

FARM DIVISION



AMERICAN CANYON LITTLE LEAGUE

Manager & Coach's Manual



Expectations

What ACLL Expects of our Managers & Coaches

American Canyon Little League expects nothing but the best from our managers and coaches. Given the important role that these individuals play in the development and leadership of youth in the American Canyon Little League program, much care is used in the review, vetting, and selection of managers and coaches for American Canyon Little League teams. While not all inclusive, the League has these base expectations for all managers and coaches.



Be Encouraging

Must encourage players at all times and will not damage the self-esteem of any player or parent at any time. Exercise their leadership role but leave the outcome of the ball game in the hands of the players.



Keep Calm

Understand that becoming “physical” (grabbing, pushing, hitting, physical or verbal intimidation, etc.) with any player, parent, league official, opposing coaching staff, spectator, or umpire is not acceptable at any time - - such actions are grounds for serious consequences up to immediate removal as a manager or coach.



Collaborate with the Board

Have open, productive and strong relationships with the League, ACLL Board of Directors, parents, and umpires at all times. Recognize that they are agents of the Board and will follow the Board’s direction, philosophy, and advance the agenda for the League as set forth by the Board.

Continued...



Follow the Rules

Have a solid understanding and agree to comply with all American Canyon and Little League rules, regulations, and code of conduct policies. Recognize and accept that American Canyon Little League has a zero tolerance policy for rules and regulations infractions and non-compliance with League code of conduct and facility use policies.



Love the Sport

Demonstrate that they have an appreciation of the philosophy of Little League Baseball, American Canyon Little League and cooperates with others in making the program of mutual benefit to all children in the program.



Lead by Example

Lead by example in shaping acceptable behavior patterns whether the team wins or loses.



Respect the Umpire

Respect the judgment and the position of authority of the umpire.



Have Coaching Experience

Has experience in managing and/or coaching baseball at the level in which the candidate is being considered. As well as reflect an understanding and appreciation of the age group they supervise.



Attend Mandatory Clinics

Will have undergone the standard Little League required background check and attend all mandatory coaching and safety clinics - **no exceptions.**



PLEASE REMEMBER

- ▶ These are **KIDS**
- ▶ This is a **GAME**
- ▶ Coaches are **VOLUNTEERS**
- ▶ Umpires are **HUMAN**
- ▶ Your child is **NOT** being scouted by the Giants or A's and no College Scholarships will be handed out today!



Goals for a Successful Season

“Your athletes are never too {young}, or too talented, to answer the question “Are you enjoying yourself out there?”

Ask it!

Chances are, the more they enjoy themselves, the better they play, the more they play, and the harder they will work.

Michael Jordan had a “love of the game” clause in his professional basketball contracts, allowing him to play pickup whenever he wanted to, because he enjoyed playing so much. **IT HAS TO BE FUN.** And if it stops being fun, you need to figure out a way to make it fun, or before you know it, early retirement!”

-changingthegameproject.com

HAVE FUN

- Baseball is fun
- We want the kids to fall in love with the game
- Fun doesn't mean not pay attention players are here to learn the game

LEARN HOW TO PLAY ON A TEAM AND BE A GREAT TEAMMATE

- Show up to practices and games on time
- Listen to your coaches
- Cheer teammate on
- Never talk negative to your teammate

LEARN GOOD SPORTSMANSHIP

- Play fair
- Win with class, lose gracefully
- Respect the rulings and calls of official/umpire

LEARN THE OBJECTIVE OF THE GAME, BASIC PLAYING RULES, POSITIONS ON THE FIELD, BASES

- Objective of the game to score more runs than opposing team
- Playing rules; outs/safe force out/tag out fly out/line out
- Name the positions and where the player stands for that position and area each position covers, how to cover bases and knowing your job ex. backing up teammate
- Name the bases and the correct order the bases are ran



Skills



FARM DIVISION FUNDAMENTALS

Learn skills of baseball including throwing mechanics, throwing progression, pitchers & catchers, quick hands quick feet, fielding groundballs backhands and forehands, hands routine, fielding fly balls, cutoffs and relays, hitting, bunting, base running, leading off, when to run when to freeze, when to tag up, and sliding.

Baseball is a game of movement. Learn the **3 B's** that infielders have to do every time ball is hit **Ball, Base, Backup** priority in that order.

See next pages for details...

Skills

THROWING MECHANICS

How to Grip a Ball

(4 seam grip) 2 fingers across the seams
if hand/fingers too small 3 fingers

Athletic Position

Feet & shoulder straight to target

Step & Throw

Step with non-throwing leg
toes pointed to target after step
thumb to thigh big arm circle going back
show the ball to the sky "thumb to thigh
show ball to the sky" elbow slightly above
shoulders in "L" position pull glove to heart
let the back leg follow through

THROWING PROGRESSION

Wrist Flips

Elbow up and arm out in front trying
to create as much back spin as possible.
Partner 10 ft. away

Power Stance

Glove side part of body closest to partner
15-20 ft. away. Ball in hand and up facing
away from target, upper arm parallel to the
ground glove side arm bent and parallel to
the ground, focusing on body rotation and
driving with the legs

Trunk Twist

Partners face each other 20 ft. away and then
turn their upper body only to get into the
power position. Focus on keeping the upper
body closed and the front side shoulder
facing the target and creating back spin
Walk through – partners face each other step
left right left and throw 30-40 ft. away

PITCHING

- Balance
- Drive off back leg
- Shoulders to target
- Stride long and straight to catcher

Catcher Primary Stance

Feet little wider than shoulder width apart,
weight on inside of feet toes slightly pointed
out, get low, give a big target, throwing hand
behind back

Receiving

Soft hands, glove slightly in front of knee
don't reach out too far risk of catcher's
interference

Ready Position

Athletic position feet wider than shoulder
width apart on balls of feet Ready to move in
any direction

Hands waist/thigh level not on the ground

CATCHING

- Athletic position on the ball of your feet
ready to move in any direction
- Feet shoulder width apart
- Both hands out in front at chest level
giving a target
- Move your feet to where ball is thrown try to
catch everything at the center of your body
at chest level
- Track the ball all the way into your glove
- 2 hands cover the ball quickly with your
throwing hand

Glove Positioning

- Ball above the waist fingertips up
- Ball below the waist fingertips down

FIELDING A GROUNDBALL

- Triangle position with players feet and
hands out in front should be able
make a triangle - Wide base, butt down,
flat back, hands out in front
- Track the ball all the way into the glove
- 2 hands covering ball with your throwing
hand (alligator hands)

- Catching backhands, forehands,
slow rollers with glove only

TRANSFER

- After fielding the ball "Funnel" bring the
ball to the center of the body
- Shuffle right to left step and throw
- Sequence should go right left field right
left throw

FIELDING A FLYBALL

- Sprint to spot you think the ball
is going to land
- Get underneath the ball early
stay behind the ball
- Track the ball all the way into the glove
- Catch the ball above your
head a little off to your glove side
- 2 hands covering the ball
with your throwing hand

COVERING BASES

Ball Put in Play

1st baseman right foot on bag left foot
stretches to the ball (righty opposite for lefty).
Don't stretch too early wait to see where ball
is thrown stretch to the ball

2nd base middle infielders need to learn
who covers. ball hit to left side of field 2nd
baseman covers. ball hit to pitcher and right
side of field shortstop covers

Baserunners On, Ball Not Put in Play

1st and 3rd baseman sprint to their bag and
straddle bag (bag in between feet) get in an
athletic stance get low ready to catch and
place quick fast tag

Skills

Middle infielders is dependent on where runners are at if runner is at 1st shortstop covers 2nd base, 2nd baseman backs up shortstop. if runner is at 2nd or 3rd shortstop backs up 3rd baseman and 2nd baseman cover 2nd base. Whoever is covering second base straddle bag (bag in between feet) get in an athletic stance get low ready to catch and place quick fast tag

CUTOFFS

- Cutoff man needs to be right in the middle of the player fielding the ball and where the ball is going to be thrown too
- Player covering the base the ball is being thrown needs to communicate to the cutoff man to get aligned
- Cutoff man needs to get big and get his hands up
- Once he catches the ball turn to his glove side and relay the throw

HITTING

Tee Placement

The stem of the tee aligned with the front foot after the stride of batter

Batting Stance

Wide base, athletic position

Grip

- Knocking knuckles lined up
- Relaxed grip not too tight

Launch Position

- Stride short and straight towards the pitcher
- Load hands stay back creating separation from head
- Bottom half goes forward hands stay back creating separation

Hips

- Hips engage when front foot lands
- First movement is forward drive the back hip towards pitcher/2nd base not opening/rotating/spinning off the ball
- Weight should transfer from back leg to inside part of big toe while heel comes up and back foot comes forward

Hands & Swing

- Swing level bat path should stay on plane with the pitch
- Keep hands inside the ball
- Contact then extend out front then roll the wrist over
- Follow through finish high above shoulder

Head & Eyes

- Keep the head as still as possible
- Track the ball with your eyes all the way to the bat

BASERUNNING

- Don't look at the ball, run and listen to your base coaches
- Run through 1st base don't stop on the bag
- Learn all the bases and home plate and the correct order you run the bases
- Taking a turn on balls hit to outfield hit inside corner of the bag
- Leading off after every pitch shuffle off the base couple shuffles
- 2 outs go on contact, less than 2 outs ball in the air tag up, line drive freeze make sure it gets through infield
- Slide figure 4 position with legs, slide on butt with arms hands up, don't slow down before sliding

Practice Plans



**FARM DIVISION
PRACTICE**

PRACTICE PLAN #1
80 minutes

PRACTICE PLAN #2
80 minutes

PRACTICE PLAN #3
90 minutes

Practice Plan #1

80 minutes

REVIEW OF LAST PRACTICE/GAME
3 minutes

- What they learned
- What they did good in, what they can improve on
- Go over what plan is for practice

WARM UP
7 minutes

- Light stretching.
- Toe touches, hip rotations, arm circles, etc.
- Calisthenics – jumping jacks, high knees, etc.
- Light jog

THROWING & CATCHING
10 minutes

- Throwing progression 10 throws each step of the progression
- Finish with quick hands quick feet

HANDS ROUTINE
5 minutes

- Bare hand x 10
- With glove straight ahead x 5
- Backhand x 5
- Forehand x 5
- Focus on funneling ball to center of body

WATER BREAK
3 minutes

STATION DRILLS
27 minutes

Team divided into 3 groups rotate every 9 minutes

Station 1
Hitting off the Tee – dry swing drill, sling shot drill

Station 2
Groundball - Triangle Drill & Shuffle and throw

Station 3
Fly Ball – Getting underneath the ball catch with 2 hands, tracking drill

TEAM DRILLS
12 minutes

- Live Defense infield only with runners
- Plays to first base
- Plays to 2nd base

BASE RUNNING
10 minutes

- Run through 1st base don't stop at the bag turn to right
- Take a turn balls hit into the outfield
- Relay race

REVIEW
3 minutes

- Review what they learned at practice
- Any questions?
- What they need to work on at home

Practice Plan #2

80 minutes

REVIEW OF LAST PRACTICE/GAME
3 minutes

- What they learned
- What they did good in, what they can improve on
- Go over what plan is for practice

WARM UP
7 minutes

- Light stretching.
- Toe touches, hip rotations, arm circles, etc.
- Calisthenics – jumping jacks, high knees, etc.
- Light jog

THROWING & CATCHING
10 minutes

- Throwing progression 10 throws each step of the progression
- Finish with quick hands quick feet

HANDS ROUTINE
5 minutes

- Bare hand x 10
- With glove straight ahead x 5
- Backhand x 5
- Forehand x 5
- Focus on funneling ball to center of body

WATER BREAK
3 minutes

STATION DRILLS
27 minutes

Team divided into 3 groups rotate every 9 minutes

Station 1
Hitting – contact drill, sling shot

Station 2
Groundball – goalie game, backhand & forehand

Station 3
Catching/outfield – quick hands quick feet, tracking drill

WATER BREAK
2 minutes

TEAM DRILLS
15 minutes

Live Defense infield/outfield no runners
Cutoff to 2nd and 3rd

BASE RUNNING
5 minutes

Run through 1st base don't stop at the bag turn to right
Take a turn balls hit into the outfield going 2

REVIEW
3 minutes

- Review what they learned at practice
- Any questions?
- What they need to work on at home

Practice Plan #3

90 minutes

REVIEW OF LAST PRACTICE/GAME
3 minutes

- What they learned
- What they did good in, what they can improve on
- Go over what plan is for practice

WARM UP
7 minutes

- Light stretching.
- Toe touches, hip rotations, arm circles, etc.
- Calisthenics – jumping jacks, high knees, etc.
- Light jog

THROWING & CATCHING
10 minutes

- Throwing progression 10 throws each step of the progression
- Finish with quick hands quick feet

HANDS ROUTINE
5 minutes

- Bare hand x 10
- With glove straight ahead x 5
- Backhand x 5
- Forehand x 5
- Focus on funneling ball to center of body

WATER BREAK
2 minutes

STATION DRILLS
21 minutes

Team divided into 3 groups rotate every 7 minutes

Station 1
Throwing – target practice

Station 2
Groundball – backhand & forehand, shuffle & throw

Station 3
Outfield – tracking drill, drop step drill

WATER BREAK
2 minutes

TEAM DRILLS
37 minutes

Relays
7 minutes

Live Hitter
30 minutes

- Defense at positions in infield/outfield coach pitching inf plays at first base/of plays into 2nd
- 1 batter up to bat 10 hits on last hit he runs
- 1 player on deck and 1 or 2 hitting off the tee with a coach

REVIEW
3 minutes

- Review what they learned at practice
- Any questions?
- What they need to work on at home

