

# The Plan



# Monosmith Coaching Manual



## **Baseball** **Joseph Monosmith**

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## Philosophy

The baseball program philosophy is to coach players in a way that best prepares them to play baseball at the next level and that instills life lessons. This philosophy includes:

1. **Discipline.** Strive to instill discipline both on and off the field. Both coaches and players should do the right thing. Baseball develops life skills as a teaching tool. Self-discipline and mental discipline are extremely important in baseball and life. Coaches and players must understand that every action has a consequence and take responsibility for their own actions. Disciplinary actions will be consistent and fair.
2. **Teaching the Fundamentals.** Strive to teach all players the fundamentals of the game. Fundamentals are the foundation of baseball...the building blocks for future success. I will work to establish the best fundamentals for each individual and the team. Each player will be taught the fundamentals, not style. In other words, each player is unique and has a style that works for them within the fundamentals of baseball.
3. **Learn by Doing.** Learn by doing. There is a quote in Mike Krzyzewski's book 'Leading with the Heart' that states "When teaching, always remember this simple phrase: 'You hear, you forget. You see, you remember. You do, you understand.'" Players should have a brief explanation, a demonstration of the skill, and then practice.
4. **Organization.** Practices and games will be organized and well thought-out so that each experience is successful, with each individual learning new concepts and improving.
5. **Emphasize Improvement.** Work to ensure that every player is improving and learning new skills that will help them to be confident, successful players at a level where they are capable of playing. Focus on hard work and hustle because these are many times more important than skill level.

6. **Role Model.** Being a role model is of the utmost importance. Work to develop a coach/player relationship with trust, respect, and hard work. Take an interest in each and every player so that there is a mutual trust and respect between the coach and player. Make every effort to motivate and inspire to have a great love for the game, to understand individual responsibility, and to know what it means to be part of a team. Each player will feel they are an important part of the team no matter what their role.
7. **Open Communication.** All communication will be open. Expectations will be clearly stated. An open-door policy will be utilized so that each player has the opportunity to come to the coaches if there are any problems, concerns, or issues.
8. **Positive.** Be a patient, supportive coach that educates and motivates in a positive manner. Communication and actions will be accomplished in a positive manner. This includes good sportsmanship, attitude, and effort. Attitude and effort are positive...winning is not everything.
9. **Process versus Outcome.** Educate athletes that winning is not everything. There is a process that athletes go through to improve that does not necessarily correlate with the outcome or winning. Focus on improvement, development, and performance in the competition, instead of the results or outcome of the competition, such as first place or the championship. Learn positively from mistakes. The important focus is continued improvement, development, and positive attitude.

With these nine points in my theory (Discipline, Teaching the Fundamentals, Learn by Doing, Organization, Emphasize Improvement, Role Model, Open Communication, Positive, Process versus Outcome), there will be success because both baseball and life lessons have been instilled.

## Core Values



### **Integrity**

*Rule: Do the right thing, even if nobody is watching.*

Be honest with strong moral principles. Go to class and graduate. Know your values and behave consistently with your values.

“Baseball is about talent, hard work, and strategy.  
But at the deepest level, it’s about love, integrity, and respect.”

– Pat Gillick

### **Character, Strength and Honor**

*Rule: Every player and coach will have character, strength, honor.*

The school and community will look up to the people in this program as a result of good choices. The team will exercise consistency, honesty, and be strong and deliberate about choosing the moral path.

“Baseball was, is and always will be to me the best game in the world.” – Babe Ruth

## **Teamwork**

*Rule: Work toward one goal.*

Work together as one unit toward a common goal. Individual accomplishments are really to meet the team's objectives. Hold your teammates accountable on and off the field so that the team will succeed. Every person has a role, but as a whole we are stronger.

**“Work at what doesn't come easy to you.”-Ty Cobb**

## **Work Hard**

*Rule: Work hard at all parts of the game.*

Hard work wins games. Work every day to the best of your ability. All-out effort all the time. Hard work brings success, not just in baseball but in life.

**"There may be people who have more talent than you, but there's no excuse for anyone to work harder than you."**

**- Derek Jeter**

## **Serving**

*Rule: Serve others before yourself to succeed.*

Caring for others before ourselves will help us to succeed in life. Using your success will help you to have a positive impact on other people. Help people to perform to their highest potential.

**“A life isn't significant except for its impact on other lives.”**

**-Jackie Robinson**

## **Excellence**

*Rule: "Exceed expectations or don't bother"*

Maximum effort at all times during every practice, every pitch, every play, every game. Reach your full potential.

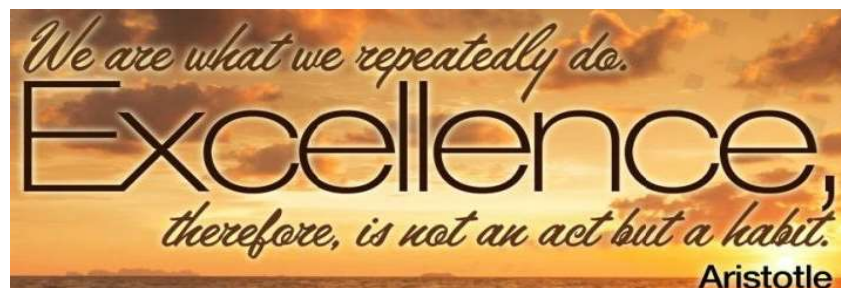
**“You can always take what you have and make it better.”**

**-Ted Williams**



## Core Beliefs and Behaviors

Caring  
Respect  
Loyalty  
Attitude  
Integrity  
Discipline  
Excellence  
Toughness  
Be Positive  
Sportsmanship  
Good Character  
Trustworthiness  
Fair and Ethical  
Work as a Team  
Do What is Right  
Good Citizenship  
Selfless – We/Me  
Actions Over Words  
Personal Responsibility  
Enthusiasm and Passion  
Play with All Your Heart  
Always do the Right Thing  
Hard Work – Never Give Up  
Academic Excellence – School Comes First  
Treat Each Person as You Want to Be Treated





## Responsibility

Coaches are teachers. Therefore, the responsibility of the coaches is to uphold standards of conduct; follow the philosophy, core values, and core beliefs and behaviors of the program, and accept responsibility for personal behavior. The coach will adapt their methods and practices to help the athletes. When necessary, coaches will consult with other coaches or professional scouts to better serve the interests of their athletes. Ethical conduct is of the utmost importance. Leadership and direction begin with the coach.

“What you are doing today must be important because you are sacrificing one day of your life for it!”  
-Lou Campanelli

## Approach to Building a Program

### **Create Culture**

Baseball mentality

Expectations

Encourage each other

Positive atmosphere

Communication



### **Player Development**

Core values

Mental toughness/Handle adversity

Strength enhancement

Speed and quickness improvement

### **Fundamental Skill Development**

Back to the basics

Position development

Stay up to date on current trends



### **The Game**

Strategy for games

Accountability

### **Bottom Line**

Embrace the process and opportunity

Lifelong friendships

Play the game better and improve individual skills

### Vision Statement

To develop well-disciplined student athletes with integrity who pursue excellence in both education and athletics.

**"Baseball is a man maker." - Al Spalding**

### Mission Statement

The mission of this baseball program is to impart the best possible opportunity and environment for its baseball players to excel on a daily basis in the classroom and the playing field while developing fundamental skills, integrity, character, respect and concern for others, a love of baseball, and learn life lessons. Baseball will be utilized as a tool to educate, advance, and impart the characteristics essential to succeed in life. The emphasis on priorities will be on faith, family, academics, and baseball in that order.

**"Baseball gives a growing boy self-possess and self-reliance."  
- Al Spalding**

## Team Rules

- ✓ Work hard and do your best 100% of the time.
- ✓ Hustle 100% of the time.
- ✓ Always do the right thing.
- ✓ Treat each other and opponents with dignity and respect.
- ✓ No excuses!
- ✓ Be on time!
- ✓ No bullying, harassing, or hazing will be tolerated.
- ✓ Be a student first. You must maintain a 2.0 G.P.A. in order to play baseball.
- ✓ You are representing this program in all that you do both on the field and off.
- ✓ WE comes before me.

**"There are three types of baseball players: those who make it happen, those who watch it happen, and those who wonder what happens."  
- Tommy Lasorda**

## Discipline and Mental Toughness

Discipline is sacrifice and commitment. It is NOT the easy way out. Mental toughness encompasses sacrifice, commitment, courage, tenacity, and perseverance. Mental toughness is facing adversity yet surviving through that adversity.

**"Discipline yourself so no one else has to."  
-John Wooden**

## Attention to Detail

Attention to detail matters. Do the small things to improve. Always focus whether it is warm-ups, long toss, or a game. Look coaches in the eyes when you are communicating. The practice plan must be detailed. Each and every part of your game needs focus and attention to detail.

Attention to detail equals success.



**"Baseball is ninety-percent mental and the other half is physical".**  
*- Yogi Berra*

## Developing a Successful Program

### 1. The Successful Program

- Developed based on specific philosophy.
- Commitment of qualified coaching staff.
- Coachable, hardworking players who fit the program.

### 2. Characteristics of Top Program

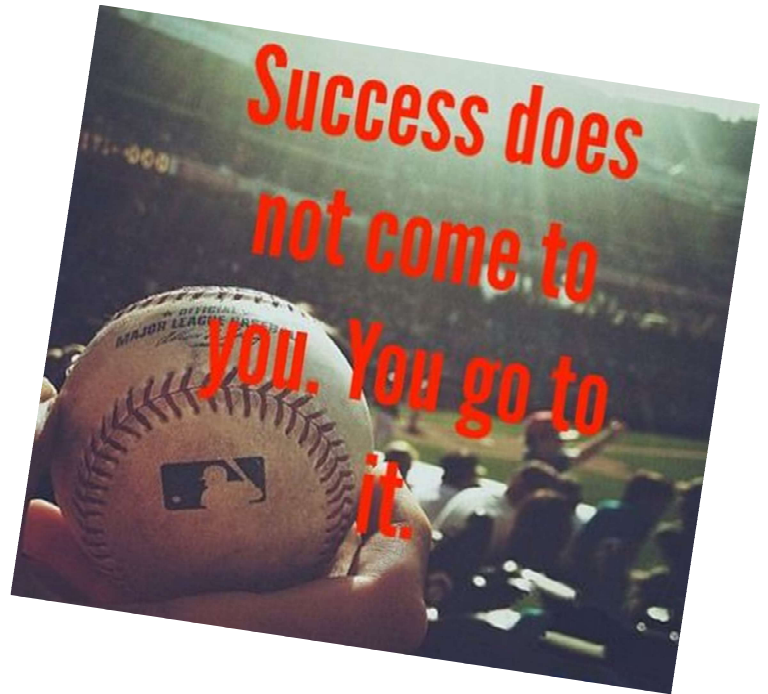
- Hard working
- Devoted to the team and philosophy
- Pay attention to detail
- Integrity

### 3. Winning Coaches

- Build open communication and relationships
- Substantial experience in the field
- Run an organized, disciplined program.
- Support sportsmanship

### 4. Traits of a Good Coach

- Trustworthy and fair
- Great communicator and listener
- Positive attitude
- Attention to detail
- Patience and respect
- Motivator



**"About the only problem with success is that it does not teach you how to deal with failure." - Tommy Lasorda**



## Key to Winning



How does a team win? What is the **key** to winning? Baseball is an unpredictable game in which a player who gets a hit in three out of ten at bats is a great player. It is a game of continuous work, fundamental skills, and strategy. Thus, the key to winning is a combination of elements, which include mental toughness, trust, leadership, hard work, and teamwork.

**"It's supposed to be hard. If it wasn't hard, everyone would do it.  
The hard is what makes it great."  
- Jimmy Dugan, *A League of Their Own***

## The Plan to Win

Winning is a result of a detailed plan and expectation to work toward the goal of building a successful winning program. The plan of this program is to do as follows:

- Play defense...make the play
- Hitting
- Small ball
- Strategy

### Play defense...make the play

Good defense is essential in baseball. The foundation of a good defense is up the middle with the catcher, shortstop, second base, and the centerfielder. While pitching and offense typically are discussed the most, defense is the differentiator. Defense wins baseball games.



### Hitting

Obviously, hitting, or offense, is also important. A baseball team cannot score if the players do not get on base. But all aspects of hitting are necessary, while home runs are great, every player must also be able to bunt and hit to all fields.

### Small ball

Small ball is getting the runners on base and then advancing them into scoring position for a run in a deliberate, methodical manner. Therefore, the players must be able to bunt, hit sacrifice flies, and steal bases to help create more opportunities to score. Players on this team will have good bat handling and speed on the base path.

### Strategy

Baseball is a complex sport, which causes strategy to be important to win. Strategies vary based on the situation in each game.

**“The more you play baseball, the less depends on your athletic ability. It’s a mental war more than anything.” – Alex Rodriguez**

### Academic Philosophy and Procedures

Academics should be of the utmost importance to the player and must come first. Every student must have a minimum of 12 credits each semester. Class attendance is mandatory and will be checked by coaches.

**"Baseball is a lot like life. It's a day-to-day existence, full of ups and downs. You make the most of your opportunities in baseball as you do in life." - American Sportscaster, Ernie Harwell**

## Community Service

Community service is an important activity for this baseball team. It is valuable to promote citizenship amongst staff, coaches, players, and the community in order to improve the personal development of the players and help the community. Hence, volunteerism will be encouraged and promoted for the baseball team.



**“I love baseball. The game allowed me the influence to impact kids in a positive way. This gives me a chance to talk to some social issues.” – Cal Ripken, Jr.**

## Psychological Profile of a Want-To-Be

### **The Psychological Profile of a Want-To-Be:**

- **No Drive.** A Want-To-Be can't see the benefits in hard, grueling practices. He can't push through challenges and does not care if he wins or loses.
- **Know-It-All.** He fails to listen to authority and cannot accept changes and new ideas. He tends to make excuses.
- He is racked with self-doubt and cannot place enough confidence in himself to complete a task. He does not know how to compete because he is too hard on himself.
- **Watcher.** If there is an accident or mistake, he won't take ownership. He doesn't want a part in anything monumental, because he is scared of making a mistake.
- **Corner Cutter.** He avoids the tough parts of practices. He has an excuse for every corner he cuts, and he finds his comfort more important than future reward from hard work.
- There is always an aching muscle or pain that prevents him from putting in the hard work that the rest of the team endures. Instead of working through pain, he wallows in it.
- He is easily distracted from the job, but claims he is focused and prepared. When true competition comes his way, he cannot compete at full force.
- He cannot stick it out till the finish line. He is easily discouraged and does not have a positive mindset. He is unreliable because although he starts many jobs, he finishes few.

(From garypinkel.com The psychological Profile of a Champion)



**"Never allow the fear of striking out to  
keep you  
from playing the game."  
- Babe Ruth**

## Psychological Profile of a Champion

A champion is the polar opposite of a want-to-be, and he demonstrates his strengths through example and work ethic.

### **The Psychological Profile of a Champion**

- A champion sets the bar high each day. He hates losing and will sacrifice comfort and free time to reach a goal.
- He is easy to coach and finds instruction helpful and fulfilling.
- He is the “first place belongs to me” type. He does not take no for an answer, but instead fights until the word “no” becomes a “yes.”
- He shows the way and sets a good example. He does not ask for power, but graciously leads through his example and support to others on his team.
- **Take-Charge Guy.** He will take over when things go wrong. He is not afraid to deal with challenges and will own up to mistakes and not flee from issues.
- **Hard worker.** He is one of the first people at practice and one of the last to leave. He does not cut corners and puts in the work to compete at the highest level possible.
- **Mental toughness.** He never gives in, even when it’s tempting. He can focus in the right moments and has no excuses for pain or discomfort.
- **Psychological endurance.** He will stick with a job until the end. He knows his ability and strength and will only commit to something if he knows he can finish it.

(From garypinkel.com The psychological Profile of a Champion)



"Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is."  
- Bullet Bob Feller

## Our Way of Coaching

Baseball should be a worthwhile experience that teaches life skills for every baseball player and coach. Therefore, our way of coaching will be as follows:

- ❖ Teach the fundamentals
- ❖ Give direction and discipline
- ❖ Love the game
- ❖ Concentrate on the important things
- ❖ Build a team culture
- ❖ Communicate expectations
- ❖ Have pride and commitment in everything you do
- ❖ Create life skills

**“To me, baseball has always been a reflection of life.  
Like life, it adjusts. It survives everything.”  
– Willie Stargell**

**"The greatest feeling in the world is to win a major league game.  
The second greatest feeling is to lose a major league game."  
- Chuck Tanner**

## Basic Principles of Coaching Baseball

### **Principle 1: Focus on the Objective.**

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Win whenever possible. Lose only if necessary. At all times maintain high standards of sportsmanship.

### **Principle 2: The Team You Meet is Not the Team You Leave at Season End**

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By the end of the season the team will be trained in the fundamentals of baseball. Start from square one with every team so that each player leaves the program a better player.

### **Principle 3: Teach Fundamentals Every Day**

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Fundamentally sound players are the key to winning baseball game. Therefore, each and every day, fundamentals will be taught for throwing, fielding, pitching, catching, and positions.

### **Principle 4: Practice Like You Play, Play Like You Practice.**

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Players are expected to play hard every day, whether it is practice or a game. Get the work done at practice to prepare players for game day.

### **Principle 5: Discipline and Praise Must Be Consistent and Fair.**

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Discipline and praise must be consistent and fair. There will be no special rules for particular people. Praise should be in front of the team, but corrections or chastising may need to be private.

### **Principle 6: Every Player Is Important, But Baseball Is a Team Sport.**

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Players make the team, but success will be reached as a team.

### **Principle 7: Evaluate the Past but Look to the Future.**

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It is important to learn from the past by watching game film and evaluating performances. However, players and coaches must then move on and look to the future. One practice, one game does not make or break a season.

### **Principle 8: Baseball Should Be Fun.**

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Baseball is a game. Players want to play. Work hard but have fun.

### **Principle 9: Lead by Example**

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The coach is a role model and must set a good example. The coach must believe in the team and what it is doing. If the coach sets a good example and believes in the team, the players will also. The players follow the lead of the coaches so lead by example.

## **Principle 10: All Players Must Hustle at All Times**

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You can have a bad hitting day, a bad throwing day, a bad fielding day, but players should never have a bad hustle day. Always hustle. Run onto the field and off in practices and games. This leads to success.

**Defense to me is the key to playing baseball.” – Willie Mays**

### Always List/Never List

#### Always List:

- Always be a role model for the players
- Always communicate well
- Always set goals for every game and practice
- Always insist on good sportsmanship and behavior
- Always be positive but firm
- Always teach fundamentals
- Always make the game fun
- Always be structured and organized
- Always develop character
- Always work hard
- Always treat your players as you or your son would want to be treated



#### Never list:

- Never give up
- Never embarrass or humiliate a player
- Never talk or complain about a player
- Never be close-minded

**"Progress always involves risk. You can't steal second base and keep your foot on first." - Frederick B. Wilcox**



## Guidelines for a Good Baseball Coach

- ❖ Treat all players with respect and fairly.
- ❖ Get all players to believe in themselves...inspire the players.
- ❖ Do not embarrass or humiliate any player or person.
- ❖ Teach about life through baseball.
- ❖ Teach fundamentals every day.
- ❖ Keep the game in perspective.
- ❖ Understand unique differences in the athletes.
- ❖ Coach the person, not just the athlete.
- ❖ Be a great communicator.
- ❖ Take the time to listen and educate.
- ❖ Do what you say you are going to do...be a role model.
- ❖ Create a safe learning environment.
- ❖ Challenge the athletes to do better and push their limits.
- ❖ Love the game of baseball.
- ❖ Use mistakes and failures as a teaching opportunity.
- ❖ Be positive and enthusiastic every day.
- ❖ Support your players...they are each important.
- ❖ Be prepared and organized for practice.
- ❖ Do not accept or ignore bad behavior or language.
- ❖ Make the game fun for the players.
- ❖ Be open to new ideas and methods.
- ❖ Every player and coach are accountable for their actions and behavior.



**“Baseball is a lot like life. It’s a day-to-day existence, full of ups and downs. You make the most of your opportunities in baseball as you do in life.” – Ernie Harwell**

## What is Success?

Success is working hard each and every day

Success is making the most of your ability

Success is performing with confidence

Success is competing in the classroom

Success is concentrating on the task at hand

Success is learning from the situation.

Success is good sportsmanship no matter the situation.

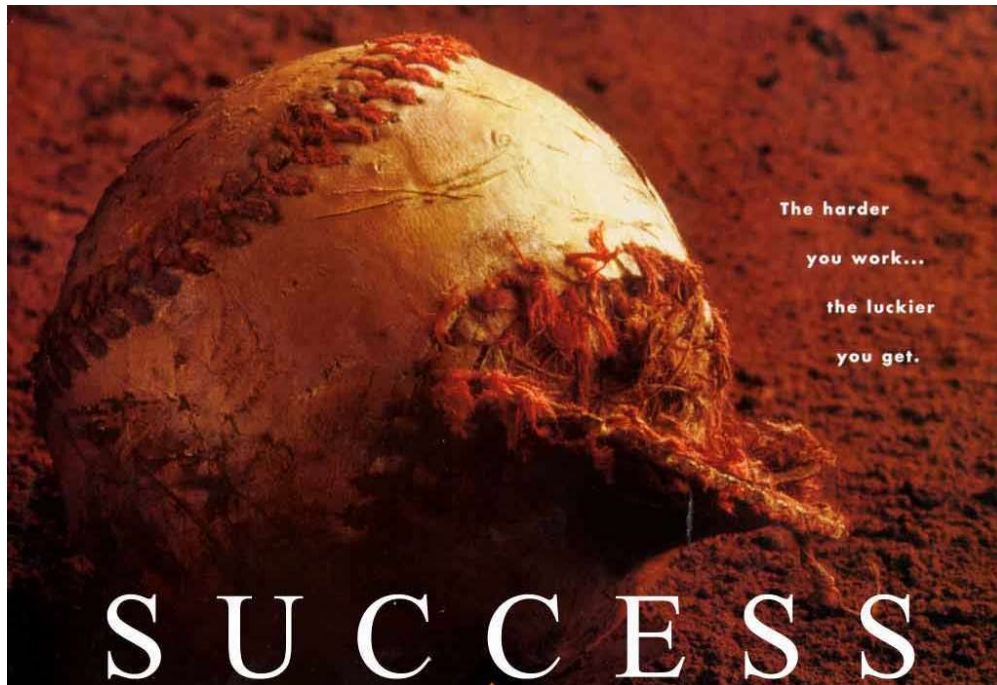
Success is working as a team and unselfishness.

Success is good character and honesty.

Success is hustling in every situation whether it is practice or a game.

Success is keeping your head up.

Success is never quitting.



**“Baseball is the only field of endeavor where a man can succeed  
three times out of ten and be considered a good performer.”**

**– Ted Williams**

## Expectation Guide

### **Parent and Coaches Expectations**

Parenting and coaching are challenging and fulfilling responsibilities. Therefore, the coaches want to establish clear expectations for the coaches and parents in the program in order to generate the best possible setting for all concerned parties. The following information presents guiding principles for parents, the purpose of the program, and the philosophy of the coaches.

### **Purpose**

The purpose of this program is to provide athletes with a positive experience. We will endeavor to help the athletes to realize their full potential on the field. Furthermore, we will guide the players to become better citizens off the field through education, inspiration, and encouragement. Our coaching staff will act in a professional and considerate manner at all times in order to provide a positive experience. Every player will be an important part of the team.

### **Coaching Philosophy**

- Instill self-discipline and mental discipline on and off the field.
- Teaching fundamentals.
- Learn by doing.
- Organization and preparation.
- Emphasize improvement in every player, especially hard work and hustle.
- Role model developing trust and respect with every player. Integrity and good sportsmanship.
- Open communication.
- Positive communication and actions.
- Process versus Outcome. Winning is not everything. Improvement, development, and performance.

### **What you can expect from the Coaching Staff**

- To have the safety and general well-being of the players in mind.
- To prepare every player for the baseball season.
- To develop citizenship, teamwork, and fundamental play.
- To treat each player with dignity and respect. There will be no intimidation, embarrassment, or ridicule of the players.
- To run the program with integrity.
- To communicate openly and positively with all.
- To do what is best for the team.
- The highest standard of child development and behavior of the coaches.

### **Expectations of the Parents**

- We want this team to be known as a “Class Organization.” Therefore, we ask that parents, relatives, and friends attending the games never abuse umpires, opposing coaches or players, or the players on the team in any manner, verbally or physically.

- Parents are asked to respectfully remain a good distance away from the dugouts during games unless asked by the coached. Players are expected not to talk to parents and friends while a game is in progress. This will allow the coaches to do their jobs and coach the players.
- Neither verbal nor physical abuse of coaches will be tolerated.
- Parents with concerns or questions are required to follow the proper procedures as follows:
  - Never address the coach before, during, or immediately following a game or practice. Make an appointment. This allows for cooler heads for all and considerate discussion.
  - Always follow proper chain of command. Coach – Coordinator – Director/Manager.
  - Never discuss other players when addressing a concern, only your child.
  - Email is not for conflict resolution, but mainly for fact gathering.
- The coach will determine the best playing positions for every player. It is the goal of the coaches to put players in positions in which the coaches feel the child will have the most success. Players will not play every position; however, players will experience multiple positions throughout the season.
- Appropriate concerns to discuss with the coach include:
  - The treatment of your child physically and mentally.
  - How to help your child improve.
  - Concerns regarding your child's behavior.
- Inappropriate concerns to discuss with the coach include:
  - Team strategy
  - Playing time
  - Play calling
  - Other players

### **Player Expectations**

- Be on time for practice. That means ready to go when practice begins.
- Hard work and hustle at all times.
- Players are not allowed to argue with coaches, parents, or umpires for any reason.
- Foul language, profanity, and actions will not be tolerated at any time for any reason.
- Good sportsmanship should be exemplified by the players on the team. Treat everyone as you would want to be treated.
- Hanging one's head after a mistake, pouting over personal failure, or any other negative attitudes, will not be allowed on the team.
- Be a good teammate. Cheer and encourage all players.

### **Enforcement of Rules and Violations**

The rules and expectations are in place to guarantee the quality development of the team and integrity of the organization, coaches, and players. Any player or parent violations of these rules and expectations will be handled as follows:

- A formal warning will be issued and documented.
- A suspension from participation in at least one game, but no more than two weeks with documentation.
- Possible expulsion from the team.

Before you speak:

**T H I N K**

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?

## Professional Growth Plan for Staff

As a coach or coaching staff, it is necessary to continue to advance their knowledge in the field. This could include rules, tactical skills, and new skills and knowledge in the sport. Therefore, in considering a professional growth plan for staff, a coach must constantly find ways to be up to date on their knowledge as follows:

- ❑ The most important is to learn from other coaches in the sport. If you watch and talk to other coaches, you will learn new methods that may work for you or your athletes. For instance, as a baseball coach, I could ask another coach to watch a player who has been struggling batting for advice on his swing. The specific coaches to learn from and visit include Kevin O’Sullivan, head coach of the University of Florida baseball team; Ed Servais, head coach of the Creighton baseball team; and Mark Moriarty, head coach of the University of Mary baseball team.
- ❑ Complete a coaching education or authorization program, such as the Professional Education Program of the American Sport Education Program. This specific program contains three courses that include Coaching Principles, Sport First Aid, and a sport specific course. Another program specifically for high school coaches is the NFHSLearn Coach Certification program by the National Federation of State High School Associations.
- ❑ Become a member of a state or national coaching association that has numerous courses, conferences, and publications available to its members. In baseball the American Baseball Coaches Association provides top information, education, and conferences.

- ❑ Visit [www.HumanKinetics.com](http://www.HumanKinetics.com) to find relevant books and videos to improve coaching skills and knowledge.
- ❑ Read books about coaching and baseball skills. The books to begin with include *InSideOut Coaching: How Sports Can Transform Lives* by Joe Ehrmann, *The Baseball Drill Book* by Bob Bennett, *9 Innings of Hitting* by Troy Silva, and *The Matheny Manifesto: A Young Manager's Old-School Vies on Success in Sports and Life* by Mike Matheny.
- ❑ Social media is also useful, specifically Twitter accounts that can be followed with coaching tips and tricks. For baseball, follow these Twitter accounts: @baseball\_coach, Inspiring players and coaches; @TheHittingVault, the largest library of hitting drills and tips; and @BSBVault, with unique baseball content featuring players, highlights, and training tips.
- ❑ Podcasts to follow include “Baseball America” for information on the player-development point of view, “Baseball Outside the Box – Coaching Podcast” for coaching information, and “Elite Baseball Development Podcast” for baseball development tips.
- ❑ Attend at least one conference every year on coaching and related fields to learn new techniques and skills. For baseball, the ABCA Annual Convention encompasses a trade show, networking, breakout session, and general sessions with valuable baseball knowledge.
- ❑ Implement evaluation tools, including self-evaluation and manager evaluation. This must include a feedback conversation between the coach and staff. It should also list questions like strengths, areas for improvement, and goals.



- ❑ Good contacts for baseball coaching are Mark Moriarty, head coach at the University of Mary baseball, and Jason Pearson and Yankee Badillo, baseball coaches and instructors at Sportsplex West in Iowa.

As stated by the textbook Successful Coaching, “successful coaches enjoy being students of the sport and consider learning about coaching and the sport as a lifelong journey” (Martens 21).

Beyond that, a successful coach is a coach who continues to learn in their field so that they can help build successful athletes that succeed in not just their sport, but life.

**"If my uniform doesn't get dirty, I haven't done anything in the baseball game." - Rickey Henderson**



## Winning Edge



Mental toughness.

Keep things simple.

Learn from mistakes.

Do the little things.

Practice like you play, play like you practice.

Know your players and opponents.

Believe in the plan.

Love baseball.

**"When we lost, I couldn't sleep at night. When we win, I can't sleep at night. But when you win, you wake up feeling better." - Joe Torre**

**"That's one of the great gifts of this, the greatest of all games, baseball: it allows you, still, to lose yourself in a dream, to feel and remember a season of life when summer never seemed to die and the assault of cynicism hadn't begun to batter optimism." – Mike Barnicle**

## Baseball Skills Teaching Checklist

### Baserunning

- Leadoffs
  - First base
  - Second base
  - Third base
  - Secondary leads
- Steals
  - From first base
  - From second base
  - Delayed steal
  - Reading wild pitches
- Tagging up
- Sliding
  - Pop up
  - Hook
  - Head first
  - Diving back on pickoffs
- Running bases
  - Lean / look / stutter at first base
  - Run through first base, not to first base
  - Turns at first base, second base, third base
  - Look to take the extra base ~ Doubles and triples are made "out of the box"
  - First base to third base / coach, base, coach
  - Reading ball down angle and taking the base
  - Tagging up
  - Freezing on a line drive



**“It’s hard to beat a person who never gives up.” – Babe Ruth**

## Batting

- Sacrifice bunt
- Squeeze bunts
  - Suicide
  - Safety
- Rundowns ~ all bases
- Hit and run
  - Runner on first
  - Runner on second base
  - Runners on first and second base
  - Runners on first and third base
- Double steal
  - Runners on first base and third base
  - Runners on first base and second base
- √ Technique
  - √ Eyes on baseball
  - √ Knocking knuckles
  - √ Back foot on toe



**“You can’t think and hit at the same time” – Yogi Berra**

## Infield

- Fielding positions
  - Glove low
  - Athletic stance
  - Eyes on ball
  - Backhand
  - Two hands
  
- Situations
  - Footwork
  - Short hops
  - Charging slow rollers
  - Rundowns
  - Covering bases
  - Bunt coverage
  - Receiving throws
  - Tag plays
  - Infield fly
  - Double plays/Flips/Throws
  - Who has precedence to call off other players
  - Holding base runners
  - Pickoff plays
  - Backing up behind pitcher
  - Force at bases
  - Infield depths
  - Infield in



## Outfield

- Situations
  - Relays
  - First step back
  - Coming in to backup infield
  - Backing up other outfielders
  - Fielding ball on the ground
  - Flyballs
  - Hitting cutoff
  - Communication
  - Ball off the fence
  - Ball in the sun – shield the sun with glove
  - Outfield shifts





## Pitcher

- Positions
  - Wind-up
  - Set position
  - Balance position
  - Leg drive – Stride toward plate
  - Fingers on top of ball
  - 2 seam fastball
  - 4 seam fastball
  - Change-up
  
- Situations
  - Back-up play responsibilities
  - Run downs
  - Pitcher covers 1<sup>st</sup> base PFP
  - Pick plays
  - Holding runners



## Catcher

- Positions
  - Blocking balls in dirt
  - Five hole
  - Pop-ups
  - Calling pitches
  - Pitch sequences
  - Calling pickoffs and pitchouts
  - Framing pitches
  - Throw downs
  
- Situations
  - Target inside/outside
  - Hustle after wild pitches and passed balls
  - Force out at home
  - Tag play at home
  - Fielding bunts
  - Back picks
  - Pickoffs



## Game management and structure

- Hustle everywhere
- Polite to umpires
- Between innings infield warmups
- Between innings outfield warmups
- Between innings pitcher/catcher warmups
- Where to put gloves and hats while we are at bat
- Personal gear
- Bench responsibilities
- Shagging foul balls
- Keep dugout neat
- Pay attention to the game
- Equipment set up
- Let our play do the talking.

“People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring.”

- Rogers Hornsby

“If my uniform doesn't get dirty,  
I haven't done anything in the baseball game.”

- Rickey Henderson

“It's baseball. You've got to be the same guy every day, no matter if you go 4-for-4 or 0-for-4.”

- Gordon Beckham



## Drills

### **Fundamental Fielding Position for Grounders**

#### **Commands/Cue Words**

**Athletic Stance** – Knees bent, balance

**Glove low** – Both arms in front, glove arm not locked

**Eyes** - Head should be down and eyes on ball



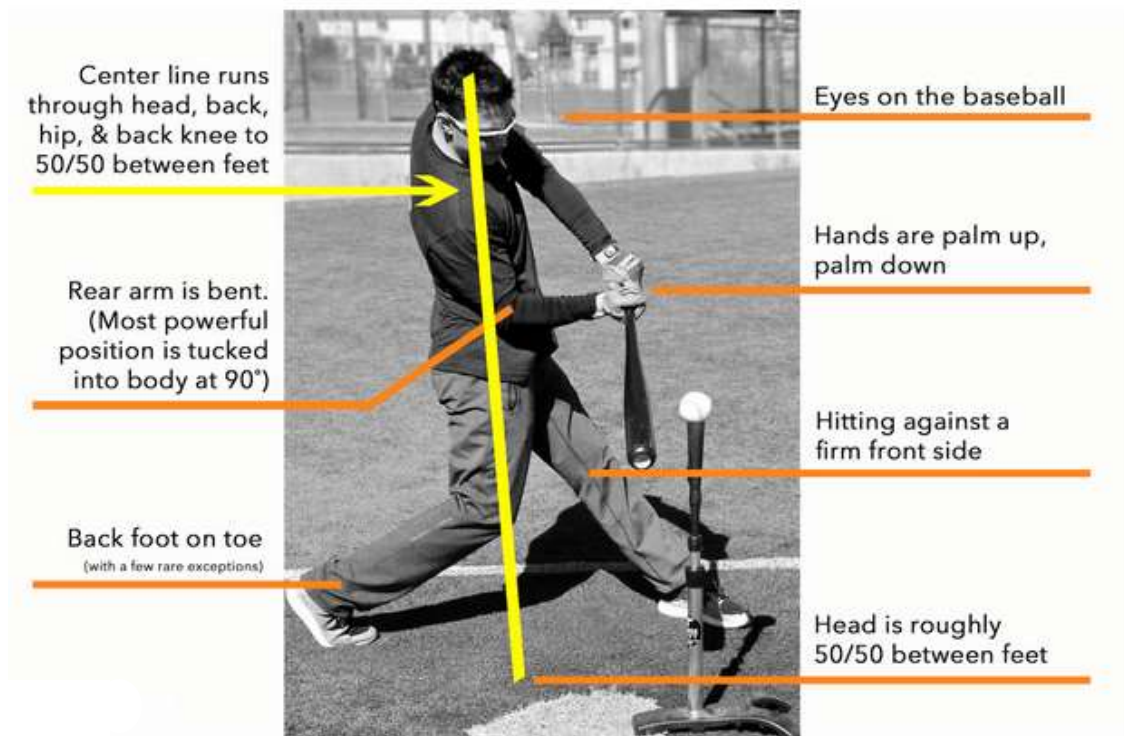
# Hitting Drill

## Commands/Cue Words

**Back toe** – Foot pointing forward, force going toward the baseball

**Knocking knuckles** – Line up the knuckles

**Eyes on It**– Never take your eyes off the baseball. Watch the bat hit the ball.



# Eliminate What Gets You Beat

**Distrust in teammates and coaches**

**Following instead of leading**

**Resistance to new ideas**

**No attention to detail**

**Putting yourself first**

**Not loving the game**

**Lack of preparation**

**No communication**

**Lack of leadership**

**Lack of integrity**

**Negative attitude**

**Mental weakness**

**Making excuses**

**Unaccountable**

**No dedication**

**Irresponsible**

**Complaining**

**Indifference**

**Mediocrity**

**Arrogance**

**Hesitation**

**Confusion**

**Ignorance**

**Passivity**

**Laziness**

**Quitting**

**“Cant’s”**

**Chaos**



## Selecting Starters and Teams

### Tryout Format:

1. 5 Minute Meeting to explain tryout objective and format
2. Dynamics Stretching
  - Watch how players prepare for practice
3. Throwing and Warming Up
  - Evaluate throwing and fielding
  - Interactions of players
4. Pre-Game
  - Players go to positions they want to try out for
  - Evaluate how the players warm up
5. Coach Pitch Game Situations
  - Watch player reaction and communication, essential for being on a team
  - Evaluate baserunning, hitting, communication, defense, instincts
6. Specific Position Drills
  - Isolated situations to evaluate footwork, angles, arm strength, accuracy, game speed, and quickness
7. Live On-Field Batting Practice
  - Watch swing path, exit speed, contact, and offensive power for offense.
  - Watch jumps and angles to baseball for defense.

**“A person always doing his or her best  
becomes a natural leader, just by example.”**

**- Joe DiMaggio**

## **Tests and Measures for Selecting Starters and Team:**

### Evaluation of speed and quickness:

- Measure time for 60-yard dash with stopwatch
- Measure speed from Home to 1st with stopwatch
- Lateral quickness going in both directions with 5-10-15 shuttle drill, cones 3 – 5 feet apart

### Evaluation Infielders for quickness and soft hands:

- 4 square throwing drill around the bases - footwork, hand quickness, accuracy and arm strength
- 4.3 drill – Coaches hit ground balls to infielders to see if players have ability to throw out runner at game speed
- Fungos – Hit fungos and shout out the situation each time, with and without baserunners
- 3-man relay - Players stand 80 to 90 feet apart, relay ball back and forth
- Measure throwing velocity with radar gun

### Evaluation Catchers:

- Evaluate Bullpen sessions
- Measure pop times with batter swinging at pitch for game-like situation
- Measure catcher's velocity with throws from home to 2<sup>nd</sup>
- Blocking and receiving drills
- Evaluate pitch calling and handling of pitchers during catcher's tryout scrimmages and bullpen
- Does catcher lead and communicate on situations where they have to make the call on where the pitch goes?

### Evaluation Outfielders:

- Measure throwing velocity with radar gun
- Drills to evaluate communication, angles to balls, and ability to close on ground balls
- Drills to evaluate accuracy
- Players throw to bases with and without relays

### Evaluation Pitchers:

- Let pitchers call their own pitches so no excuses to not execute
- Measure pitching velocity with radar gun
- Evaluate in bullpens and scrimmages

### **Process of releasing players after Tryouts:**

- Bring player in to discuss evaluation
- Players need to know how to improve their skills if they plan on trying out again
- Encourage player to try other sports in off-season to better skills as baseball players
- Encourage multi-sport athletes

### **Building the Travel Roster:**

- The travel roster will consist of a total of 22 players
- Two players deep for each infield position (1<sup>st</sup> base, 2<sup>nd</sup> base, Shortstop, 3<sup>rd</sup> base) will be on the travel roster
- Three catchers (two will be used for bullpen during each game)
- Five outfielders
- Remainder will be pitchers

“My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was  
keep swinging.”

- Hank Aaron

“When you get up to the plate, nobody's there to help you.  
You've got to do this on your own.”

- Ichiro Suzuki

**Baseball Skills Assessment**

**Coach** \_\_\_\_\_

**Date** \_\_\_\_\_

No	Player	Fielding	Throw & Catch	Hitting	Pitcher & Catcher	Comments
	<b>Name</b>	<b>Infield:</b>	<b>Throwing:</b>	<b>Hitting:</b>	<b>Pitcher:</b>	<b>Attitude, Focus, Hustle:</b>
	<b>Phone</b>	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	
	<b>Grade</b>	Range 1 2 3 4 5	Strength 1 2 3 4 5	Power 1 2 3 4 5	Speed 1 2 3 4 5	
		Overall 1 2 3 4 5	Accuracy 1 2 3 4 5	Contact 1 2 3 4 5	Accuracy 1 2 3 4 5	
		<b>Outfield:</b>	Overall 1 2 3 4 5		<b>Catcher:</b>	
		Range 1 2 3 4 5	<b>Catching:</b>		Mechanics 1 2 3 4 5	
	<b>Throws: R L      Bats: R L S</b>	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Arm 1 2 3 4 5	

	<b>Name</b>	<b>Infield:</b>	<b>Throwing:</b>	<b>Hitting:</b>	<b>Pitcher:</b>	<b>Attitude, Focus, Hustle:</b>
	<b>Phone</b>	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	
	<b>Grade</b>	Range 1 2 3 4 5	Strength 1 2 3 4 5	Power 1 2 3 4 5	Speed 1 2 3 4 5	
		Overall 1 2 3 4 5	Accuracy 1 2 3 4 5	Contact 1 2 3 4 5	Accuracy 1 2 3 4 5	
		<b>Outfield:</b>	Overall 1 2 3 4 5		<b>Catcher:</b>	
		Range 1 2 3 4 5	<b>Catching:</b>		Mechanics 1 2 3 4 5	
	<b>Throws: R L      Bats: R L S</b>	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Arm 1 2 3 4 5	

	<b>Name</b>	<b>Infield:</b>	<b>Throwing:</b>	<b>Hitting:</b>	<b>Pitcher:</b>	<b>Attitude, Focus, Hustle:</b>
	<b>Phone</b>	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	
	<b>Grade</b>	Range 1 2 3 4 5	Strength 1 2 3 4 5	Power 1 2 3 4 5	Speed 1 2 3 4 5	
		Overall 1 2 3 4 5	Accuracy 1 2 3 4 5	Contact 1 2 3 4 5	Accuracy 1 2 3 4 5	
		<b>Outfield:</b>	Overall 1 2 3 4 5		<b>Catcher:</b>	
		Range 1 2 3 4 5	<b>Catching:</b>		Mechanics 1 2 3 4 5	
	<b>Throws: R L      Bats: R L S</b>	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Arm 1 2 3 4 5	

	<b>Name</b>	<b>Infield:</b>	<b>Throwing:</b>	<b>Hitting:</b>	<b>Pitcher:</b>	<b>Attitude, Focus, Hustle:</b>
	<b>Phone</b>	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	
	<b>Grade</b>	Range 1 2 3 4 5	Strength 1 2 3 4 5	Power 1 2 3 4 5	Speed 1 2 3 4 5	
		Overall 1 2 3 4 5	Accuracy 1 2 3 4 5	Contact 1 2 3 4 5	Accuracy 1 2 3 4 5	
		<b>Outfield:</b>	Overall 1 2 3 4 5		<b>Catcher:</b>	
		Range 1 2 3 4 5	<b>Catching:</b>		Mechanics 1 2 3 4 5	
	<b>Throws: R L      Bats: R L S</b>	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Arm 1 2 3 4 5	

	<b>Name</b>	<b>Infield:</b>	<b>Throwing:</b>	<b>Hitting:</b>	<b>Pitcher:</b>	<b>Attitude, Focus, Hustle:</b>
	<b>Phone</b>	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5	
	<b>Grade</b>	Range 1 2 3 4 5	Strength 1 2 3 4 5	Power 1 2 3 4 5	Speed 1 2 3 4 5	
		Overall 1 2 3 4 5	Accuracy 1 2 3 4 5	Contact 1 2 3 4 5	Accuracy 1 2 3 4 5	
		<b>Outfield:</b>	Overall 1 2 3 4 5		<b>Catcher:</b>	
		Range 1 2 3 4 5	<b>Catching:</b>		Mechanics 1 2 3 4 5	
	<b>Throws: R L      Bats: R L S</b>	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Overall 1 2 3 4 5	Arm 1 2 3 4 5	