

The 2009 North Central Little League Coach Handbook

Who's Who in NCLL

Division Coordinator: The primary role of the Division Coordinator is to facilitate the logistics of fielding a team and be a resource for the coaches within the division. The Division Coordinator is your primary "go to" when you have concerns, questions, or issues that need attention. This includes:

- Player selection process
- Equipment and uniforms
- Practice and game schedules
- Facilitation of conflict resolution and other issues as appropriate
- Standing and pitch count recording (Minors/Majors/Jrs/Srs)

Tee-Ball:

Coach Pitch: Mike Spear

9'ers: Tom D'Angelo

Minors: Kevin Spence

Majors: Nat Painter

Juniors/Seniors:

Player Agent: The primary role of the Player Agent is to act as the primary liaison between a player and his/her family and the league. As a coach, you should refer parents to the Player Agent anytime it involves an issue that is directly under your purview as a coach. The Player Agent's responsibilities include:

- Requests that are outside the parameters of league policies
- Conflict resolution during the season
- Assist in player assignment process

Tee Ball, Coach Pitch Baseball (5-8 year olds): **Jennifer Paris 206.789-6975 ; parisroe@comcast.net**
9'ers, Minors, Majors Baseball (9-12 year olds): **Carla Cassinelli 206.384.2376; cassinelli1@netzero.com**
Juniors, Seniors, Big League Baseball (13-18 year olds): **Sam Stokes 206.295.1512; sam@sat-com.net**

Girl's Softball Fast Pitch (9-12 year olds): **Tom D'Angelo (interim) ncll.baseball@comcast.net**

The Board: The NCLL Board is a hard working group of volunteers who do a large number of things, including: Marketing, Website, Registration, Sponsorship, Coordination, Finances, Fundraising, Inter-League, All Stars and more. We need more people to be involved on the board level, especially from families in the younger ranks such as T-ball and Coach Pitch.

NCLL Board Executives

Board President: Tom D'Angelo 206.948.6055 ncll.baseball@comcast.net

Board Vice President: Vacant

Board Treasurer: Ken Feldman

Board Secretary: Dan Gebler

League Scheduler:

The NCLL Coaches' Pre-Season Check List

Your Division Coordinator will need from you...

- ✓ Your Little League Volunteer form to NCLL (NOW DONE ONLINE VIA LEAGUE WEBSITE)
- ✓ A copy of your driver's license
- ✓ Background paperwork for anyone who is working with the kids on your team
- ✓ Confirmation of your team's roster and adult volunteers
- ✓ Team Volunteer information
- ✓ For Minors and Majors, your team contact for game results and pitch count information

Your Team will need from you...

- ✓ A parent meeting within the first two weeks of the practice season
- ✓ A team e-mail list
- ✓ Team practice schedule

The Responsibilities of an NCLL Coach...

To the league -

- ✓ **Understand and fulfill the first article of our Constitution:**

The objective of the Local League shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens...

...To achieve this objective...[everyone] shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and the molding of future citizens is of prime importance.

- ✓ **Understand and help the NCLL community understand the player placement process and policy and all other NCLL by-laws and policies.**

- ✓ **Attend all NCLL [mandatory] trainings and meetings.** This includes attending at least one outside clinic or program; NCLL sponsored training; and your Division meetings, draft/team selection, etc.

- ✓ **Submit the required paperwork;**

- ✓ **Know and understand the league safety program;**

- ✓ **Respect the league equipment and property and the fields we use;**

- ✓ **Share knowledge and expertise with fellow coaches in the spirit of sportsmanship**

- ✓ **Run a program that is dedicated to the development of our future American citizens that prioritizes honoring the game and effort by our players.**

- ✓ **Know the rules of the game.** Every team will get a rule book and any league-level modifications.

The Responsibilities of an NCLL Coach...

To your team -

- ✓ **Create success for all of your players.** Be diligent in creating a successful season for all their players through quality of communication, teaching, organization, and team building.
- ✓ **Provide a safe environment where mistakes are allowed.** Put the focus on learning and development and let the kids know this is your priority above winning. Measure success by effort and progress with your players.
- ✓ **Provide equitable opportunities.** Players should be given the opportunity to play the infield and the outfield.
- ✓ **Lead by example.** Model team building behavior including honoring the game first and demonstrating respect for Rules, Opponents, Officials, Teammates, and our Self (ROOTS).
- ✓ **Be Punctual.** Start on time and end on time.
- ✓ **Be Prepared.** Have a plan for practices and games. Not only will this ensure more productive use of everyone's time, it will create trust with your kids that things are stable which, in turn, creates a more fun and relaxed atmosphere.
- ✓ **Be Basic.** Give as much time and fun repetition as possible to the basics of baseball.

The Responsibilities of an NCLL Coach...

To your parents -

- ✓ **Be Communicative.** Have an e-mail and phone list and use it. If you don't have time make sure you have a volunteer that does. Informed parents are happy parents and they want good, accurate information.
- ✓ **Have a parent meeting early in the season.** More information about parent meetings is below.
- ✓ **Hold them to the NCLL standard.** Sometimes as a manager/coach you need the one to remind parents this is about the kids and that parents need to show sportsmanship and honoring the game as well.

NCLL Team Volunteer Information

The following volunteers will be a liaison between the League and your team:

Mariner's Day: _____

Spaghetti Dinner: _____

Picture Day: _____

Coach Evaluations: _____

Safety: Important Things Every Coach Must Know (or Do)

- ✓ Download from the league website and read the NCLL Safety Program.
- ✓ At least one representative from each team must attend the Safety Meeting.
- ✓ No baseball ANYTIME lightening is present or visible. It is your responsibility to get the kids off the field and in a safe place.
- ✓ Always have your first aid kit at the field for practices and games and keep them stocked. If you need additional supplies (i.e. ice packs, band aids, etc) contact your Division Coordinator.
- ✓ Catchers must always wear a hard athletic cup, their mask, and a neck protector (“dangler”). Adults are not allowed to warm-up pitchers.
- ✓ Teach your players to avoid collisions at the plate or anywhere else. This begins by teaching your kids to always slide into home plate and catcher’s not to block the plate until the ball is in play to them.
- ✓ Teach your kids proper sliding techniques. There are no head first slides (except when going back to base).
- ✓ Any uniform component with blood on it must be replaced and cannot go back onto field. Know the blood protocol.
- ✓ Identify a parent(s) on your team who knows CPR.
- ✓ Inspect the fields before every practice/game and identify potential injury-causing issues (e.g. holes, rocks, etc).
- ✓ ABSOLUTELY no bats in hands unless player is up to bat. This is serious and is applicable to ALL levels of play Tee-Ball through Majors. There is no “warming up” on the side of the field.

Practices: Things Every Coach Should Know (or Do)

Always have a practice plan going into each of your practices. Remember the old adage – poor planning leads to poor performance. At the very least you should know what 1-3 skills and/or concepts you are teaching for that session.

Never talk longer than 3 minutes at any one time. It is proven that kids work best when given quality, succinct information and then are put into action to work on it. You will lose most of them after 3-4 minutes of talking, so keep your point brief and keep the kids in motion.

Divide and Conquer. A lot of time is wasted at practices when only 1 or 2 kids are in motion at any one time. Try to have as many kids “in motion” as possible throughout the practice by using stations and drills that involve the whole team. This is where having quality assistant coaches really helps.

Have A Warm Up Routine. While it may seem like kids don’t need warm-ups, they do. This is true not only because we need to ensure their bodies are prepared for play, we also need to be educating them for the future about proper warm ups. Have a routine and stick to it.

Give Quick and Immediate Feedback and “Sandwich” It. As you work on the fundamentals of the game, correct kids’ errors as they occur. To give the feedback, use the “sandwich” technique of first giving them a positive – then the constructive criticism, and then a positive. It is a great and easy coach habit to get into. For example – “Jimmy, way to get the knees bent, now I need you to really get that glove down all the way to the dirt, good effort.”

You Gotta Have Reps – And It Can Be Fun. To develop our player’s skills and muscle memory there must be repetition involved. Every practice should include 1-3 repetition drills that involve basic baseball mechanics. This doesn’t mean it has to be boring. Talk to other coaches, borrow baseball training DVD’s, and/or just be creative in making these drills fun for the kids. Drills don’t need to last 10 minutes to be effective – doing a drill for 5 minutes is most times sufficient.