielding practice routine consists of the following:

Outfield Routine: Ground balls are hit to outfielders in areas that will require throws to second, third and home in a game situation.

Throws to Second: hit balls to the left fielder near the foul line - hit balls to the centre fielder in left or right centre hit balls to the right fielder near the foul line.

Throws to Third: hit balls to the left or right of the left fielder - hit balls straight at the centre and right fielder.

Throws to Home: hit balls in front of all outfielders (that they have to charge) - also hit fly balls to them. The cut-off men are always in position during these rounds. Following this, the outfielders go to centre field to practice catching fly balls hit to them by an assistant coach or pitcher.

Infield Routine: This drill simulates the skills required of infielders during game conditions.

Assign players to the infield position (except pitcher). Starting with the third baseman, the coach hits a ground ball which is fielded and thrown to first base and then to the catcher. This sequence is repeated with the other positions. The ball hit to the first baseman is thrown to third base and then the catcher. The coach then repeats the entire sequence hitting to the infielder's left and right. After the first baseman's turn, the catcher is rolled the ball near the third base line (first round), then towards the mound (second round), and then near the first base line (third round). Each time the catcher must run up, field the ball and throw to first base.

Following this, the coach hits in rounds to execute double plays (i.e. 5-4-3, 6-4-3, etc.) using the same rotational format. The coach then hits pop-ups, fair and foul. Objective is to have the proper player calling for and making the catch. The infielder then throws to first base, except for the first baseman who throws to third. Next, the coach hits balls to the infielder's left and right and directly at them with all throws to home for plays at the plate. Coaches should have three or four balls on hand to ensure a fast flowing drill. The conclusion of this activity during a practice session should consist of a short meeting.

This meeting includes comments on the practice and/or information about the next game or practice, as well as providing the opportunity for players to ask questions and give input.

Infielding Drills

Simulation Drills: (without a ball) Players line up facing the coach. The coach asks the group to assume the correct position upon command (i.e. resting, ready, and fielding).

Cross-over and Field Drill: (without a ball) The players are in the ready position and the coach asks them to cross-over (i.e. right or left) and advance three or four steps before gliding into a proper fielding position. Repeat several times in the same direction and then change to the other direction.

Cross-over, Field and Throw Drill: (without a ball) The same procedure is followed as above except a throwing action is added. After completing a fielding motion the player simulates the correct throwing technique, employing the crow-hop.

Group Ground Ball Drill: (with ball) Team members are divided into three groups. Balls should be rolled directly at them, to their left and their right. With each repetition the player assumes the ready position, then breaks for the ball, fields, and throws it back to the coach. The player then moves to the end of the line of the group.

Group Pop-up Drill: (with ball) The same procedure in the ground ball drill is used, except that balls are tossed in the air in various directions.

Partner Drill: (with ball) Pair players off when they have progressed to a point where less observation of techniques is needed. One partner can roll ground balls or toss pop-ups, while evaluating his/her partner's fielding skills. This drill provides many repetitions in a short period.

Bare-Hand Drill: The above drills that utilize a ball can be conducted in the same manner, but without the use of a glove. The drill accomplishes two things: it forces the players to use two hands and it encourages the hands to draw back slightly upon impact with the ball.

Outfielding Drills

Footwork Drills: Used to practice quick starts in all directions. The outfielder stands in their regular stance while the coach tosses balls to their left, right, and then over their head. This drill should be practiced until the cross-over steps are mastered.

Ground Ball Drills: Gives the outfielders practice in picking up ground balls using the different methods. Players should charge every ground ball. The coach may either throw or hit ground balls in this drill. Throwing drills may also be included with this drill (i.e. throw to the cut-off person after fielding the ground ball).

High Fly Balls: Allow the outfielder time to get under the ball, come in on it, and practice proper receiving and throwing positions.

Left or Right Fly Balls: Line up outfielders on one side of the field and hit balls to the other side. Repeat going the other way. Outfielders should be in the ready position every time.

Over the Head Fly Balls: Outfielders line up fairly shallow and the coach hits the ball over their head alternating which shoulder of the player you hit the ball over. Make sure that proper foot work is maintained.

Line Drives: Hit line drives to improve player judgment and practice the proper method of receiving low line drives (glove fingers pointed down).

Balls in the Sun: Line up outfielders facing the sun. Hit fly balls to them and have them use their gloves to shade the sun. If sunglasses are available use them as well.

Throwing Drills: Proper throwing techniques are incorporated into all of these drills. Upon catching the ball, players can be instructed to throw the ball to a designated area.

Hitting Drills

Hip Rotation

- Players stand with their stride foot forward and their pivot foot back
- Both arms are bent with hands resting in front of the hips
- Place a bat horizontally behind the lower back and slide through the opening between the torso and the bent arm (bat is resting in the crook of each arm)
- Players turn their hips left and then right, keeping the back straight and pivoting with their back foot

Purpose of the drill is to maximize the push and pivot action of the batter's back foot and develops "quick" rotation of the hips

Stride Drill

- Players practice taking a short forward stride
- Do not swing the bat but keep the hands back

Swing Simulation

- Everybody takes practice swings pretending the ball has been thrown
- Every player must assume the proper 'ready' position before taking a swing

Tee Drill

- Allows players to perfect their swing
- Players practice hitting the ball off the tee with the coaches and other players observing any problems in their mechanics, if not hit 'cleanly' then the swing needs to be corrected
- Set tee up in front of a fence or screen with the players hitting the ball into the fence

The Art of Bunting

<http://www.baseball.ca/the-art-of-bunting>

Bunting is a fundamental aspect of baseball. Through practice, bunting can be turned into a major offensive advantage for any given team. There are two types of bunting: the sacrifice bunt and bunting for a hit. The sacrifice bunt is the more commonly used of the two.

Sacrifice Bunt: The objective is to move a runner or runner(s) to a succeeding base. The batter's concern is on moving the runner(s) along, not trying to get a hit, by using one of two methods, the pivot or square around.

The Pivot

- Stance is with the feet shoulder width apart and remain square to the plate
- Stand closer to the pitcher than normal (in the batter's box)
- Pivot on both feet when pitcher takes the ball from glove during delivery (i.e. square to the pitcher)
- Body bent forward with knees bent and arms relaxed and extended forward
- Bat held in front of plate slightly slanted
- Bat is held lightly
- Top hand slides up barrel and forms a V shape with thumb on top and fingers underneath to hit low strikes lower body

Square Around

- Batter moves their front foot slightly to the outside while bringing their rear foot almost parallel with the front
- Continue with the pivot method from above with points 4-7

Here are several helpful hints for successful bunting:

- It's important that the batter be in the front of the batter's box, allowing a better opportunity to bunt the ball in fair territory
- Hitters must attempt bunting strikes only
- Bunts should rarely be attempted with two strikes in the count (a bunted ball that goes foul is called a strike even if there are already two strikes on the batter)
- Do not go after the ball or 'jab' at it. This causes the ball to be popped up or hit too hard.
- The batter should forget about getting a fast start to first base until after he/she has bunted.
- The priority is in moving the runner(s) over with a good bunt, not in getting an infield hit.

Pitching Mechanics

<https://www.baseball.ca/pitching-mechanics>

Young pitchers need to develop a balanced and consistent delivery in order to maximize their potential and reduce the likelihood of injury.

Grip

Most pitching grips use two fingers on top of the ball, with the thumb underneath. A young pitcher with a small hand may need to use three fingers across the ball. Have a relaxed but firm grip. Avoid choking the baseball.

Types of Grips

- Use a four-seam grip for maximum speed and control.
 - Place your index and middle fingers across the horseshoe area of the ball.
- Use a two-seam grip for more movement on the ball (sacrificing some speed).
 - Place your index and middle fingers along the two seams.
 - The side of your thumb pad goes underneath at the mid-point of the ball.

Key Points

- Relaxed but firm grip.
- Fingers on top of the ball.
- Thumb underneath the ball.

Stance

Pivot Foot - The foot on the same side of the body as the player's throwing arm.

Stride Foot - The foot on the same side of the body as the glove hand.

- Keep both feet on the rubber (the area of the shoe between the front spikes and the back spikes touches the front edge of the rubber) or move your stride foot off and behind the rubber.
- If you are right-handed, stand on the right side of the rubber; if left-handed, stand on the left side.
- Stand comfortably with your shoulders and hips square to the plate and your weight slightly more on your throwing foot.
- Hold the ball in the glove or in your throwing hand (glove helps disguise pitches; hand allows quicker reactions if somebody moves from a base).

Key Points

- Comfortable stance.
- No runner on base - square to plate.
- Runner on base - set position.

Wind-Up

The wind-up gives the pitcher rhythm and momentum necessary for an accurate and powerful pitch.

Key Points

- Keep your eyes on the plate.
- Take a short step back, transferring weight to your stride foot, while moving your hands into position.
- Your hands may move to the top of your head, remain gathered near your chest or move to a comfortable point between these two extremes.
- Turn your pivot foot 90° (square to home plate) so that the outside of the foot comes to rest in contact with the front edge of the pitching rubber.
- Lift your stride leg straight up, with your thigh and shin forming at least a 90° angle.
- Keep your head centered over the front side of your pivot foot for good balance.

**With runners on base, the pitcher should assume the set position. From this position, the pitcher can either deliver the ball to the plate or pivot and try to pick off a base runner.

Set Position

- Stand with your back facing first base (right-handers) or third base (left-handers).
- Feet should be parallel and about shoulder width apart.
- Outside of pivot foot should touch the front edge of the rubber.
- Bring hands together in the area between your chest and belly-button.

Gathered Position

- Maintaining balance over the pivot foot is essential during this brief pause and momentum gathering phase.
- Head remains centred over the front side of the pivot foot.
- Eyes are level and focused on the plate.
- Shoulders are horizontal and square to the plate.
- Glove-side hip points toward the plate.
- Hands are together in the area between the chest and belly-button.

- Elbows relaxed and pointing down towards the ground.
- Stride-leg thigh is approximately parallel with the ground.
- Stride foot is relaxed with toes pointing to the ground.

Key Points

- Weight back and balanced over the pitching rubber.
- Head centered over the front side of the pivot foot (middle of body).

Stride

- As the pitcher strides forward, the hands break and the momentum is transferred toward home plate (slow and controlled lower half of the body).
- A relaxed stride foot leads straight forward, feeling for the ground (imagine your foot sliding down a playground slide).
- Both thumbs rotate down as your hands break (break hands thumbs to thighs).
- Ball separates from glove with the palm of the throwing hand facing down and fingers on top of the ball.
- The path of the throwing arm to full extension is down, back, around and up through release.
- Glove-side hip remains closed and pointing toward the plate, until the stride foot is down and the torso begins rotating.

Key Points

- Slow and controlled lower half positions the body for torso rotation at stride foot landing.
- Eyes and head remain level with the plate (don't tilt or pull head off line).
- Balance and body alignment.

Landing and Release

- A T-Position for throwing is created through the proper positioning of the player's arms, hands and torso. The player's arms and hands form the top crossbar of the T, while the torso forms the base. This is the final position before the throwing hand rotates and starts on a forward path toward the release point.
- Land on a slightly closed front foot with weight centred over the ball of the foot. Stride leg should be flexed and firm.
- Straighten the stride leg by rotating on the ball of the stride leg foot (momentum is transferred up through the body to the throwing arm). Be careful not land on a stiff/locked front leg.
- Head is behind stride leg knee at landing and finishes out over the stride leg knee after release.

- Throwing arm elbow must be at least the height of the throwing shoulder through the release point.
- Ball is released in front of your throwing arm shoulder, in the area of the tip of your cap.
- At release, your throwing arm is slightly bent at the elbow.

Key Points

- T position.
- Balance.
- Control.

Follow-Through

Coaches need to watch young pitchers, to be sure they don't drag their pivot foot during the follow-through phase of the delivery.

Key Points

- Glove arm rotates inward and down, coming back to rest in the area between hip and chest.
- Throwing arm completes a smooth arm path to full extension
- Head stays on line with the plate and balance is maintained over the landing foot.
- Pivot foot elevates, releasing the back side hip for full hip rotation.

Warm-Up, Cool-Down Routines & Pitching Drills

Young pitchers need to understand the importance of arm care. Progressive loosening of the arm must precede all hard throwing activity. The arm should be taken through a cool-down routine at the conclusion of the throwing activity. Coaches must make sure that eager young players never throw when the arm is sore.

Warm-Up

- 4 infield laps.
- Team stretch.
- Two 90-foot (27 metre) wind sprints with players running at about 75% of their maximum speed.
- Partner ball tosses by position, increasing the throwing distance until the players' arms are stretched and loose.

Cool-Down

- 3-5 minutes of long toss. Long-toss using a complete arm path and proper follow through (slight arc).
- Light jog (foul poles) with arms pumping.

Drop Step, Pivot and Gather

The goal of this drill is to create and maintain balance over the pitching rubber.

- Drop step, pivot and lift stride leg straight up and into the gathered position.
- Hold this position.
- As players develop balance, a second player can flip a ball to the pitcher as he/she arrives at the gathered position to ensure good balance and a slight pause.

Movement Toward Plate

The goal of this drill is to feel the proper timing of the hand break.

- Get into the gathered position (no glove).
- Place the tip of your glove hand baby finger against the inside area of your stride leg thigh.
- Break your hands (thumbs to thighs) as your stride leg goes forward.

Balanced Landing

- On a flat surface, assume a proper landing position
- Deliver ball to partner 15-30 feet away, by shifting weight onto back foot and rotating on pivot foot.
- Follow-through, maintaining balance over the stride leg foot.
- Receive throw back from partner.

Long Toss

With this drill, the coach can emphasize:

- The complete path of the throwing arm.
- A strong and complete back foot pivot (shoelaces facing partner).
- A high elbow.
- A consistent release point. Avoid throwing the ball with a big arc.

****Distance must respect physical capabilities. It is very important that proper throwing mechanics are emphasized.**

Two-Knee Partner Toss

This drill isolates upper body throwing mechanics. Coaches should emphasize:

- Closing front shoulder (in line with partner).
- Elbow and hand up.
- Front side extension.

****Throwing distance should be about 10 feet.**

One-Knee Partner Toss

- Stride foot in proper landing position.
- Ball of stride foot aligned with knee of pivot foot leg, which is placed on ground perpendicular to the stride leg.
- Ball is delivered to partner.

The coach should emphasize:

- Closing front shoulder (in line with partner).
- Front side extension (head over stride foot knee).
- A high hand and elbow.
- Hand break down the midline of the body.

Lead Arm Mechanics

The goal of this drill is to create and maintain proper glove arm direction throughout the delivery.

- Proper landing position.
- Spotter beside each player to the outside of the stride foot.
- Spotter acts as a barrier to be sure that glove is not thrown out and to the side.

Game Management

Coaching the Bases

<https://baseball.ca/coaching-the-bases>

The main duties of first and third base coaches are giving signals and assisting runners.

First Base Coach

- encourage and help the batter get to first base
- once ball has been hit - alert the runners to fielding errors, overthrows or the ball through the infield
- position themselves at the front of the box and tell the runner to 'run hard', 'take your turn', 'go for two', etc.
- runner on first - be aware of the inning, number of outs, count on the batter, the score, the ability of the hitter, the pick-off move, the positions and throwing abilities of the defensive players, any offensive play that has been signaled, when the runner should tag up or go halfway, what the runner should do on a ground ball or line drive and the speed of the runner
- runner on first - coach should position themselves in the box according to the first baseman's location. If playing behind the runner the coach stands in the front of the box and watches the first baseman for a pick-off move. If the baseman is holding the runner on, the coach moves behind the base and studies the pitcher's move to first.

Third Base Coach

- once runner leaves first base, they become the responsibility of the third base coach
- visual arm signals and voice commands may be used
- to stop runners or not to slide - hold both hands high with palms facing outwards to indicate a slide lower the arms with the palms facing downward
- position themselves near the bag for all close plays at third
- if play is not close the coach moves toward home plate to get a better view of the developing play while maintaining contact with the runner
- if the runner should continue towards home the coach points to home plate with one arm while waving with the other

- best way to instruct the runner is with arm signals
- keep the runner informed of the game situation
- give signs to the batter

Giving Signals

<https://baseball.ca/giving-signals>

The main duty of the third base coach is giving signs to the batter. The coach must know what their players are capable of handling. For young players, signs may be simple and few in number, but for older and more knowledgeable players, additional plays and situations can be covered. Whatever the system, every player should know and understand it perfectly.

Most signs are missed because the players do not look at the right time. Hitters should look at the coach just before they enter the box or immediately after a pitch is thrown. Base runners must look at the same time as the hitter so that they are aware of what is going to happen. To avoid being picked off, base runners must be on the bag when they are looking for signals.

The most common system of signs involves a key or indicator. A complete routine can be signaled in this method, but nothing is valid until the indicator/key is touched. Most often, the first sign given after the indicator is the one indicating the tactic.

The following set of signals is an example of this system:

- Key or indicator Touching the face with the right hand
- Sacrifice/bunt Right hand to baseball cap
- Steal Right hand to ear
- Take a Pitch Right hand to left arm
- Hit and Run Right hand to chest
- Swing Away Left hand to right arm (batter's discretion)

Example of a signal routine:

Right hand to ear / left hand to right arm / right hand to chest / touch face with right hand/right hand to ear / right hand to baseball cap. The steal signal is on. Although several signs were given, the only valid sign is the one appearing after the key or indicator sign.

The Batting Order

<http://www.baseball.ca/the-batting-order>

The forming of a batting order is not as simple as it seems. The coach must arrange their order according to the players they have available. The coach should try to balance the line-up so that the attack is as strong as possible from the lead-off man through to the ninth hitter.

Lead-off hitter

- ability to get on base often
- should be a fairly good hitter (not necessarily a power hitter)
- possess a good eye at the plate (not swing at bad balls)
- good speed

Number two hitter

- good bat control
- be able to hit behind the runner
- not strike out often
- able to bunt
- speed should also be an essential prerequisite
- be able to pull the ball and hit to opposite field when required

Number three hitter

- power hitter
- left handed hitter preferably
- able to pull the ball and drive in a few runs
- most consistent hitter (makes good contact)

Number four hitter

- power hitter
- possesses the most power and potential to drive in runners
- should be one of the two best hitters on the team

Number five hitter

- slightly weaker hitter than the number four hitter
- somewhat slower although they have the same qualifications as the number four hitter

Number six batter

- power hitter, although not as good as the third, fourth or fifth man
- should possess decent speed


Number seven hitter

- second number two hitter
- ability to execute the hit and run








Generally speaking, the seventh, eighth and ninth positions are often filled with the three lowest average hitters. Of these three hitters, if possible the eighth and ninth men should possess the best speed. In this way, they can act as lead-off men for the top of the order hitters if they get on base.

DDMBA Baseball Association Lineup card

[illegible]



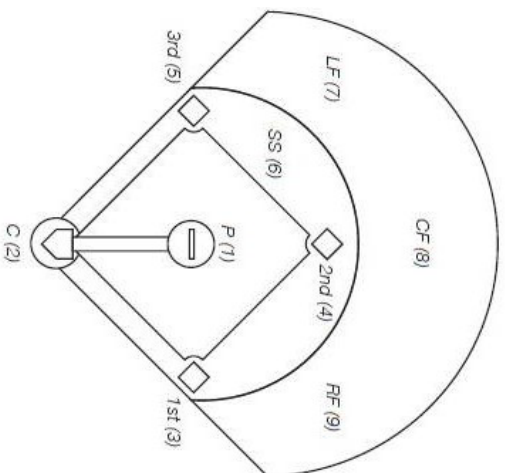
The Official Home Of

Player	1	2	3	4	5	6	7	Duties
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								

Line Score

Final Score



1. P - Pitcher
2. C - Catcher
3. 1st - First Base
4. 2nd - Second Base
5. 3rd - Third Base
6. SS - Short Stop
7. LF - Left Field
8. CF - Center Field
9. RF - Right Field

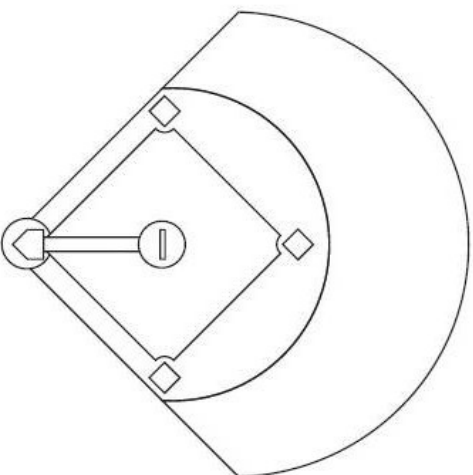
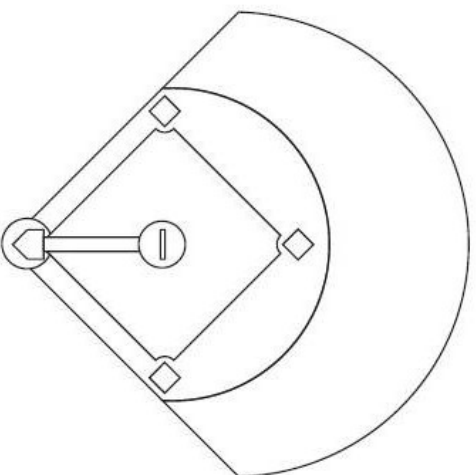


Photo: [unclear]

Date:	_____
VS	_____
Category:	_____
Game #	_____
Score:	_____
Record:	_____

Fielding Assignments - How to Create Defensive Lineup Strategies

<http://protips.dickssportinggoods.com/sports-and-activities/baseball/defensive-lineup-strategies-for-youth-baseball>

It's been said that offense wins games, but defense wins championships. This is particularly true in baseball—when the other team doesn't score, they can't win.

Players, particularly young ones, are often just as sensitive to where they appear in the field as where they appear in the batting lineup. In the formative years of T-ball and 8-and-under play it's important to give players a chance to play all over the field, testing their arm strength, catching ability and knowledge of the game.

By the time players reach the age of 10 and older, it's much easier to determine what type of defensive player they are. Some kids will excel in the infield while others will have a knack for catching a fly ball in the outfield.

Begin crafting your defensive strategy with this guide, specially designed for youth players. Keep in mind that your strategy will change considerably for 14 and older age groups.

Your Overall Strategy

Your most important defensive positions are up the middle. That means that your best fielders should be pitcher, second base, shortstop and center field. The left side of the field should have strong arms, while the right side of the field can have weaker arms. If you follow these general rules you'll be positioned to win a fair amount of games this season.

First Base

The main quality you'll look for in a first baseman is the ability to catch the ball. They should be agile and not be afraid to get in front of the ball. This player is not afraid to try anything to catch the baseball. A taller player is typically ideal, as they'll present a larger target to the fielders and be able to stretch to catch inaccurate throws.

Second Base

Every second baseman should be quick on his feet. You'll want to find a player who can field the ball well by getting in front of it, and who shows some capacity to backhand a ground ball. This player doesn't need to have the strongest arm, as most of his throws will just be to first base or second base, both of which will be less than 30 feet away if the player is properly positioned. This player shouldn't be afraid of the ball.

Shortstop

Arguably, this should be one of your best defensive players. The shortstop should show great range and the ability to field sharply hit baseballs. Choose someone who has an above-average arm, as many of their throws will be a great distance.

Third Base

Because this player has the longest throw to first base, choose someone who has a great arm—a player capable of making strong, accurate throws that will beat runners to the bag. Third base is called the 'hot corner' for a reason. Third basemen can't be afraid to get in front of the ball, and they have to be quick because they're responsible for fielding bunts most of the time.

Catcher

In the later years, the catcher rules the field. He's in charge of everything from calling the pitch to adjusting the defensive positioning. At the younger ages, this should be a player that has a strong and accurate arm and isn't afraid to be behind the plate.

Primarily, catchers are in charge of keeping the baseball in front of them and throwing out baserunners.

For ages 10 and under they typically aren't going to be calling pitches, but that doesn't detract from a need to be baseball smart. They need to recognize when the infield should be playing "in" and when the defense should be in a specialized position, such as playing "no doubles."

Pitcher

There's a reason that the pitcher position gets a Gold Glove award every MLB season. It's because their job isn't done after throwing the ball to the catcher. They're expected to field the ball cleanly and make a good throw, too. If they're pitching, it probably means they already have an accurate and harder-than-average throw, so let's skip that point.

Many baseballs will be hit to or around the pitcher. If they can cut them off before they get behind him to an infielder, you'll win many games. Because at this age the catcher isn't quite mobile yet, the pitcher will need to field balls hit gently in front of them, as well as ones hit sharply up the middle.

Outfielders

At this age, you really just need a player who can catch a fly ball. In the first few practices of the season you'll quickly discover who has the skill to catch a fly ball and who doesn't. Catching a fly ball requires quickness and good judgement. Sometimes at this age it is hard to come by both. If you have a group of players who you think are outfielders, the best one should be placed in center field. This is a player that is very fast and has a good arm. They'll be responsible for backing up balls hit to left and right field, so they'll need to get over there quickly.

Left field tends to see more baseballs than right field in young age groups, so if you have a player who is struggling to develop, right field is an area where they will get the least action. Use practices as a time to place them in a more challenging outfield position in order to earn that position during game time.

All outfielders should possess a strong arm, as they'll be throwing to a cutoff man most of the time. But while a strong arm is important, quickness is the most valuable asset in the outfield as they'll need to get the ball back to the middle of the field as quickly as possible.

Sample Fielding Charts Depending on Number of Players on Roster

7 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
		P	CF	1B	C	2B
		C	2B	SS	CF	1B
		3B	C	2B	SS	P
		SS	1B	P	2B	3B
		2B	P	3B	1B	CF
		CF	3B	C	P	SS
		1B	SS	CF	3B	C

8 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
		P	RF	1B	C	2B
		C	SS	2B	LF	1B
		1B	C	LF	SS	P
		SS	LF	3B	2B	RF
		3B	P	RF	1B	LF
		RF	3B	C	P	SS
		LF	2B	P	3B	C
		2B	1B	SS	RF	3B

9 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
		P	RF	CF	1B	2B
		C	SS	2B	CF	1B
		2B	C	LF	SS	P
		CF	1B	3B	2B	RF
		3B	P	RF	C	LF
		RF	3B	C	P	SS
		LF	2B	P	3B	CF
		1B	LF	SS	RF	C
		SS	CF	1B	LF	3B

10 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
		3B	C	LF	2B	RF
		P	RF	C	1B	LF
		SS	P	RF	3B	CF
		1B	LF	CF	SS	C
		2B	CF	SS	RF	P
		R	1B	2B	LF	SS
		RF	R	1B	C	2B
		C	3B	R	CF	1B
		LF	2B	P	R	3B
		CF	SS	3B	P	R

11 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
		3B	C	LF	2B	RF
		P	RF	C	1B	LF
		LF	P	RF	3B	CF
		1B	R	CF	SS	C
		2B	LF	SS	RF	R
		R	CF	P	LF	2B
			1B	3B	C	SS
		SS		R	CF	3B
		C	3B		R	1B
		RF	2B	1B		P
		CF	SS	2B	P	

12 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
		LF	C	CF	2B	RF
		P	RF	C	1B	
		3B	P	RF		CF
		1B	R		SS	LF
		2B		SS	RF	R
			CF	P	LF	2B
			1B	LF	C	SS
		SS		R	CF	3B
		C	LF		3B	1B
		RF	2B	1B		P
		R	3B	2B	P	
		CF	ss	3B	R	C

13 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
			C	CF	2B	RF
		3B		SS	1B	
		P		1B		SS
		1B	R		SS	LF
		2B		C	RF	R
			CF	P	LF	2B
			1B	LF	C	CF
		RF	2B		CF	3B
		C	LF		3B	1B
		SS	P	R		C
		R	3B	RF	P	
		CF	SS	3B	R	
		LF	RF	2B		P

14 Players

	DEFENSIVE SCHEDULE					
#	PLAYER	1ST INNING	2ND INNING	3RD INNING	4TH INNING	5TH INNING
			RF	CF	2B	LF
		P		SS	1B	
			P	3B		SS
		C	R		SS	RF
		3B		RF	C	R
		RF	CF	P		C
			3B	1B	RF	
		LF		R	CF	3B
		1B	LF		R	CF
		R	C	LF		2B
		CF	2B	C	LF	
		2B	1B		3B	
		SS		2B		P
			SS		P	1B

Player of the Game

Coaches may wish to present Player of the Game awards for each game, or just each home game. DDMBA may have coupons or certificates available. The coach(es) can choose based on best player overall, best attitude, best effort, or any other attribute they wish to recognize and reward.

