

How to Use CoachDeck

Tips to more effectively use the drills in this deck

- **Color-coding:** Each CoachDeck card is color-coded for instant recognition. Gold = infield; Green = outfield; Blue = baserunning; Red = hitting.
- **I/G/T:** I = Individual; G = Group; T = Team. I/G/T/ = Drill can be performed by individual, group or team.
- **Line them up:** Adjust drills for age level. Some drills call for players to be stationed a certain number of feet apart, but you may feel this is too short or too great a distance for your players. Modify as you see fit.
- **Key Points:** The "Key Points" are items you or your players need to know to maximize each drill's effectiveness.
- **Make it a game:** An ordinary drill turns exciting if you can make it into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.
- **Equipment:** CoachDeck drills require no special equipment beyond bats, balls and helmets. However, if some drills are too advanced for players, you may use batting tee. (In T-ball level it is recommended that all hitting drills be done with tee.) Substitute soft-core or tennis balls as needed, depending on player ability, for safety reasons. Stopwatch may be helpful in some drills.
- **No team required:** The majority of CoachDeck drills can be adapted to one-on-one coaching in backyard or park. Fundamental skill taught in each drill is key.

Practice Tips

Use the following pointers in conjunction with your CoachDeck for a perfect practice!

- **Use your assistants:** If you have volunteers to assist you at practice you can easily put them to work by giving them a group of players and a selected card from the deck. You may then rotate players through various stations so that each player is getting frequent repetitions and more individualized attention.
- **Or, go it alone:** We know that quite often you may be the only coach at practice. Do not worry! Nearly every card in CoachDeck is designed so that a lone coach can keep each player busy and improving.
- **Rotate Players:** Remember to work with all your players. Move them around to different positions within each drill. Drills that require some players to be baserunners and some to be fielders can be enhanced by letting runners rotate out to the field and vice-versa.
- **Pre-plan, if you can:** CoachDeck was designed with the busy volunteer coach in mind. You can literally show up at practice with no time to plan and run a great clinic using this deck. However, whenever possible, it helps to choose a handful of drills ahead-of-time and place them in order at the top of the deck.
- **Have fun** but take it seriously. It's a fine line to walk. Your goal at each practice is to ensure that every player improves in some way. However, a more important goal for the season should be that no matter what, every player wants to come back and play again next year.

Safety

Attention Coaches: Safety is a must!

Adhere to these tips to help prevent injuries!

- **Helmets:** Use any time players are swinging bats, are around others with bats or running bases.
 - **Supervision:** Watch your players carefully at all times.
 - **Loosen up:** Begin each practice with warm-up. Players should play catch to get arms loose, do stretching exercises, and take a short jog.
 - **Bats & balls:** No player should pick up a bat or ball unless supervising adult has said it is OK. Players should never throw to another player unless that player is looking.
 - **Be cautious:** If you don't think your players are ready for a particular drill in this deck, choose another. You can also vary drills to ensure safety by rolling grounders instead of hitting fly balls, using soft-core or tennis balls instead of baseballs.
- Spacing:** Any time more than one player is swinging a bat or throwing a ball, make sure there is plenty of distance between everyone. Structure practice so that there will never be players from one drill running through another to chase loose balls, etc. Players not actively participating should be stationed in protected areas.
- First aid:** Always carry a first-aid kit and instant ice packs. Keep parent and emergency phone numbers handy in case of more serious injuries.

All CoachDeck drills have been performed many times without injury and are, if conducted properly, safe. However, throughout normal course of practicing baseball, possibility of injury exists. CoachDeck assumes no liability for injury occurring as a result of performance of drills in this deck for any reason, including without limitation, lack of supervision, negligence or participant error.

Terminology

This card will assist you with the terminology you will encounter in CoachDeck Cards.

- **Positions:** 1 = Pitcher; 2 = Catcher; 3 = 1st Baseman; 4 = 2nd Baseman; 5 = 3rd Baseman; 6 = Shortstop; 7 = Left Fielder; 8 = Center Fielder; 9 = Right Fielder; (Note when calling where to throw the ball, use 1 for 1st, 4 for home, etc.).
- **1st = First Base; 2nd = Second Base; 3rd = Third Base; Home = Home Plate; Short = Shortstop; Left = Left field; Right = Right field; Center = Center field.**
- **Tag-up (Tags):** Runner re-touching base after batted ball is caught in the air.
- **Mound:** Pitcher's mound or area.
- **Cutoff:** On ball hit to outfield, cutoff man is positioned halfway between outfielder and base to which ball should be thrown. Fielder at base instructs cutoff man to relay (catch and throw) ball to him, cut (catch) and run it in, or let it go all the way through.
- **Cover:** As in "Cover a base." The act of awaiting a throw at a base so as to either get a force or tag out.
- **Take:** As in "Take a pitch." The act of a batter intentionally not swinging at a pitch.