



MYERSVILLE JUNIOR BASEBALL LEAGUE



COACH'S HANDBOOK

FIELD MAINTENANCE:

- Make sure that the fields get raked or dragged after each use. Please be considerate of the team that will need to use the field next.
- When raking or dragging the fields, stay at least 12" away from the grass borders to avoid creating a "lip" where the infield meets the grass.
- Water Puddles – push all water puddles into the dirt infield (NOT INTO THE OUTFIELD GRASS), the infield mix contains sand and it will drain.
- Base Paths – rake base paths parallel to the foul line, not perpendicular to avoid creation of a "lip" where the infield meets the grass.
- Fill in both batter's boxes with infield mix if necessary. Usually just needs raked back into the batter's boxes.
- Field lime is available in the storage facilities to line the base paths and for use as the mid-way base line markers for the Machine Pitch level.
- Please return all rakes, drags, scoreboard controller (Doub's), field lime machines, etc. to the storage facility when done using them.
- Last team on the field - pick up bases and put in storage facility – we have had problems with bases being stolen and they are expensive to replace and also helps them last longer as the rain will deteriorate the bases. Place rubber caps in the base pegs to prevent the pegs from filling with dirt or water.
- Make sure all storage facilities are locked prior to leaving.
- Per the Town of Myersville, there are to be no vehicles on the playing fields or off of the parking areas.

CONCESSIONS:

- The home team is responsible for running the concession stand at Doub's and Harp for Myersville Baseball home games.
- All concession stand volunteers must be at least 16 years of age. No one under 16 years old is permitted inside the concession stands.
- The concession stands should be opened at least ½ hour before game time.
- After the concession stand has closed, count the money in the cash box. Keep about \$30.00 (mostly one's) in cash plus the change in the cash box for the next day.
- Count the remaining money and place it in the **MIDDLETOWN VALLEY BANK** envelope. There is a deposit slip in the envelope. Record on the deposit slip, the amount of money you are depositing. Place the money and deposit slip in the envelope and seal the envelope.
- Sign your name on the concession stand log sheet and the amount of money you are depositing.
- Take the envelope (or give envelope to your coach) to the **MIDDLETOWN VALLEY BANK** in Myersville (just past I-70) on Route 17. The Night Deposit is located at the rear of the building in the first drive thru lane.
- Need change or any items sold out? Call Diane Zepp at 240-367-6698.

GAME DAY PROTOCOL:

Home Game:

- Coaches should arrive at field 1 hour 15 minutes before game; players at least 1 hour in order to stretch and loosen up.
- Prepare the infield. Drag field if conditions allow using walking drag; push off any excess water (push toward the infield, not towards the outfield) and rake base lines. Keep rakes and drags at least 12" from grass edges to avoid creation of a "lip" where the infield meets the grass.
- Line field using line marker, string and batter's box frame (specifications are in the equipment sheds at each field)
- 1 hour before game, home team takes the field for fielding practice.
- ½ hour before game, away team takes the field for fielding practice.
- Home team can use the batting cage for soft toss and/or batting practice while away team is on the field practicing.
- Meet with visiting team Manager and Umpire to discuss any rules or items of note.
- At the conclusion of game; parents, coaches, and players are responsible to pick up garbage in/around the dugouts and rake the fields.
- Home Team is responsible for the scheduling of concession stand workers.
- In the event of a game cancellation at a home field due to weather, call the visiting coach in advance of travel if at all possible (minimum of 90 minutes prior to game time). Then, call your players on your team to notify them of the cancellation. ***NOTE: Playing levels with paid umpires need to call the umpire 2 hours prior to game time when cancelling a game due to weather to avoid still having to pay the umpire.***

Away Game:

- Coaches and players should arrive at field 1 hour before game to stretch, loosen up and take batting practice (if cage is available)
- ½ hour before game, away team takes field for fielding practice.
- Meet with home team Manager and Umpire to discuss any rules or items of note.
- Respect home team's playing field and equipment. Treat is as it is Myersville Baseball's.

Field Maintenance Routine after Practice and Games:

- Remove the bases and place in storage facility. Place rubber caps in the base pegs to prevent the pegs from filling with dirt or water.
- Drag or rake infield areas. Keep rakes and drags at least 12" from grass edges to avoid creation of a "lip" where the infield meets the grass.
- Rake base paths parallel to the foul line, not perpendicular to avoid creation of a "lip" where the infield meets the grass.
- Rake the mound and home plate area, fill in both batter's boxes with infield mix if necessary. Usually just needs raked back into the batter's boxes.
- Replace and tamp any loose divots in turf areas.
- Dispose of trash in and around field and bleacher areas. Trash at Doub's needs to be placed in appropriate trash receptacles. Trash from Harp concession stand needs to be disposed of at the Town Dumpster located on the right side of the Town Hall.
- Make sure all storage facilities are locked prior to leaving.

T-Ball:

- Goal: Keep the players interested in the game by keeping it fun and to teach basic skills (see below).
- Recommended pre-season practice schedule is twice a week for between 60-90 minutes. Also recommended to be quick to cancel if the weather is not nice and sunny (above 60). Once games start – recommendation is one practice per week.

Game Knowledge	Hitting	Fielding	Base Running
<i>Introduce Positions</i>	<i>Proper bat size</i>	<i>Glove Position</i>	<i>Running to first base</i>
<i>Bench Behavior</i>	<i>Holding the bat</i>	<i>Introduce Creep</i>	<i>Running through the base</i>
<i>Introduce Basic Baseball Rules</i>	<i>Basic Stance</i>	<i>Introduce Alligator</i>	<i>Listening to base coaches</i>
	<i>Position at the plate</i>	<i>Introduce Skateboard</i>	<i>Advancing on a hit ball</i>
	<i>Basic swing</i>	<i>Introduce Crow Hop</i>	<i>Introduce Sliding</i>
	<i>Dropping the bat</i>	<i>Fielding Ground Balls</i>	
		<i>Introduce Ready Position</i>	
		<i>Introduce fielding Pop ups</i>	

Notes for Rookie Level:

- For the Rookie level, coaches should overhand “soft toss” to players hitting in practices. Recommendation is to get on one knee and pitch to players. This will prevent the development of an “upper cut” swing. In games, coaches should following the same pitching format giving each player 3-4 pitches before utilizing a hitting tee.
- Players at the pitching position **MUST** wear a heart protector. Each team is provided at least one heart protector in the team equipment bag.
- It is important to stress to the players that they **MUST** pay attention at all times. Even though the baseball is a bit soft it will still hurt if they get hit.
- Rule is – bat in hand, batting helmet on head.
- Stress the importance of staying on the bench not running to parents during games.

Suggested Drills for Rookie Level:

- Simple overhand throw to hit a target
- Use the “alligator” drill for fielding ground balls
- Proper way to field ground ball – most kids want to simply “fall” on the ball
- Base running drills – kids at this level love to run
- Simple footwork drills – shuffling feet left and right

Machine Pitch

- Goal - keep the kids in the game by keeping it fun and interesting and to teach the game of baseball (see below)
- Recommended pre-season practice schedule is three a week for between for 1½ - 2 hours. Also recommended to be quick to cancel if the weather is not nice and sunny (above 55). Recommendation is baseball three times a week between games and practices.

Game Knowledge	Hitting	Fielding	Base Running
<i>Refine Positions</i>	<i>Proper Bat Size</i>	<i>Ready Position and Footwork</i>	<i>Making the turn or running through the base at 1st base</i>
<i>Bench Behavior</i>	<i>Refine Holding the Bat</i>	<i>Creep/Alligator/Skateboard/Crow Hop</i>	<i>Listening to base coaches</i>
<i>Batting Order – being ready</i>	<i>Refine Basic Stance</i>	<i>Fielding Ground Balls</i>	<i>Advancing on a hit ball</i>
<i>Base Coverage</i>	<i>Refine Position at the Plate</i>	<i>Fielding Pop ups</i>	<i>Refine Sliding</i>
	<i>Dropping the Bat</i>	<i>Throw to Cut-Off and backing up bases on throws</i>	<i>Introduce Tagging Up</i>
	<i>Pitch Selection – hitting strikes</i>	<i>Use of a 2nd Base Helper</i>	<i>Run on anything when there are two outs</i>
	<i>Avoid being hit – turn towards the catcher</i>	<i>Introduce Run-Downs and proper player positioning</i>	<i>Whenever there are less than two outs and you are forced, run on ground balls, but hold up on fly balls.</i>
	<i>Proper swing technique-transfer of weight</i>	<i>Introduce Double Play and Infield Communication – SS/2nd Base</i>	
	<i>Introduce the proper bunting technique</i>	<i>Introduce Underhand Toss</i>	
	<i>Parent/Coach Umpire utilized with no ball or strike calls</i>	<i>Fly Balls- never “back peddle” – use the drop step and run</i>	
		<i>Communication among outfielders for fly balls</i>	

As the Machine Pitch level introduces the use of a catcher, the following items should be taught about the catcher position:

- ***ALL CATCHERS MUST WEAR A PROTECTIVE CUP***
- *Introduce collapsing legs and blocking the ball*
- *Accurately and timely getting ball back to pitcher*
- *Keep knees up so that shin guards will work*
- *Introduce removing mask to locate ball or to catch a foul ball*
- *Hustle after passed balls*
- *For balls hit in front of home plate, teach how to field and make the throw to 1st base without hitting the base runner*

Notes for Machine Pitch Level:

- Players at the pitching position ***MUST*** wear a heart protector. Each team is provided at least one heart protector in the team equipment bag.

Minors

- Goal - keep kids in the game of baseball and starting develop individual skills. By this level, all kids should know the basic game.
- Recommended pre-season practice schedule is three - four a week for approx. 2 hours. Also recommended to be quick to cancel if the weather is not nice and sunny (above 50).

Game Knowledge	Hitting	Fielding	Base Running
<i>Continue to Refine Positions</i>	<i>Proper Bat Size</i>	<i>Ready Position and Footwork</i>	<i>Making the turn or running through the base at 1st base</i>
<i>Bench Behavior</i>	<i>Refine Holding the Bat</i>	<i>Creep/Alligator/Skateboard/Crow Hop</i>	<i>Listening to base coaches</i>
<i>Batting Order – being ready</i>	<i>Refine batting stance to hit various pitch locations</i>	<i>Fielding Ground Balls</i>	<i>Advancing on a hit ball</i>
<i>Base Coverage</i>	<i>Refine positioning at the plate</i>	<i>Fielding Pop ups</i>	<i>Refine Sliding- always feet first</i>
<i>Introduce more advanced rules of baseball and strategy</i>	<i>Dropping the Bat</i>	<i>Throw to Cut-Off</i>	<i>Continue to utilize Tagging Up when the opportunity exists</i>
<i>Catcher is important position with runners be able to steal</i>	<i>Pitch Selection – hitting strikes</i>	<i>Backing up Bases on throws</i>	<i>Run on anything when there are two outs</i>
<i>Pitchers are used at this playing level, be aware of pitch counts and arm fatigue</i>	<i>Avoid being hit – turn towards the catcher</i>	<i>Introduce Run-Downs and proper player positioning</i>	<i>Whenever there are less than two outs and you are forced, run on ground balls, but hold up on fly balls.</i>
	<i>Proper swing technique- transfer of weight</i>	<i>Introduce Double Play and Infield Communication – SS/2nd Base</i>	<i>When the pitcher walks you, run to first base and take a turn</i>
	<i>Refine bunting technique and effect use of the bunt</i>	<i>Introduce Underhand Toss</i>	<i>When in doubt, always slide</i>
	<i>Be aware of what the count is</i>	<i>Fly Balls- never “back peddle” – use the drop step and run</i>	<i>Tag up whenever a fair or foul ball is caught if the opportunity exists</i>
	<i>Official Umpire with called balls and strikes</i>	<i>Communication among outfielders for fly balls</i>	<i>Introduce stealing and base coach signs</i>

The catcher position at the Minors playing level is very important and the following items should be taught:

- ***ALL CATCHERS MUST WEAR A PROTECTIVE CUP***
- *Refine collapsing legs and blocking the ball*
- *Accurately and timely getting ball back to pitcher*
- *Work on accurate and timely throws to bases for runners stealing*
- *Keep knees up so that shin guards will work*
- *Introduce removing mask to locate ball or to catch a foul ball*
- *Hustle after passed balls*
- *For balls hit in front of home plate, teach how to field and make the throw to 1st base without hitting the base runner*
- *Work with the pitcher on helping with location of pitches*

Majors

- Goal - keep kids in the game of baseball and refine individual skills. By this level, all kids should thoroughly know the game of baseball.
- Recommended pre-season practice schedule is three - four a week for approx. 2 hours. Also recommended to be quick to cancel if the weather is not nice and sunny (above 50). Recommendation is baseball three – four times a week between games and practices.

Game Knowledge	Hitting	Fielding	Base Running
<i>Players should be finding what positions they are comfortable at</i>	<i>Proper Bat Size</i>	<i>Ready Position and Footwork</i>	<i>Making the turn or running through the base at 1st base</i>
<i>Bench Behavior</i>	<i>Refine Holding the Bat</i>	<i>Creep/Alligator/Skateboard/Crow Hop</i>	<i>Listening to base coaches</i>
<i>Batting Order – being ready</i>	<i>Refine batting stance to hit various pitch locations</i>	<i>Fielding Ground Balls</i>	<i>Advancing on a hit ball</i>
<i>Base Coverage</i>	<i>Refine positioning at the plate</i>	<i>Fielding Pop ups</i>	<i>Refine Sliding- always feet first</i>
<i>Introduce more advanced rules of baseball and strategy</i>	<i>Dropping the Bat</i>	<i>Throw to Cut-Off</i>	<i>Continue to utilize Tagging Up when the opportunity exists</i>
<i>Catcher is important position with runners be able to steal</i>	<i>Pitch Selection – hitting strikes</i>	<i>Backing up Bases on throws</i>	<i>Run on anything when there are two outs</i>
<i>Pitchers are used at this playing level, be aware of pitch counts and arm fatigue</i>	<i>Avoid being hit – turn towards the catcher</i>	<i>Refine Run-Downs and proper player positioning</i>	<i>Whenever there are less than two outs and you are forced, run on ground balls, but hold up on fly balls.</i>
	<i>Proper swing technique-transfer of weight</i>	<i>Refine Double Play and Infield Communication – SS/2nd Base</i>	<i>When the pitcher walks you, run to first base and take a turn</i>
	<i>Refine bunting technique and effect use of the bunt</i>	<i>Refine Underhand Toss</i>	<i>When in doubt, always slide</i>
	<i>Be aware of what the count is</i>	<i>Fly Balls- never “back peddle” – use the drop step and run</i>	<i>Tag up whenever a fair or foul ball is caught if the opportunity exists</i>
	<i>Official Umpire with called balls and strikes</i>	<i>Communication among outfielders for fly balls</i>	<i>Refine stealing and base coach signs</i>

The catcher position at the Majors playing level is very important and the following items should be taught:

- **ALL CATCHERS MUST WEAR A PROTECTIVE CUP**
- *Refine collapsing legs and blocking the ball*
- *Accurately an timely getting ball back to pitcher*
- *Work on accurate and timely throws to bases for runners stealing*
- *Keep knees up so that shin guards will work*
- *Introduce removing mask to locate ball or to catch a foul ball*
- *Hustle after passed balls*
- *For balls hit in front of home plate, teach how to field and make the throw to 1st base without hitting the base runner*
- *Work with the pitcher on helping with location of pitches*