

**GRANBEAST LITTLE LEAGUE**  
**BASEBALL / SOFTBALL COACHES HANDBOOK**  
**2018**

First and foremost, thank you for volunteering and giving your time to the kids of East Granby/Granby Little League!

This document will hopefully answer any questions you have.

### **Coaches Overview**

**VISION STATEMENT:** To build character, courage, and loyalty in all our athletes and become the model Little League program in the state of CT.

**MISSION STATEMENT:** The mission of East Granby / Granby Little League is to provide a safe, instructional and fun environment for our children to learn the values of sportsmanship, teamwork and respect. We will complete this by:

- Inspiring performance and improvement on the field
- Lead thru personal baseball and softball successes and failures
- Educating our youth to be responsible with the talent given them

**PHILOSOPHY:** The philosophy of our program is more akin to a recreation league than a “travel” team where players have to try out to qualify to play in the league. To that end, our primary focus is on the development of our players, while providing a fun and safe atmosphere. However, we also strive to ensure that as our players move into the more senior leagues, we provide a level of play that is challenging and competitive for players that hope to continue in baseball/softball in the future. We accomplish this by focusing on learning the basics and having fun in t-ball, farm, and AA, which are considered our instructional levels. At AAA, we add some additional skills and begin to keep standings, thus introducing a competitive component to the sport. Majors is the last year on the smaller little league diamond for baseball, and in both baseball and softball, this is our most competitive year. However, we always put skill development, teamwork, and having fun before competition.

Additional Coaches Information on the GLL Website

- <https://leagueathletics.com/Page.asp?n=97183&org=GRANBYLL.ORG>

## **T-BALL**

**BACKGROUND:** This is solely a developmental league where our goals are to introduce the basic skills of hitting, catching and throwing, while learning some of the basic rules. T-ball managers should strive to keep practices fun, while focusing on one or two key skills per practice. We do not keep score, each batter bats every inning and the game lasts for 3 innings. There are no outs and all players reach base safely advancing one base at a time with the exception being the last batter who hits a “homerun”.

### **TEACHING SKILLS:**

- Which way to run the bases and base names
- Running to first base after hitting the ball
- Running thru first base
- How to properly grip and swing a bat
- Proper positioning to field a ground ball
- Using 2 hands
- Basics of throwing (Thumb down, Point, Step, and Throw)
- Attempt to hit off of a coach pitch

### **PLAYING TIME:**

Players should be rotated through all positions throughout the season and each child should have an opportunity to play one action position (Left Pitcher, Right Pitcher and 1<sup>st</sup> Base) during the game. Batting orders should be rotated to give every child the opportunity to bat in every spot in the order, including first and last. See below for sample lineup cards with positions for multiple games (note how the lineup keeps rotating game to game).

**GAME 1**

| 1st Inning |          |     |
|------------|----------|-----|
| #          | Name     | POS |
| 1          | Player A | RP  |
| 2          | Player B | 3B  |
| 3          | Player C | SS  |
| 4          | Player D | LP  |
| 5          | Player E | 2B  |
| 6          | Player F | C   |
| 7          | Player G | 1B  |
| 8          | Player H | RF  |
| 9          | Player I | LF  |

| 2nd Inning |          |     |
|------------|----------|-----|
| #          | Name     | POS |
| 1          | Player I | RP  |
| 2          | Player A | 3B  |
| 3          | Player B | SS  |
| 4          | Player C | LP  |
| 5          | Player D | 2B  |
| 6          | Player E | C   |
| 7          | Player F | 1B  |
| 8          | Player G | RF  |
| 9          | Player H | LF  |

| 3rd Inning |          |     |
|------------|----------|-----|
| #          | Name     | POS |
| 1          | Player H | RP  |
| 2          | Player I | 3B  |
| 3          | Player A | SS  |
| 4          | Player B | LP  |
| 5          | Player C | 2B  |
| 6          | Player D | C   |
| 7          | Player E | 1B  |
| 8          | Player F | RF  |
| 9          | Player G | LF  |

## **FARM**

**BACKGROUND:** Farm Ball is primarily a developmental league. This typically is a Coach or Machine pitch league. Like Tee Ball, there is one practice and one 6 inning game per week. There is no score, but players do make outs. This league is made up of Granby and East Granby players. Like T-ball, managers strive to make practice fun – teaching skills through games and/or basic drills.

### **TEACHING SKILLS:**

- See T-Ball Skills
- What constitutes an out
- Catch a short fly ball
- Base running basics (rounding bases)
- Know the different positions on the field
- Know where to stand in the batter's box
- Be able to hit off of a coach pitch
- Be able to make an accurate throw from 2<sup>nd</sup> base to first base

### **PLAYING TIME:**

Players should be rotated through all positions, and batting orders should be rotated to give every child the opportunity play all positions throughout the year, and to bat first and last. See lineup examples in T-Ball

## **MINORS (AA / AAA)**

### **AA**

**BACKGROUND:** AA is typically made up of players between the ages of 8-10. AA offers the players the first chance to pitch from 46 feet. The games continue for 6 innings, umpires are provided and score is kept. However, there are no overall season standings in AA. The batting order is continuous, meaning all players bat regardless of whether or not they played in the field during a given inning. There are rules in place to limit excessive base stealing and to encourage pitcher and catcher development, as well as to maintain the pace of play in AA. There are typically three events in any given week with a mix of games and practices. The league is made up of players from both Granby and East Granby.

### **TEACHING SKILLS:**

- See T-Ball and Farm Skills
- Feel comfortable hitting off of a player pitch
- Basics of bunting
- Cutoffs to 2<sup>nd</sup> base
- Basic Baseball situations
  - Force out
  - Tag out
  - When to run to the next base (Forced / not forced to run)
  - Stealing bases basics
  - Understand basic signs (steal)
- Introduction of complex baseball situations
  - Infield Fly Rule
- Throw accurately to first base from any infield position

PLAYING TIME: AA is still considered a developmental league therefore, players should rotate through all positions where permissible. Coaches may decide not to play a player in a position that they feel could constitute a safety issue for a player based on their level of development. At a minimum, each player will play 4 innings in the field and should be given the opportunity to play infield at some point during a game. Players can be rotated through the batting order each game. Players will be substituted during a game, and no player should sit two innings in a row, nor twice prior to all players having sat at least one inning. Coaches will determine who will have the opportunity to pitch based on skill and safety. See below for an example lineup card with positions.

| Lineup | Uni # | Name     | 1  | 2  | 3  | 4  | 5  | 6  |
|--------|-------|----------|----|----|----|----|----|----|
| 1      | 6     | Player A | C  | C  | 3B | SS | LF | X  |
| 2      | 8     | Player B | P  | P  | 1B | LF | X  | RF |
| 3      | 12    | Player C | SS | 1B | P  | P  | X  | CF |
| 4      | 1     | Player D | 1B | 3B | LF | X  | P  | P  |
| 5      | 5     | Player E | 3B | LF | SS | X  | C  | C  |
| 6      | 9     | Player F | LF | 2B | X  | CF | 1B | 2B |
| 7      | 21    | Player G | 2B | SS | X  | 1B | RF | LF |
| 8      | 33    | Player H | CF | X  | C  | C  | CF | 1B |
| 9      | 16    | Player I | RF | X  | CF | 3B | 2B | SS |
| 10     | 2     | Player J | X  | CF | RF | 2B | SS | 3B |
| 11     | 14    | Player K | X  | RF | 2B | RF | 3B | X  |

BASEBALL PITCH COUNTS / REST PERIODS

13 -16 95 pitches per day  
 11 -12 85 pitches per day  
 9-10 75 pitches per day  
 7-8 50 pitches per day

- (d) Pitchers league age 14 and under must adhere to the following rest requirements:
- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
  - If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
  - If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
  - If a player pitches 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.
  - If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

## **AAA**

**BACKGROUND:** AAA is considered a transition league where players are being prepared for Majors. Score and standings are kept at this level and will include an end of the season playoff. Managers should start the season rotating all players through positions and batting order, however as the season progresses, you can transition to more of a “set” batting order, and play certain players in positions they possess the skills for.

### **TEACHING SKILLS:**

- See AA, Farm and T-Ball Skills
- Cutoffs to all bases
- Comfortably hit off of a player pitcher
- Comfortably be able to bunt
- Understanding baseball rules
- Understand most baseball situations

**PLAYING TIME:** Players will play at minimum 4 innings in the field and should still be given the opportunity to play both infield and outfield. Like AA, players will be substituted during a game, and no player should sit two innings in a row, nor twice prior to all players having sat at least one inning.



| Lineup | Uni # | Name     | 1  | 2  | 3  | 4  | 5  | 6  |
|--------|-------|----------|----|----|----|----|----|----|
| 1      | 6     | Player A | C  | C  | SS | SS | RF | X  |
| 2      | 8     | Player B | P  | P  | 1B | 1B | X  | RF |
| 3      | 12    | Player C | SS | SS | P  | P  | X  | LF |
| 4      | 1     | Player D | 1B | 1B | LF | X  | P  | P  |
| 5      | 5     | Player E | 3B | 3B | CF | X  | C  | C  |
| 6      | 9     | Player F | LF | LF | X  | CF | 1B | 1B |
| 7      | 21    | Player G | 2B | 2B | X  | LF | LF | SS |
| 8      | 33    | Player H | CF | X  | C  | C  | CF | 2B |
| 9      | 16    | Player I | RF | X  | 3B | 3B | 2B | CF |
| 10     | 2     | Player J | X  | CF | RF | 2B | SS | 3B |
| 11     | 14    | Player K | X  | RF | 2B | RF | 3B | X  |

#### BASEBALL PITCH COUNTS / REST PERIODS

13 -16 95 pitches per day  
11 -12 85 pitches per day  
9-10 75 pitches per day  
7-8 50 pitches per day

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

## **MAJORS**

**BACKGROUND:** At this level, managers will begin the year rotating all players through positions to assess their skill level and playing preferences. However, at this level, managers will transition quickly into set batting orders, and will play certain players in specific positions during the season.

### **TEACHING SKILLS:**

- See AAA, AA, Farm and T-Ball skills
- Complete understanding of baseball rules
- Full understanding of baseball situations
- Understanding of complex baseball situations
  - Dropped third strike
  - Double play
  - Infield Fly Rule

**PLAYING TIME:** Players will play a minimum of 4 innings in the field and the batting order will be continuous. Players will rotated in the field so that no player sits 2 innings in a row. See example lineup below.

| <b>Lineup</b> | <b>Uni #</b> | <b>Name</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> |
|---------------|--------------|-------------|----------|----------|----------|----------|----------|----------|
| 1             | 6            | Player A    | 2B       | 2B       | SS       | SS       | CF       | X        |
| 2             | 8            | Player B    | SS       | SS       | 2B       | 2B       | X        | CF       |
| 3             | 12           | Player C    | P        | P        | P        | LF       | X        | LF       |
| 4             | 1            | Player D    | C        | C        | C        | X        | RF       | RF       |
| 5             | 5            | Player E    | 1B       | 1B       | 3B       | X        | LF       | SS       |
| 6             | 9            | Player F    | 3B       | 3B       | X        | P        | P        | P        |
| 7             | 21           | Player G    | LF       | LF       | X        | C        | C        | C        |
| 8             | 33           | Player H    | CF       | X        | LF       | 3B       | SS       | 2B       |
| 9             | 16           | Player I    | RF       | X        | RF       | CF       | 2B       | 1B       |
| 10            | 2            | Player J    | X        | CF       | CF       | RF       | 1B       | 3B       |
| 11            | 14           | Player K    | X        | RF       | 1B       | 1B       | 3B       | X        |

## BASEBALL PITCH COUNTS / REST PERIODS

|        |                    |
|--------|--------------------|
| 13 -16 | 95 pitches per day |
| 11 -12 | 85 pitches per day |
| 9-10   | 75 pitches per day |
| 7-8    | 50 pitches per day |

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

## JUNIORS BASEBALL

BACKGROUND: Junior level is made up of players aged 13-15 and plays on a regulation baseball diamond - 90 foot base paths and pitchers throw from 60 feet. Home games are played at Ahrens Field and there is travel involved to other area towns. The goal of juniors' baseball is to prepare the player to play at the high school level.

### TEACHING SKILLS:

- See teaching skills from T-Ball to Majors
- Leading
- Pickoffs
- Advanced Baseball Situations

PLAYING TIME: Playing time at the junior level is at the discretion of the coach.

## BASEBALL PITCH COUNTS / REST PERIODS

|        |                    |
|--------|--------------------|
| 13 -16 | 95 pitches per day |
| 11 -12 | 85 pitches per day |
| 9-10   | 75 pitches per day |
| 7-8    | 50 pitches per day |

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

Pitchers league age 15-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 61 - 75 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 46 - 60 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 31 -45 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.

## ADDITIONAL INFORMATION

### FIELD PREP / SHEDS

It is the responsibility of the home team to do field prep, both pre and post-game. This includes, but is not limited to, raking and lining of the fields pregame and raking/ dragging of the field post game. It is never the responsibility of the umpire to prep the

field. If you are unsure how to prep the field or how to use any of the equipment in the shed, please reach out to your commissioner or a member of the board. We would be more than happy to help. Game day field prep is a great activity for parent/guardian involvement! If you can involve a few parents who would like to learn how to rake/line the field, it frees you up to work with the kids.

Please ensure that all Granbeast LL equipment is returned to the shed and that the shed is kept neat. Please double check that the shed / field house is completely closed up and locked before leaving the park. Please share the lock combinations with as few people as possible.

Only coaches and Granbeast LL staff are allowed into the sheds and field houses. Players, children, parents/guardians, and spectators should NEVER be allowed. Parents have been seen viewing the games from the upper viewing area. This is not allowed.

Shed combos – Please keep in a safe place as we would like to minimize the number of individuals that have access to the sheds.

Field 1: \_\_\_\_\_

Field 2: \_\_\_\_\_

Field 3: \_\_\_\_\_

Field 4: \_\_\_\_\_

Field 5: \_\_\_\_\_

Aherns: \_\_\_\_\_

## **DUGOUTS**

Only coaching staff and players are allowed in the dugout area. This is for the safety of everyone. Siblings, friends, and parents/guardians are required to watch games and practices from the stands and/or other viewing area outside the fence. An adult who has not completed the background check process should NEVER be in the dugout or helping with practice.

Please ensure that the dugouts are cleaned out after every practice or game. All trash and water bottles should be disposed of properly. If you are finding the dugouts or field houses are being left un-kept, please notify your commissioner.

## **COACHING STAFF**

All coaching staff must be approved by the Granbeast Little League board. Each team is usually allowed a manager and 2 coaches, along with a team parent. All coaching staff and ANYONE who wishes to help with the team, whether it be on the practice field or in any other capacity, must fill out and submit the appropriate background check form. These forms can be found on the GLL website. There will be NO exceptions to the rule.

## **PLAYER SAFETY**

Please take the time to familiarize yourself with the Accident Reporting Procedures. A full explanation and necessary forms are available on the GLL website.

- Safety Information: <https://leagueathletics.com/Page.asp?n=102058&org=GRANBYLL.ORG>
- All injuries (including potential hazards) should be reported to the Safety Officer. Incident tracking will be used to evaluate effectiveness of the program and for future reference. If the Safety Officer is unavailable, the President of GLL is to be contacted.
- A Safety Incident or Near Miss that causes any player, manager, coach, umpire, volunteer, or spectator to receive medical treatment, including First-Aid must be reported.
- Safety Incidents and Near-misses are required to be reported within 48 hours to:
  - **Bill Prokop, GLL Safety Officer; (917) 538-5771**
- The Safety Incident and Near-Miss Tracking Form and insurance claim forms are available on the GLL website. Managers are required to maintain copies of the form at all games and practices.

*Form Identification and Use*

- Emergency Contact Info: <http://files.leagueathletics.com/Text/Documents/5459/64045.pdf>
- Forms: <http://files.leagueathletics.com/Text/Documents/5459/64043.pdf>
- The Granbeast LL Safety Incident and Near-Miss Tracking form shall be completed by the team manager and is to be filed as described above. This is a one page form.
- When there is to be an insurance claim, the “What Parents Should Know About Little League Insurance” memo should be referenced and made available to parents/guardians. This is a one page document.
  - Continuing the process of filing an insurance claim, the “Little League Baseball and Softball Accident Notification Form” must be completed. This is a two-page, two part form. The player’s parents/guardians will complete page-1 and a Granbeast LL official will complete page 2. Note: This form may also be referred to as the “Accident Claim Form”.
- The “Little League Baseball and Softball Medical Release” form must be completed by the players’ parent/guardian and presented to the GLL prior to the player returning to play. This is a one page document.
  - <http://files.leagueathletics.com/Text/Documents/5459/64042.pdf>

## **FIELD CONDUCT**

Always remember that these kids are watching you. How you handle situations, both negative and positive, will leave a lasting impact on them. We are all here to learn, grow, and most importantly – HAVE FUN! We all need to remember that the kids, coaches, and umpires are human and mistakes will be made. How we handle these mistakes will leave just as big an impression as an amazing hit or infield play!

## **ZERO TOLERANCE POLICY**

- <https://leagueathletics.com/Page.asp?n=103756&org=GRANBYLL.ORG>

Once again, thank you for volunteering countless hours to all our kids. Your time, talents, and attention to our youth are greatly appreciated!