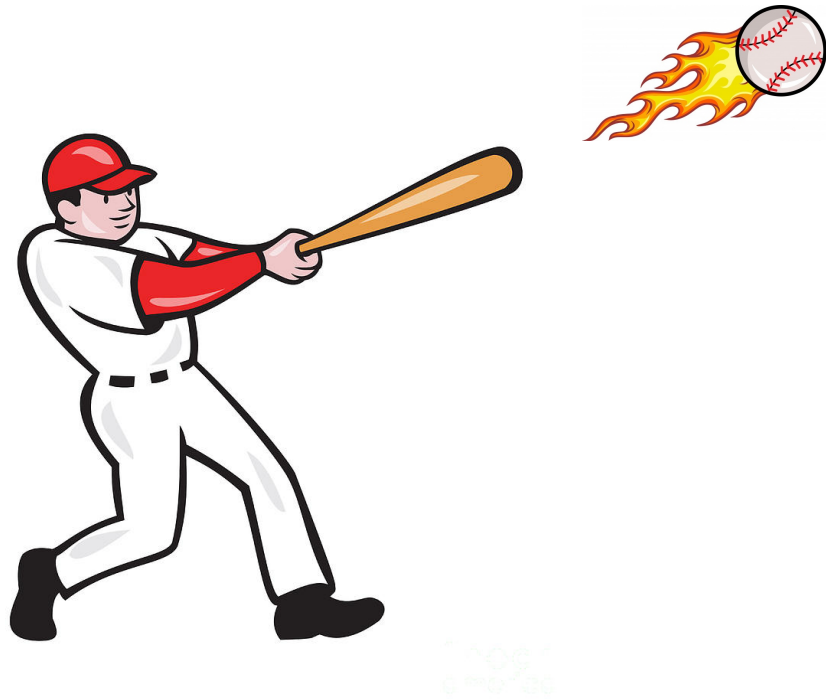


# West Valley City Parks & Recreation



## Coaches Information Packet

# Coach Pitch Majors

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**\*\*Rainout Hotline Number 801-955-4025\*\***

## **Mission Statement**

**To provide children with a fun, safe, and positive recreational sport experience. To help challenge and fulfill their individual potential in recreational sport. Lastly, to develop positive cognitive, emotional, and physical skills that will carry with them into healthy adulthood.**

**\*\*Rainout Hotline Number 801-955-4025\*\***

## **Important Information**

- 1) Games are Played at 6pm or 7pm on Thursdays
- 2) Pictures
  - a) We will take formal team photos and individual photos
  - b) Team photos will take place 1 hour before your game:  
September 1, 2022
  - c) West Valley will no longer pay for photos, they are now an optional expense based on the package that you choose
- 3) Uniforms will be distributed at the first game.
  - a) You will receive a predetermined selection of sizes. To pass out uniforms. Line kids up by size and distribute uniforms from smallest to largest. **We do not have any additional sizes**
  - b) We only provide shirts; players may wear whatever they are most comfortable in for pants and shoes.
- 4) **Players need to provide their own mitt-** we will provide all other equipment
- 5) **PRACTICES ARE NOT REQUIRED**
  - a) If you choose to hold practice, you may practice anywhere that is most convenient for you
  - b) If you choose to practice at Centennial Park center quad an equipment bag is available for check out (located at the front desk of the family fitness center)

# Coach Pitch Majors Rules

1. Teams will bat until 3 outs are recorded.
2. Coaches Decide weather pitches are balls or strikes. PLAYERS CAN STRIKE OUT BUT CANNOT WALK.
3. Foul balls count as strikes, but not the third strike. We want it to be a hitter's game!
4. If a runner is thrown out, they are out and leave the bases.
5. There are no umpires, so close plays go to the runner
6. All players will play in the field, if you have extra players, Play with 4 outfielders and/or a player directly behind 2<sup>nd</sup> base. A defensive pitcher will also be needed. **There is no catcher.**
7. Players must wear a helmet when they bat and run the bases.
8. There will be no leading off and no stealing.
9. Runners are restricted to one base on an overthrow.
10. Coaches should rotate players into different positions. Players are not allowed to play the outfield for more than 1 inning unless everyone on the team has already had a turn in the outfield.
11. Score will not be officially kept, and there will be no extra innings in these games.
12. No new inning will start after the 50-minute mark, each team should be able to get through their entire lineup twice.
13. Remember to keep it **FUN** for the kids!
14. Coaches may ask parents to help with base coaching, but please refrain from being in the infield.

# Sample Weekly Drills and Progression

## **Week 1:**

First (5) minutes warmups and stretching

Next (10) minutes:

1. Work on **Catching the Baseball** (see mechanics page)
  - A. Alligator Hands
  - B. Glove to sky

## **Week 2:**

First (5) minutes warmups and stretching

Next (10) minutes:

1. Work on **Throwing the Baseball** (see mechanics page)
  - A. Scoop, Load, & Fire
  - B. Keep Eyes on Target, & Step

## **Week 3:**

First (5) minutes warmups and stretching

Next (10) minutes:

1. Work on **Holding the Bat & Hitting** (see mechanics page)
  - A. Door Knocking Knuckles Grip
  - B. Keep Eyes on the Ball and Follow Through

## **Week 4:**

First (5) minutes warmups and stretching

Next (10) minutes:

1. Work on **Base Running** (see mechanics page)
  - A. Which Bases are Which
  - B. Touch Every Base

## **Week 5:**

First (5) minutes warmups and stretching

Next (10) minutes:

1. Work on **Fielding** (see mechanics page)
  - A. Alligator Hands
  - B. Elevator Technique

## **Week 6:**

First (5) minutes warmups and stretching

Next (10) minutes:

1. Work on **Outfield** (see mechanics page)
  - A. Ready Stance
  - B. Drop-step & Cross-Over

## **Basic Mechanic Information to Build Baseball Skills**

### **Catching:**

- Alligator hands (have kids open hands and close hands like an alligator mouth) without glove. Try without glove first so kids understand concept.
- Implement glove with alligator hands. Have kids use their non-dominant hand to catch the baseball with their glove and their other hand to throw.
- Practice on having their glove out in front of them with the open side to the sky, and with their other hand on top of their glove like an alligator's mouth to close in the baseball once it is in their glove.

### **Throwing:**

- Teach the child the scoop, load, and fire technique to throwing. Make sure the child can scoop or catch the baseball, load it in their glove, and grab with their other hand to fire and throw the baseball.
- Teach the child to keep their eyes on the target when throwing.
- Teach the child to step in direction to where they intend to throw the ball.
- Have the child make the throw and follow through when they are finished.

### **Hitting:**

- Have the child stand at the Tee with their feet shoulder width apart, their face looking at the baseball on the Tee and their grip on the bat to be the door knocking knuckles lined up (see holding the bat).
- Teach the child to keep their eyes on the ball when hitting, even after they hit the ball and follow through. Have them still be looking at the Tee.
- Their front leg should be stiff and straight, while their back leg has turned and acted like they squashed a bug. Teach them to squash the bug with their back leg.

### **Holding the Bat:**

- Teach the child to hold the bat in the fingertips of their hands, they should have all their door knocking knuckles lined up from top to bottom hand.
- Have the child hold up their pointer fingers, they both should be pointing in the same direction. If they are pointing in different directions have them reposition their grip with their hands.
- Have the child hold the bat on the grips that is comfortable for them. If the bat is too big for the child have them hold higher up the grip. If the bat is too small have the child hold the bat on the bottom of the grips to get the most swing out of the bat.

**Continued:**

### **Base Running:**

- Teach kids what base is which and run the bases with them: 1<sup>st</sup> base, 2<sup>nd</sup> base, 3<sup>rd</sup> base, and Home base. Which way they should run is very important that not all children may know.
- Teach kids to touch the base each time they run around so they get use to making sure they touch it every time.
- Drills: Have two kids line up at 1<sup>st</sup> base and race to touch 2<sup>nd</sup> base.

### **Fielding:**

- Kids should have their legs bent, back straight, and glove out in front of them with their other hand above their glove looking like an alligator mouth.
- Have kids use the alligator hands to catch grounders
- Kids should bend their legs and lower their bottom to the ground to pick up the baseball. This is called the Elevator mechanic to teach kids to bend their knees and put their bottoms to the ground. (An elevator goes up and down)
- Drills: Roll balls on ground to kids, have them catch the ball in their glove, use alligator hands to close the top, and then throw the ball back to you.

### **Outfield:**

- Have kids get ready in the ready stance. Bend legs and squat to be ready to run in the direction of the baseball getting hit.
- Teach kids the drop-step and cross-over technique to catching pop fly balls. Make sure they drop the back leg towards the direction the ball is hit, then cross the front leg to start running towards the ball dropping.
- Teach kids to track the ball with their eyes and not taking their eye off the ball when ready to catch.



# Weekly Treat Process & Assignment Sheet

The kids like to get a treat after they have played. We encourage the coaches to make sure each week a different child's family is assigned to bring treats for after the game. I have provided this sign-up sheet for you to use or you can make one of your own. Please remind the parents to remember what day they have signed up for. Have parents take a picture of this sheet after it is all filled out, so they remember.

## Weekly Treat Sign Up Sheet:

### Week 1

Date \_\_\_/\_\_\_/\_\_\_      Family Assigned \_\_\_\_\_

### Week 2

Date \_\_\_/\_\_\_/\_\_\_      Family Assigned \_\_\_\_\_

### Week 3

Date \_\_\_/\_\_\_/\_\_\_      Family Assigned \_\_\_\_\_

### Week 4

Date \_\_\_/\_\_\_/\_\_\_      Family Assigned \_\_\_\_\_

### Week 5

Date \_\_\_/\_\_\_/\_\_\_      Family Assigned \_\_\_\_\_

### Week 6

Date \_\_\_/\_\_\_/\_\_\_      Family Assigned \_\_\_\_\_

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