

INITIATION COACH

Coach Workbook

Coach:

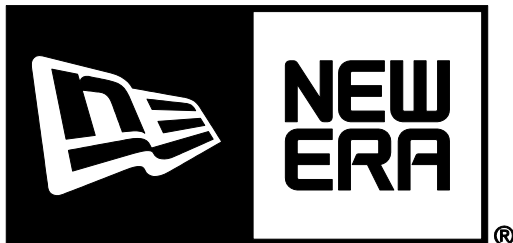


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Concussions in Sport



A concussion is an injury to the head or brain that causes brain function changes. These brain function changes can lead to symptoms that can be physical, cognitive or emotional/behavioural.

A direct or indirect blow to the head or body that will cause the brain to move back and forth within the skull can produce a concussion.

Identification and proper management are key components in preventing a concussion to go unnoticed. An unidentified concussion has the potential to cause permanent or severe brain damage.

Concussion Safety Legislation

The Province of Ontario has recently passed Rowan's Law meant to ensure concussion protection for youth athletes across our province. Baseball Ontario is committed to ensuring that our athletes are safe. Under Rowan's Law and its regulations, all coaches are required to review and confirm having reviewed concussion education resources prior to their first game.

As such, all coaches participating with Baseball Ontario are required to review and/or acknowledge the following steps prior to leading any activities for your team:

1. Annual review of the Concussion Education Resources to help prevent, identify and manage concussions.
2. Annual review of the applicable OBA Code of Conduct.
3. Indicate that you have completed steps 1 and 2 by completing the acknowledgement form.

Visit the Safe Sport section of the Baseball Ontario website (www.baseballontario.com) for resources and acknowledgement.





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ACKNOWLEDGEMENTS

Main Writers:

André Lachance
Wayne Parro

Contributors:

Yannick Desjardins
Michel Landriault
Shawn Schaefer

Production:

Translation Services: Hélène Laroche

Graphic Design: Vincent Richard

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National
Coaching
Certification
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PARTNERS IN COACH EDUCATION

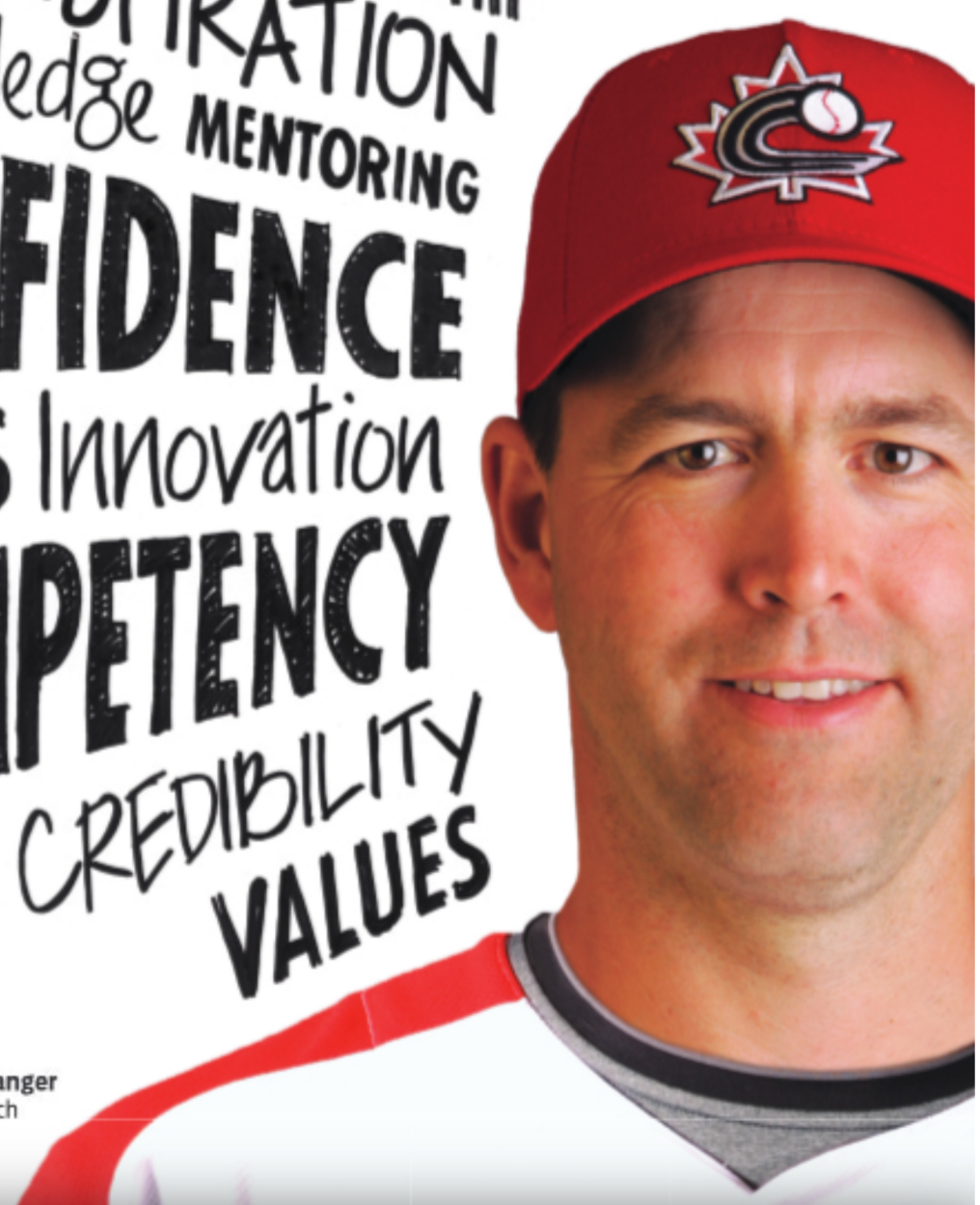
The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, and national/provincial/territorial sports organizations, the Coaching Association of Canada and Baseball Canada



The programs of this organization are funded in part by the Government of Canada.



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Denis Boucher, Game Changer
NCCP Certified Baseball Coach

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TABLE OF CONTENTS

Workbook Introduction	2
SECTION 1 – INTRODUCING THE REGIONAL COACH CONTEXT	3
SECTION 2 – MAKE ETHICAL DECISIONS	4
SECTION 3 – THE TEACHING PROCCES	5
TEACHING HITTING	6
TEACHING BASE RUNNING	7
TEACHING FIELDING	8
TEACHING THROWING	10
SECTION 4 – PRACTICE PLANNING	12
PRACTICE PLAN TEMPLATES	15



WORKBOOK

Welcome to the Baseball Canada Coach Initiation Clinic!

You will have already completed the Baseball Canada Initiation Online module in order to get to this clinic.

This clinic is made up of a series of tasks during which the coach will collaborate with his/her peers in order to complete the worksheets in this workbook.

The facilitator for your session is a resource person and will add content where necessary.



SECTION 1

INTRODUCING THE COMMUNITY SPORT STREAM



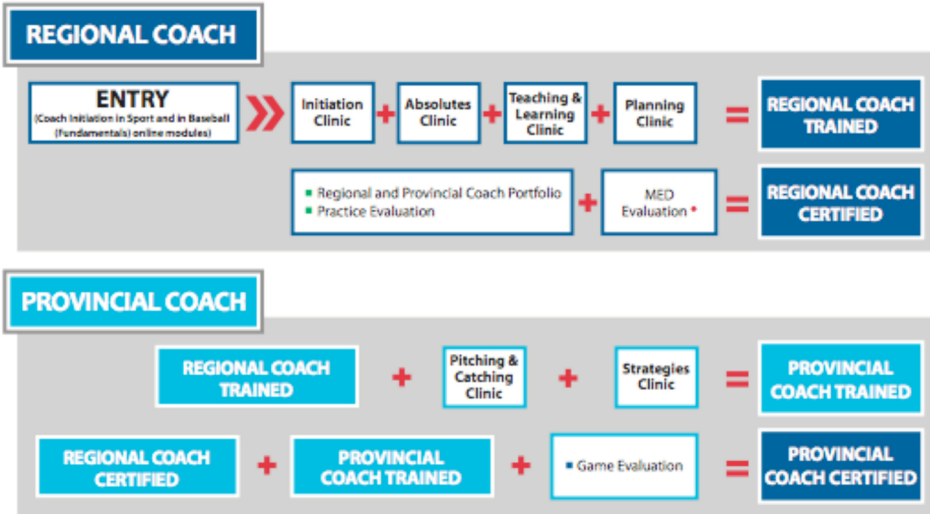
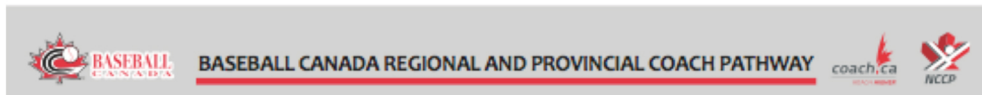
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 - About the NCCP
 - Migration Policy
 - Demo
 - Course Listing
 - Cost
 - Acknowledgements
 - FAQs
 - Renewal of Certification (PD)
 - Articles
 - Videos
- Register

Home



REACH HIGHER

The National Coaching Certification Program (NCCP) is here to help you be the best coach that you can be. When you take an NCCP clinic, you'll gain baseball technical abilities as well as leadership and decision-making skills. NCCP training will open doors to new opportunities in coaching and in life.



* Make Ethical decisions Online Evaluation: Competition-Introduction
May 2016



Canadian Federation of Amateur Baseball
Fédération Canadienne de Baseball Amateur

2212 Gladwin Cres. Suite A7, Ottawa, Ontario, Canada K1B 5N1
Tel. (613) 748-5606 Fax (613) 748-5767
www.baseball.ca



SECTION 2

MAKE ETHICAL DECISIONS

In the table below you will find a number of scenarios that coaches can face in baseball. Using your familiarity and experience, determine if the scenario is legal or ethical.

LEGAL	ETHICAL	SCENARIO
		1. A coach tells his boy group that they throw like 'a bunch of girls'.
		2. You overhear your athletes making fun of another teammate's accent on the bench.
		3. A coach has her athletes perform laps until they are to the point of exhaustion as punishment for losing a game.
		4. When you ask about bruises on an athlete's body, she says her older cousin regularly beats her up.
		5. The competitive team coach has weekly weigh-ins and emails the results to the team.
		6. A 20-year-old assistant coach starts dating a 16-year-old athlete in your club.
		7. A coach shares another coach's personal medical information with several athletes on the team.
		8. A coach insists that an athlete competes, even though she is recovering from injury and is reluctant to do so.
		9. A coach always arrives late, with coffee in hand, and spends most of the practice playing around on his phone.
		10. One of the other coaches has obvious 'favorites', giving them extra time and attention.

SECTION 3

THE TEACHING PROCESS

The LF will provide information about teaching skill progressions. You can add your own notes below the four steps. Teaching is covered in more detail in the NCCP Teaching & Learning module.

STEP 1: EXPLANATION

STEP 2: DEMONSTRATION





STEP 3: PRACTICE

STEP 4: FEEDBACK

SECTION 3

TEACHING HITTING





The LF will organize coaches into groups and assign one of the four hitting progression steps to each group. The groups will create a presentation that focuses on **explaining** each of the hitting progressions.

STEP 1	<p>SET UP AND RHYTHM</p> 	<p>Grip, stance, position in the box, hand position, athletic position, avoiding extremes in stance between too narrow and too far, batter gets a rhythm before moving to ready position.</p>
STEP 2	<p>READY</p> 	<p>Batter is relaxed and could rest the bat on their shoulder. They may continue with a rhythm exercise, but the body, including the hands, is quiet and the weight is evenly distributed in the batter's stance.</p>
STEP 3	<p>LOAD</p> 	<p>Weight transfer, hands slightly back to the back shoulder, quiet before swing, front-foot stride, bat should be on an approximate 45-degree angle.</p>
STEP 4	<p>SWING (FIRE) AND FOLLOW THROUGH</p> 	<p>Get the barrel to the ball as quick possible, lower body rotation, slightly bent elbow at contact, extend through the ball, follow through 1 or 2 hands on the bat.</p> <p>◆◆◆</p> <p><i>For further information on hitting, go to nccp.baseball.ca/videos and look for the following topics:</i></p> <p><i>Season 1: Instructional Videos: Batter's Box - Hitting Load - Hitting Contact Point</i></p> <p><i>Vlog Season 1: Finding the right bat - Dominant eye</i></p> <p><i>Vlog Season 2: Instructional Videos: Follow through</i></p> <p><i>Vlog Season 2: Bat Rule</i></p> <p><i>Vlog Season 3: Raising your elbow</i></p>

SECTION 3

TEACHING BASE RUNNING





The LF will organize coaches into groups and assign one of the four steps going home to first base to each group. The groups will create a presentation that focuses on **explaining and demonstrating** each of the running steps.

<p>STEP 1</p>	<p>GETTING OUT OF THE BATTER'S BOX</p> 	<p>Push with back leg, explosive first steps, drop the bat, don't throw it, 3-5 steps out of the box look for the ball, stride will lengthen as the running accelerates.</p>
<p>STEP 2</p>	<p>RUNNING TO FIRST BASE</p> 	<p>Upper and lower body (feet, knees, hips, shoulders) are in alignment, look down the line, arms at 90 degrees and moving straight up and down, running on the balls of feet, outside foul line and in the running lane.</p>
<p>STEP 3</p>	<p>ARRIVING AT FIRST BASE</p> 	<p>Touch front part of the base, don't slow down, try not to lunge, avoid contact with the defensive player at first base.</p>
<p>STEP 4</p>	<p>DECELERATING AND RETURNING TO 1ST BASE</p> 	<p>Use Quick chop-steps to slow down in 3-5 steps, stop in an athletic position and look right, while returning to the base do not show intent to go to second base. If an over-throw occurs, accelerate quickly toward second base.</p> <p>◆◆◆</p> <p><i>For further information on base running, go to nccp.baseball.ca/videos and look for the following topics: Ins. videos: Season 1: Touching 1st base - Home to 1st</i></p>

SECTION 3

TEACHING FIELDING

The LF will organize coaches into groups and assign one of the four topics of the fielding skill progression to each group. The groups will create a presentation that focuses on **explaining, demonstrating and practicing** each of the fielding topics.

<p>TOPIC 1</p>	<p>PRE-PITCH PREPARATION</p> 	<p>Begin relaxed and begin to creep forward when the pitcher's hands separate, timing is important, athletic stance, hand positioned out front of the body, it's important to know the game situation.</p>
<p>TOPIC 2</p>	<p>CATCHING A BALL THROWN DIRECTLY AT THE PLAYER</p> 	<p>Begin in an athletic position facing the direction from where the ball is being thrown, thumbs together on balls arriving above the waist, pinkies together when ball is below the waist, move your feet to centre the body behind the ball, learn how to catch with one hand only on glove side and backhand side if the ball is outside the fielder's body.</p>
<p>TOPIC 3</p>	<p>FIELDING A GROUND BALL</p> 	<p>Following the pre-pitch creep steps, move to the ball, get square to the ball when possible, field in front with glove forward, triangle formed between feet and glove, receive the ball using two hands when possible to facilitate quick transfer to throwing hand.</p>
<p>TOPIC 4</p>	<p>CATCHING A FLY BALL</p> 	<p>Begin in an athletic position, catch in front of the body at head level, be sure to run to the spot where the ball will be caught, reach up and receive the ball, gather the ball at chest level and transfer to the throwing hand, use a crow hop to increase distance on the throw.</p>

Coaches can record notes on all 4 topics in the space provided on the next page.

SECTION 3

TEACHING FIELDING

TOPIC 1: Pre-Pitch Preparation

TOPIC 2: Catching a Ball Thrown Directly at the Player

TOPIC 3: Fielding a Ground Ball





TOPIC 4: Catching a Fly Ball



SECTION 3

TEACHING THROWING

The LF will organize coaches into groups and assign one of the four topics throwing to each group. The groups will create a presentation that focuses on **explaining, demonstrating, practicing and providing feedback** to each of the throwing topics.

<p>STEP 1</p>	<p>EXPLAIN THE GRIP</p> 	<p>The index and middle fingers are separated and are placed across the seams, the thumb is under the ball, there should be a small space between ball and palm, the grip should be firm but not tight. Emphasize the 4-seam grip for infielders and outfielders, and players with smaller hands can put three fingers on top if necessary.</p>
<p>STEP 2</p>	<p>TORSO TWIST</p> 	<p>The player is facing the target/partner with feet slightly wider than shoulder width and the throwing hand is gripping the ball while it is in the glove. Hands separate while hips rotate backward and shoulders line up with target, ball facing away and elbow is bent between 45 and 90 degrees, the ball should be above the shoulder. Rotate forward and release the ball, with the follow through and arm deceleration on the opposite side of the body.</p>
<p>STEP 3</p>	<p>ROCK AND FIRE</p> 	<p>The player is in an athletic position with the feet and shoulders lined up to the target. This simulates the landing position during the throwing motion: feet are wider than shoulder width, rock to transfer weight to throwing side foot while separating hands, transfer weight to front foot while rotating and releasing the ball and allow the throwing side foot to release and land so the player is in a fielding position. Follow through and arm deceleration on the opposite side of the body.</p>
<p>STEP 4</p>	<p>STEP, TURN AND THROW</p> 	<p>The player is facing the target/partner with feet slightly wider than shoulder width and the throwing hand is gripping the ball while it is in the glove. The player takes a step with the throwing side foot, similar to kicking a soccer ball. The glove side foot lands in the “rock and fire” position noted in Step 3, above. The hands separate, transfer weight to front foot while rotating and releasing the ball and allow the throwing side foot to release and land so the player is in a fielding position. Follow through and arm deceleration on the opposite side of the body.</p>

Coaches can record notes on all 4 topics in the space provided on the next page.

SECTION 3

TEACHING FIELDING

STEP 1:

STEP 2:

STEP 3:

STEP 4:



SECTION 4

PRACTICE PLANNING

Review of online learning considering 5 components of a practice plan:

- Introduction
- Warm up (physical, mental, baseball-specific)
- Main part of the practice plan
- Cool down
- Conclusion

On the following pages you will find practice plans that contains errors and/or omissions. Working in your assigned groups, please identify as many corrections as possible, and write those into the plan.



SECTION 4

PRACTICE PLAN

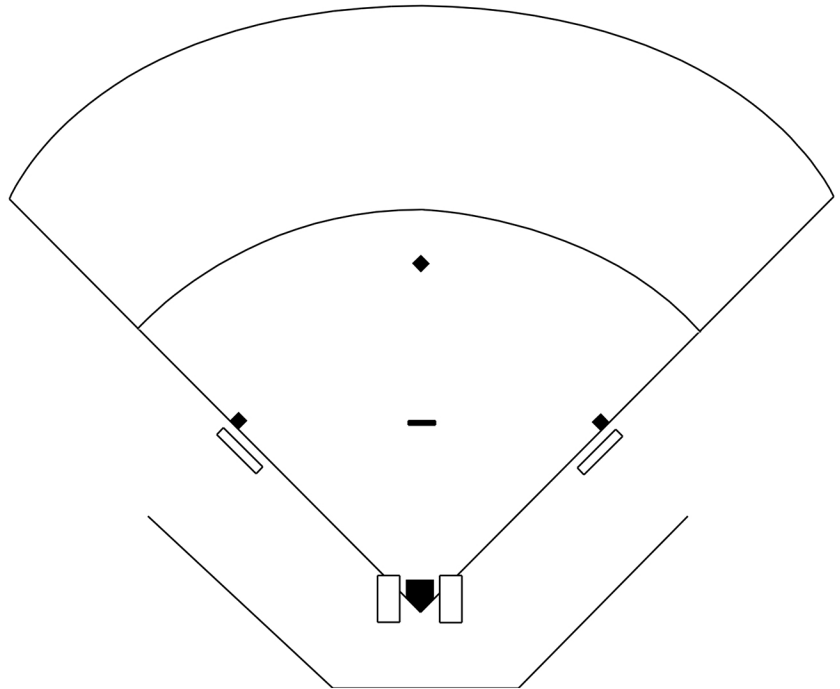
Practice Plan

Date: June 3 (90 minutes)
12 players

Location: Olympic Field

Objectives:
Fielding ground/fly balls
Throwing to first
Positional play
Batting practice

Coach Assignments:
Head Coach: oversee the practice
Coach 1: hit ground balls to right side of infield; hit balls during position drills
Coach 2: hit ground balls to left side of infield
Coach 3: hit fly balls to outfielders



DRILL #	TIME	SKILL ELEMENT	DRILL	TEACHING POINTS
1	5 min	Warm up	Run, stretch, throw.	Stay focused, get loose.
2	30 min	Ground balls/fly balls	Coaches hit as noted above.	Get behind ball. Get under ball in outfield.
3	10 min	BP	Swing hard, 12 reps.	Swing hard.
4	30 min	Positional play	Coach at home, hits balls and calls the situation.	Know your role.
5	15 min	Cool down and debrief	Players go for run and stretch.	Next practice on Tuesday.
6				

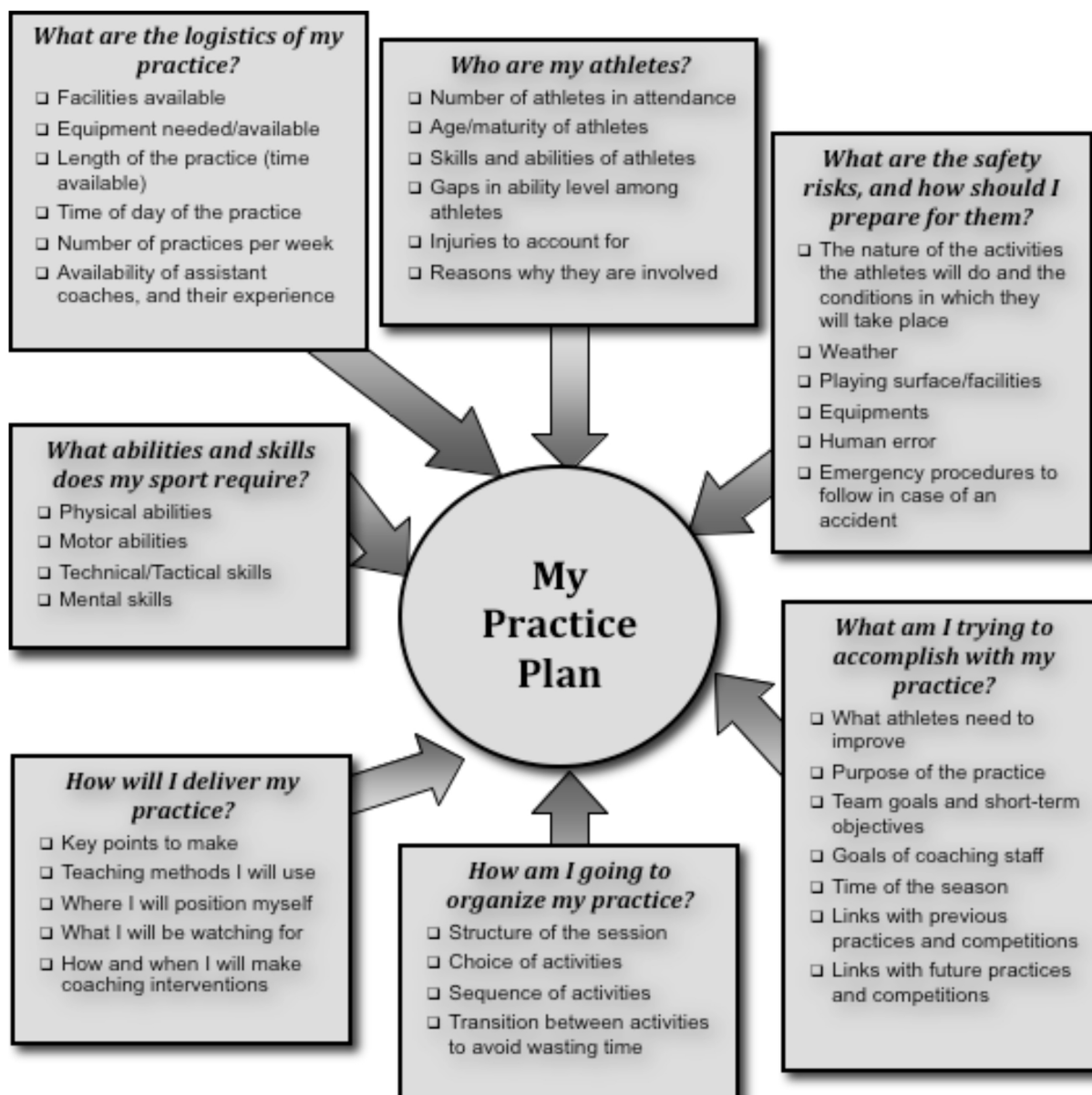
NOTES/VARIATIONS/KEY MESSAGES:

Players have to know the situation and be able to react based on where runners are, how many outs, and in what inning we are playing.

SECTION 4

PRACTICE PLAN

COMPONENTS OF AN EFFECTIVE PRACTICE



SECTION 4

PRACTICE PLAN

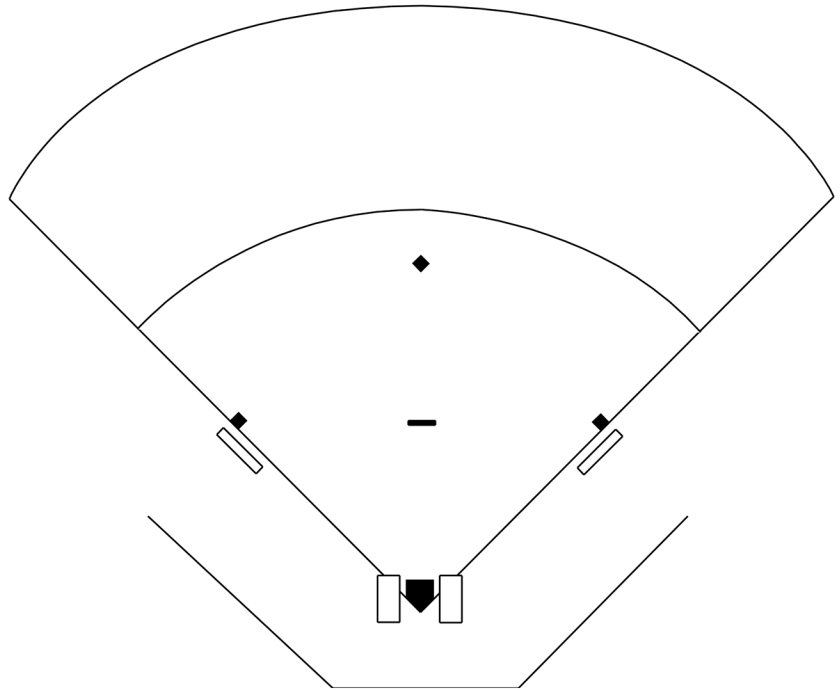
Practice Plan

Date: _____

Location: _____

Objectives: _____

Coach Assignments:



DRILL #	TIME	SKILL ELEMENT	DRILL	TEACHING POINTS
1				
2				
3				
4				
5				
6				

NOTES/VARIATIONS/KEY MESSAGES:



SECTION 4

PRACTICE PLAN

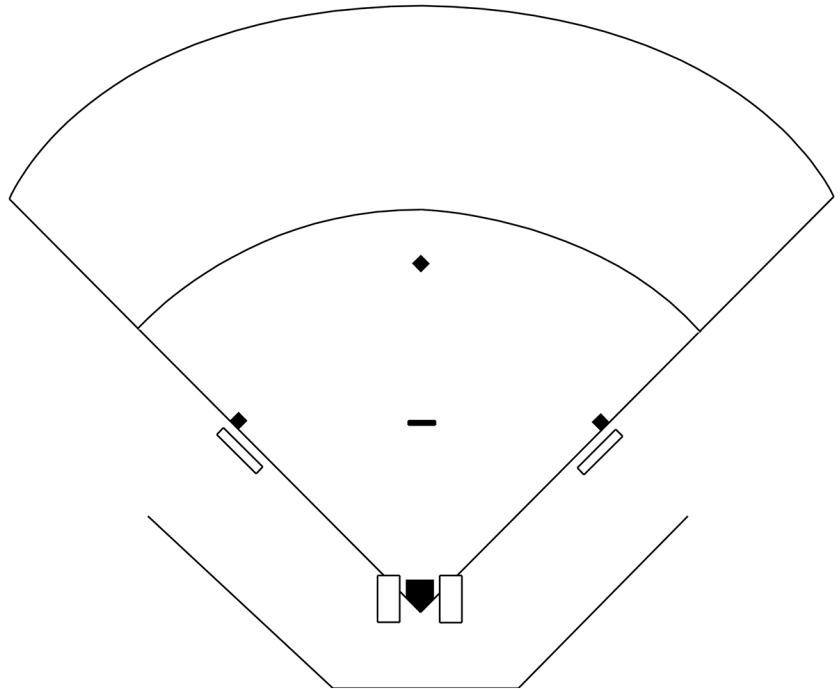
Practice Plan

Date: _____

Location: _____

Objectives: _____

Coach Assignments: _____



DRILL #	TIME	SKILL ELEMENT	DRILL	TEACHING POINTS
1				
2				
3				
4				
5				
6				

NOTES/VARIATIONS/KEY MESSAGES:

