



LOWER GWYNEDD LITTLE LEAGUE

COACHING PACKET

Coach's Role:

The Little League® manager and coach must be leaders. All must recognize that they hold a position of trust and responsibility in a program that deals with a sensitive and formative period of a child's development.

It is required that the manager and coach have understanding, patience and the capacity to work with children. The manager and coach should be able to inspire respect. Above all else, managers and coaches must realize that they are helping to shape the physical, mental and emotional development of young people.

The Little League manager must be something more than just a teacher. Knowledge of the game is essential but it is not the only badge of a Little League coach or manager.

While an adult with training and background in the game is a desirable candidate for manager or coach, league screening committees should look for other important qualities. Screening of managers, coaches and others at the local league level who have contact with children is also important in attempting to discover those with a history of child abuse.

The heart of Little League is what happens between the adult manager/coach and player. It is the manager more than any other individual who controls the situation in which the players may be benefited. Improving the level of leadership in this vital area must be a continuing effort.

Children of Little League age are strongly influenced by adults whose ideals and aspirations are similar to their own. The manager/coach and player share a common interest in the game, a desire to excel, and determination to win. Children often idolize their managers and coaches, not because the adult is the most successful coach or mentor, but because the manager and coach are sources of inspiration.

Managers and coaches must be adults who are sensitive to the mental and physical limitations of children of Little League age and who recognize that the game is a vehicle of training and enjoyment, not an end in itself. It has been stated many times that the program of Little League can only be as good as the quality of leadership in the managing and coaching personnel. New leagues particularly, should make a determined effort to enlist the best adults in the community to serve as managers and coaches.

Anyone interested in being a Little League manager or coach should contact their local league president in person, and be willing to undergo a screening process that may include a background check, as well as interviews of those with personal knowledge of your qualifications.

The best way to train and qualify Little League managers and coaches is through the Little League Education Program for Managers and Coaches. A wide variety of materials are available for players and adults, as well as clinics and seminars led by experienced experts.

You can learn more about this program by hitting the "back" button on your browser and clicking on "Education Programs."

Who is responsible for the conduct of the manager and coach? First and foremost, it is the manager or coach themselves. Each of us in Little League must take responsibility for our own actions.

However, as the chief administrator, the president selects and appoints the managers and coaches. As such, no person becomes a manager or coach without the approval of the president. All appointments are subject to final approval by the local league's board of directors.

Only the local Little League board of directors has the authority to remove or suspend a manager or coach. If a parent or anyone else is dissatisfied with a manager or coach, they must present the issue to the local league president and board of directors. Because the local league president and board of directors are closest to the situation, it would be a disservice if Little League Headquarters became involved in disputes or personality conflicts between managers/coaches and parents.

However, any person who believes that a manager or coach (or any other Little League personnel) is, or has been, violently or sexually abusive to children should report the situation immediately to Little League Baseball International Headquarters as well as to the local police. It is Little League policy that no person who has a history of sexual abuse toward children be given any volunteer responsibilities in Little League. Read more about the [Little League Child Protection Program](#).

BASIC STEPS WHEN PREPARING TO COACH FOR THE FIRST TIME

By David Jacobson Positive Coaching Alliance

The decision to coach is a big one, but also a rewarding one. As a coach, you are responsible for much more than simply supervising your players, teaching the game, and striving to win. You are responsible for providing a fun, physically and emotionally safe environment that develops your Little Leaguers® as players and as people.

Therefore, it is important that you adequately prepare for your first time coaching. Basic steps include:

- Getting a sense of what to expect and how to be prepared by visiting [Little League University](#) and reviewing the training and education materials in the Coach's section.
- Take the [Little League Double-Goal Coach® Course](#) to learn how to coach in pursuit of wins and the more important goal of teaching life lessons through baseball and softball. One key item to review is Positive Coaching Alliance's "[11 Tips for The First-Time Coach](#)."
- Deepening your knowledge of the sport's on-field components (playing techniques, strategies, etc.) and even more importantly attempt to grasp the sport psychology and communications skills that will benefit you and the youth you serve.

- Talk with other coaches about their experiences. Learning from the successes and challenges faced by your peers will help you form a vision of what you want to pursue – how your players perform and what they take away from the sport – as well as what to avoid.

All of this suggested background and research begins leading you to a coaching philosophy that will serve you well when (not if) you face issues ranging from getting through to players about technique to talking to parents about their children’s progress to working with umpires. The background and research should combine with a healthy dose of introspection, including:

- **Why do I want to coach?** For first-time Little League coaches, answers are often along the lines of “spend time with my child in a healthy activity” or “because I love the sport” or “contribute to our community.” All are great reasons. Honing in on them, and expressing them, helps keep you mindful of the highest goals for your coaching.
- **What kind of coach do I want to be?** One-word descriptions here might range from “winning” to “enriching” to “impactful” to “fun.” Again, all are valid and important and can ultimately guide you when you have to make decisions during the season.
- **What are my natural personality traits?** Just about any coach will tell you the most important thing in coaching is to be yourself. Be authentic. A naturally boisterous person brings a different set of strengths than, say, the person who gravitates toward a technical teaching style. Identifying and naming those traits will help you determine the type of coach you want to be.

Of course, there are many other avenues you might explore once you start this preparation for your first time coaching. The combination of research and introspection may seem a little more than you bargained for when you volunteered to coach. However, it can be rewarding in and of itself. And if you do a good job of it, your players will certainly be rewarded.

Your Team's Character Is Developed During Practice

The most important time you spend with your team is at practice, and the foundation for building team character is coaching a practice focused on hustle, repetitions, and attitude.

Hustle

Beginning with the first practice, start to mold the players’ mindset by emphasizing the importance of hustle. Hustling on and off the field shows respect for the game, and illustrates a high level of discipline and mental toughness that makes your opponent take notice.

There is no talent needed to run on and off of the field, but it shows the other team that you are ready to play and want to play. Even if your team is losing, you still need to hustle because it shows the other team that they will need to play to the final out to earn a win.

Repetitions

Your players will never be perfect, but with ample repetitions, players do improve. Sound fundamentals are the key to success, and the only way to get better is by putting forth an honest effort and paying attention to details while executing each drill.

I've seen too many practices where a coach spends a major amount of time hitting to a position player with the rest of the team waiting for their turn. This approach does not engage the team, nor does it help them get better. To be more effective with the time you have, break out into smaller groups, one group per coach, and work on different fundamentals. A good example would be one coach with four to five outfielders working on fly balls. The small group is engaged and getting several more reps in a shorter span of time.

During this same time, another coach could be working with the range and mobility of the infielders. The third coach may be in the bullpen area working with pitchers and catchers. Maximize your time and get as many reps as possible.

Attitude

Maintaining a positive attitude in the face of disappointment and having a short memory sounds simple, but each are important skills to master that require work. Your team will respond the way you react to a win, a loss, a play, or questionable call. Baseball and softball are games of failure, and it is easy to lose focus when a play or at-bat doesn't go your way. Players should know that if they allow the recent past to affect them, and don't accept those experiences as teachable moments, then the next time the ball is hit to them or during their next at-bat, it will be that much harder to find success.

Remember that this is a game, and the lessons learned will go beyond the ball field. Yes, it is nice to win, but I can tell you that I remember my players' successes, achievement and growth more than my wins and losses. Practice your team like you want them to play and the time spent will make for a much richer, long-term experience for you and the players.

LGLL First Aid Basics and Safety Review

Please consult the LGLL ASAP document for first aid kit information, administering first aid, and incident reporting.

INCIDENT REPORTING PROCEDURES

Please consult the LGLL ASAP document for detailed instructions on reporting and incident.

LGLL 2019 Head Coaches

Juniors:

1. Shawn Burdick – Commissioner
2. TBD (if needed)

Majors:

1. Pete Sinopoli - Commissioner
2. Tom Puerzer
3. Jacob Kim
4. Adam Lisausky
5. Thomas Quinn

Minors:

1. Chris Wilson – Commissioner
2. Chris Salvitti
3. Andy Eberz
4. Chris Burgey

Machine Pitch:

- | | |
|------------------------------|-----------------|
| 1. Jon Calpas – Commissioner | 5. Rick Graham |
| 2. Jeffrey Dragone | 6. Brian Renfer |
| 3. Ed Lynch | 7. Adam Taylor |
| 4. Chris Gaffney | 8. Todd Smith |

Quick Ball 2 (age 6)

1. Kevin Price - Commissioner
2. Jim Schneider
3. Andrew Trella
4. Kevin Martin
5. Josh Funt
6. Stephen Dorsch

Quickball 1 (age 4/5)

1. Kevin Post - Commissioner
2. Jeffrey Caruso
3. Anthony Lagreca
4. Howard Lee
5. Matthew Wardlow
6. Joe Boxman
7. Jeff Carcione
8. Pat Horan

Softball Rookies (Age 7 &8):

1. Sheila Salvitti

SUGGESTED SKILL GOALS FOR COACHES

Machine Pitch (7-8yo)

Throwing – able to throw 60ft and hit targets

Fielding – catch thrown flyballs, fielding fundamentals

Hitting – consistent contact , tracking the ball

Running – no overrunning runners, running to multiple bases on appropriate hits

Minors (9-10yo)

Throwing – able to throw 100ft, basic pitching

Fielding – catch hit flyballs, fielding harder hit ground balls, cutoffs

Hitting – avoid being hit by pitches, understanding of strike zone

Running – rounding first base, sliding, tag ups

Majors (11-12yo)

Throwing – able to throw 180ft, pitch consistently

Fielding – catch deeply hit flyballs, tracking flyballs, understanding of defensive positions

Hitting – bunting, controlled hits, adjusting for inside and outside pitches

Running – Advanced sliding, tag ups

SUGGESTED LINE UP CARD (MAJOR/MINOR)

Team Line Up	Date		
Home Team sits 1B Dugout			
Active Roster			
Name	Number	Position	Notes
		C	
		2B	
		SS	
		P	
		RF	
		1B	
		3B	
		LF	
		CF	
		Bench	
		Bench	
Missing			
Pitches	Days Rest		
0-20	0		
21-35	1		
36-50	2		
51-65	3		

Pitchers can't catch after they reach 41 pitches and catchers can't pitch if they catch 4 innings.
 A pitcher that has caught 3 innings & reached 21 pitches may not catch.
 You are only allowed 3 total coaches in the dugout
 No kid is allowed to swing or even touch a bat until they leave the dugout, The area in the dugout is not an on deck circle.