

Proposal for PVLL Coaching Clinics

After spending a year with the Pahrump Valley Little League, I have a proposal to help provide consistency in coaching across the league and to ensure proper teaching of baseball techniques to our kids.

We should hold coaching clinics for the various divisions to explain how practices should be set up and to give prospective coaches some typical practice plans. **However, the main reason for having coaching clinics is to teach the coaches basic skills on how to throw, hit, pitch, run bases, etc.** These are very important to the growth of our players. If they are taught wrong, or they're not taught at all, it provides problems for the next coach/team because they'll need to be taught the proper techniques before they can continue to move up.

Proposal

Coaching Clinics

I propose that we hold a clinic for all volunteer managers and coaches for each division prior to the start of each season. This means that we would have a separate clinic for the following divisions:

- T-Ball
- A-Minors
- AAA-Minors
- Majors (may not be needed for Majors)
- Juniors (may not be needed for Juniors)

We would not only teach the coaches how to run a practice, but also provide them with a booklet with the various techniques and baseball scenarios. This would provide a consistency in teaching mechanics for:

- Throwing
- Catching
- Fielding
- Pitching
- Etc.

It would also provide consistency in handling various scenarios, such as:

- Baserunning
- Relays
- Coaching signs
- Etc.

There should be a consistent start to each practice for all of the divisions. This would include:

- Warm-ups (High steps, side-steps, karaoke steps, shuffles (like fielding) etc.)
- Some Running/jogging
- Stretching

- Throwing, included starting on one knee and working up to long throws.
- Etc.

Good techniques during practice should be emphasized, especially accurate throwing. If you practice proper techniques during practice, things will become automatic during games.

After that, it would be at the coach's discretion regarding drills to do for the rest of the practice.

The booklet would also provide the following:

- Drills/techniques to work on throwing.
- Drills/techniques for fielding. (e.g. fielding triangle)
- Drills/techniques for hitting (set, load, swing – squish the bug)
- Drills/techniques for pitchers.
- Drills/techniques for defensive scenarios.
- Drills/techniques for relays and how relays should work (when the ball is hit, all players should be moving).
- Drills/techniques for other various scenarios which need to be “spelled out” in the coach's manual.
- Fun team drills should be included to help keep players interested.

Each coach would decide which drills to do at each practice and should also ensure that drills for each of the above items are covered in an appropriate manner.

The goal is to teach **all** our players these proper techniques so that we have consistent player skills across the league, and to prepare the players for, possibly, all-stars and for the next level.

Please note that practices should also include teaching **proper behavior** on and off the field. Our kids should be taught early and often to:

- Respect coaches, league officials, umpires, teammates and coaches.
- No bullying, period
- Cheer for your teammates both at practice and during games
- Absolutely, no throwing of helmets, bats, gloves, etc.
- Etc.

Criteria for Running our Coaching Clinics

- These clinics would be run by an appropriate expert with the help of some of our more experienced coaches in our league.
- The clinics would be approximately an hour to an hour and a half in length.
- Each coach would be provided with coaching manuals with explanations of the various proper techniques, drills, and suggested practice plans.

Coaching Videos

I also propose that we develop at least one coaching video for each of the divisions. They would include how to run a practice and how to teach the basic mechanics, including:

- Throwing
- Fielding
- Batting
- Baserunning
- Defensive scenarios
- Offensive Scenarios

These videos would be done by a Coaching Clinic Coach/Expert and the Coaching Coordinator as well as some of our current coaches to help manage stations. The video would be accessible through the PVLL Coaches website.

Ongoing Communication with Coaches

Note that the coaching coordinator would be made available to the coaches at any time. The coordinator might visit practices to help out early in the season. The coaching coordinator could also help evaluate coaches for the purpose of critiquing them and for possible nomination as an all-star coach. The Coaching Coordinator would also send out a weekly newsletter with a “tip of the week,” and anything else that needs to be communicated to the coaches (board messages, practice changes, special classes, various meetings, etc.).

The Coaching Coordinator would report the progress and other findings at board meetings when appropriate.

See the following for how to run a Little League Training and Development (TAD) program to provide structured learning opportunities for children within a local league’s boundaries:

<https://www.littleleague.org/play-little-league/training-development/>. (See Attached)

Little League Coaching Resources has an abundant source of information:

<https://www.littleleague.org/university/resources/coaches/>

Two very good sample Coaching clinic videos are:

- <https://www.youtube.com/watch?v=8mr0tfF72LY>
- https://www.youtube.com/watch?v=tHAj5I2V_Uk

The Following Equipment should be considered (depending on level of play)

Note: * items signify new equipment.

- Baseballs
- Wiffle balls *
- Rag balls (to hit into the fence) *
- Small wiffle balls *
- Dodge balls *
- Weighted Balls *
- Catcher’s gear
- Bases
- Fungo bat *

- Pitching machine *?
- Zooka machine for flyballs *
- Cones (low and pointed) *
- Flat Cones Spot Markers *
- Crusher Fastball and Curveball Mini Ball Pitching Machine (\$159) *
- Smush balls and tennis balls *

Who Would Run the Clinics

I have a friend the has coached high school and college baseball and football for 30 years (now retired) and has run many clinics. He has agreed to help run our clinics at no cost. I can send a resume of his background. I would also be involved with the clinics and video along with some of our current experienced coaches. Unfortunately, he won't be able to help this fall, but should be able to help for the Spring session.

See below for Little League's training and development guidelines.

Budget for Clinics

Coming soon!

Little Leagues Training & Development Guidelines

From <https://www.littleleague.org/play-little-league/training-development/>.

The Little League Training and Development Program (TAD) Guidelines provide structured learning opportunities for children within a local league's boundaries.

One-Time TAD Clinic Concept

The one-time clinic concept is perfect for those leagues that want to offer some type of programming but are limited by space and/or volunteers. The concept is as follows:

- Select a date that is after the conclusion of your regular season, but before the start of other sport seasons.
- Find a number of volunteers that can commit time for that date.
- Send home flyers to all players during the regular season and use the league's social media page(s) to inform families of this clinic date.
- Find a site, a field, a local gymnasium or batting cage.
- Organize the agenda which should have instructional components as well as a game or contest component to create some fun.
- Determine if participation awards are needed.
- Identify players who are "natural leaders" and utilize them as mentors for younger/more inexperienced players.

Regular TAD Clinics Concept

The regular TAD clinic concept is arranged around a number of set dates throughout the late summer and/or fall. It is designed to provide numerous opportunities for instruction through a specified time frame. The concept is as follows:

- Select the dates to operate the concept. (For Example – Every Tuesday Evening from 5:30 p.m. to 7 p.m. – during the month of September)
- Find a number of volunteers to assist in the training.
- Send home flyers during the regular season announcing the Fall program and promote regularly using the league's social media page(s).
- Organize your instruction. (For example – create instructional stations and fun skills competitions for the players to rotate through and institute game atmosphere sparingly). For younger children utilize the Little League Tee Ball and Coach Pitch lessons available on Little League University (LittleLeagueU.org).
- Interleague play could possibly be arranged with surrounding leagues.
- Determine if participation awards are needed.
- Introduce baseball- or softball- related skill game (i.e. – "pepper," long toss, base running relay race)
- Identify players who are "natural leaders" and utilize them as mentors for younger, more inexperienced players.

Informal League Play TAD Concept

The informal league play TAD concept is designed for those leagues that strictly want to play extra games with little additional structured instruction. The concept is as follows:

- Determine the number of volunteers needed
- Determine number of players needed to form teams
- Inform players during the regular season of the Fall Ball availability
- Determine length of Fall schedule
- If more than one team and not interleague playing, determine draft method. (Re-draft method preferred)
- Determine if participation awards are needed.
- Alternate managers and coaches between teams so players are exposed to varying leadership/teaching methods.
- Identify players who are “natural leaders” and utilize them as mentors for younger/more inexperienced players.

Did you know...

- There is no additional charter fee to operate a Training and Development season.
- There is no additional general liability or accident insurance fee to operate a Training and Development season (as long as coverage was already acquired for the same divisions under the group plans available through Little League International in South Williamsport, Pa.)
- There is no minimum number of players needed to operate a Training and Development season.
- League age 12-year-olds may move up to the Junior/Senior Division or stay in the major division for the Training and Development season.

NOTE: There are no additional insurance fees to operate a TAD program provided the league has enrolled in the AIG group insurance program for local Little Leagues previously in the offered divisions of play. Example: The league chooses to offer the Intermediate (50/70) Baseball division during TAD for the first time. Since they were not chartered/insured for this division in the spring, they must do so before offering the program in TAD. If the league has two TAD 50/70 teams and they had two 50/70 teams chartered in the spring, no additional requirements are needed.