

Deep Run Little League Coaches Handbook



"No Player Left Behind"



Deep Run Little League Coaches Handbook

Table of Contents

INTRODUCTION/FORWARD	4
PHILOSOPHY.....	4
BASEBALL BOARD OF DIRECTORS – CONTACT INFORMATION.....	5
REGULATIONS & FIELD RULES.....	6
HEAD COACHES/ASSISTANT COACHES CODE OF ETHICS.....	8
Challenging the umpire:.....	8
Physical Contact:.....	8
CODE OF CONDUCT.....	9
GENERAL RULES	10
1. Little League Rules Apply	10
2. League Ages	10
3. No Umpire (Majors, AAA, AA)	10
4. Change to the Rules	10
5. Minimum Players	10
6. Batting Order When Player Leaves Game.....	10
7. When Injury Leaves Only 7 Players:.....	10
8. Sliding Rule.....	10
9. Courtesy Runners.....	10
10. Fake a Bunt.....	10
11. Game Time Limits	10
12. Play Off System	11
Quickball / Rookies (Age 5) + Quickball /Little Sluggers (Age 4)	12
Sessions/Practices during the week:	12
Weekend Sessions (Rookies only):	12
Weekend Sessions (Little Sluggers):	13
A - Coach Pitch League (Age 6)	14
AA - Kid Pitch League (Ages 8-9).....	16

AAA - (Ages 10-11)	18
Majors (Ages 11-12)	20
TOURNAMENT PLAYER/COACHING SELECTION	21
Tournament Team Philosophy.....	21
Coaching/Team Manager Requirements:.....	21
Picking Tournament Team Players.....	21
Additional Information.....	22
Entering Tournaments	22
Scheduling Conflicts – League Team/Tournament Team	22
Scheduling Practices and Fields	22
Playing Time	22
Pitching Limits for Travel/In-House games	23
Intramural Requirements.....	23
Coaching Objectives and Guidelines.....	24
Quickball	24
A - Coach Pitch	26
AA - Coach/Kid Pitch	27
AAA	29
Majors	32

INTRODUCTION/FORWARD

This handbook is designed to be a guide for present and future members of the Deep Run Little League (DR).

The philosophy, objectives, procedural statements and other information contribute to the successful operation of the Deep Run Little League. No handbook could possibly provide and envision all the answers to all the league questions, but familiarity with this manual, along with good judgment should help in making good decisions for the league.

All items in this handbook are subject to revision periodically. Ideas for improvements are encouraged at any time. The various chapters in this manual deal with all facets of our league operation. Any part of this manual should be considered the “rules” of the DR program and should be adhered to accordingly.

The DRVSA Executive Board and the Baseball Board reserves the right to act within the framework of the bylaws to address situations that may arise to add, adjust, modify, change or overrule the handbook.

PHILOSOPHY

The major objective of the DR baseball program is to provide wholesome opportunities for the children of DRVSA to develop from their experiences, favorable habits and attitudes through the baseball programs.

The Baseball Board and DR coaching staff serve for two reasons: first, to teach skills so that the children may improve themselves and derive more satisfaction and enjoyment of the game; second, to teach and instill values – values that will enable them to improve as individuals, and values that they will carry with them throughout life.

BASEBALL BOARD OF DIRECTORS – CONTACT INFORMATION

Position	Name	E-Mail	Phone
Baseball President	Ryan Alderfer	alderfer24@gmail.com	215-740-4181
Connie Mack Commissioner	John Finley	jfinley68@verizon.net	215-290-1847
Intramural Commissioner	Evan Lowery	emlowery@gmail.com	215-534-6908
Travel Commissioner	Frank Murray	fmurray@astsprinkler.com	215-669-5099
Player Agent	Chuck Roller	chuckroller44@gmail.com	267-981-4080
Baseball Clinics Director	Ryan Mulford	rcmulford@hotmail.com	267-625-7340
Equipment Manager	Rob Fryer	robertcfryer@gmail.com	267-838-2994
Fields Director	Dave Rice	jndrice@verizon.net	215-768-7993
Fields Director	Ken Goldenberg	kwgprf@yahoo.com	215-896-1451
Safety Coordinator	Morgan Roller	morganroller3@gmail.com	814-227-7661
Majors Division Director	Todd Montigney	tiggpsu@hotmail.com	570-814-2718
AAA Division Director	Bryon McCarthy	bryon.mccarthy111@gmail.com	215-287-2962
AA Division Director	Steve Maraschiello	hey.steve@me.com	215-380-8342
A Division Director	Ryan Alderfer	alderfer24@gmail.com	215-873-6018
Quickball Division Director	Zech States	zechariahstates@gmail.com	267-374-7958
Umpire Director	Brian VanVreede	brianmvanvreede@gmail.com	215-341-0401
Sr. Advisor	Dan Shollenberger	dashesho@comcast.net	267-371-3786

Deep Run Baseball Website: www.deeprunbaseball.org

Deep Run Website: www.drsvsa.org

Follow us on Facebook and Twitter for up to date news and cancelations:

<https://www.facebook.com/DeepRunThunderhawksBaseball>

REGULATIONS & FIELD RULES

1. **Coaches Conduct:** All head coaches must conduct their program in a sportsman-like and educational manner as well as assure the safety of each player. Each Head Coach must attend the Positive Coaching Alliance Clinic provided by DRVSA.
2. **Practice Schedule:** Once team rosters are distributed, each head coach will set up a practice schedule utilizing the fields available.
3. **Coaching Staff:** It is recommended that each head coach select a staff of a maximum of three (3) assistant coaches. All coaches must have completed background checks. (*Attachment A*).
4. **Roster:** Once team rosters are distributed by the commissioner, coaches should contact parents of all players and inform them of their team assignment. At this time, each parent should be encouraged to attend the first practice for a parent orientation. Parents should read and sign the Parents Code of Ethics (*Attachment B*) at this time.
5. **Season Schedule:** The season schedule will be provided by the baseball commissioner to each division director, each head coach and to all known umpires.
6. **Rainouts/Rescheduling** – Cancellation of games due to inclement weather will be made about ½ hour before game time. If the field is not playable as determined by the appropriate league commissioners, or DRVSA Executive Board, the game will be rescheduled by the division director.
7. **Dugout Behavior:** Head coaches/assistant coaches are responsible for their team's dugout behavior. Game excitement and cheering for their teammates is fine. General rowdy behavior and/or yelling at other coaches, players or umpires is not permitted.
 - Only 4 adults are allowed in the dugout during a game – League officials, head coaches and assistant coaches.
 - All spectators **must** stay in the bleacher area.
 - There are NO on-deck batters allowed in T-Ball through AAA divisions.
 - On-deck player in Majors division must wear a helmet when in the on-deck area.
 - No chanting or purposeful noise when the pitcher begins his wind up
 - All game head coaches and assistant coaches are responsible for cleaning the dugout and field maintenance following the game.
8. **Benching a Player:** Any coach, during the course of the game, can sit a player for the remainder of the game for disciplinary reasons; any further penalty will go to the Board of Directors.
 - Immediately after the game, the coach must explain to the player and the players' parent why the player was benched.
 - Any coach who abuses this disciplinary authority is subject to termination.
9. **Penalties:**
 - Pitching an ineligible pitcher: Game is subject to forfeit and the head coach may be suspended for one game.

- Failure to give a player the required playing time in a regulation game (six innings) will result in forfeiture of the game and the player will be required to play all innings in the next game. Coach is subject to one game suspension.

10. Scorebooks:

- Official scorebooks will be kept for all Majors Division games. Upon completion of a game, scorekeeper will confirm the accuracy of the scorebook and innings pitched with the opposing team, noting any discrepancy from either head coach. Scorebooks will be available for examination upon any request from any DR Head coach within that age division, the Division Director of that age division, or the Baseball Board.
- At the conclusion of the season, all scorebooks will be turned in to Travel Commissioner for verification of District Teams
- The home team will be responsible for reporting the Final Score and the innings pitched to the Division Director.

11. Protective Gear: All baseball players are encouraged to wear a supporter and cup while playing or practicing. Any Player catching must wear a supporter and cup while playing or practicing. Head coaches must stress this to players.

12. Home Team Responsibilities:

- The home team will provide two new baseballs for the game that will be returned to the respective coaches at the conclusion of the game.
- The home team will occupy the first base dugout area. .
- The home team shall provide for scoreboard operation, as applicable. (Scoreboard operators must be 12 years of age or older)
- The Home team will line the fields before each game
- The Home team will be responsible for submitting an online summary of each game using the submission form at www.drsvsa.org.

13. Visiting Team Responsibilities:

- The visiting team will rake the fields at the conclusion of each game, and insure that field is left in a presentable fashion

14. Warm Up Time Before Games:

- The home team will have the field for 15 minutes prior to the games for practice from 5:30 to 5:45 PM or ½ hour before the scheduled start time.
- The visiting team shall have the field for 15 minutes prior to the games from 5:45to 6:00 PM, or 15 minutes before the scheduled start time. There will be no batting practice on fields during this warm up time.

15. Sportsmanship/Handshaking: Immediately upon conclusion of the game, the head coaches must line their team up for the traditional shaking of hands.

16. Post Game Talks: Post game talks should be limited if another game is immediately following. If a head coach desires a longer amount of time, he/she should remove their team and equipment from the dugout and gather the team away from the field area.

17. Equipment:

- Secure equipment and uniforms from the equipment manager at a scheduled day and time to be determined by the equipment manager. Each head coach will be given the following equipment:

- Batting helmets
 - Catcher's Mask
 - Catcher's Chest Protector
 - 1 Set of Shin Guards
 - First Aid Kit
 - Practice Balls
 - Game Balls
- If player provides own equipment, they must have approval to use in practice and games.
 - At the end of each season, all equipment must be checked back in. Your Division Director will contact you regarding equipment return and procedures.
 - Head coaches are responsible for all items to be returned to the DR league. If a head coach fails to return their equipment in a timely manner, they may not be considered for a coaching position the following year and will be responsible for the cost of replacement.
18. **No Smoking or Drinking of Alcohol** – Smoking and tobacco products are prohibited in the playing area, dugouts and benches. Possession of alcohol or illegal drugs on DRVSA premises, school property or fields reserved by DRVSA is prohibited. Individuals under the influence of drugs or alcohol on the premises, school property or fields reserved by DRVSA will be asked to leave. If a person refuses to leave, then the police will be called.

HEAD COACHES/ASSISTANT COACHES CODE OF ETHICS

The head coach and assistant coaching staff are the main link between DR and the parents. As a head coach, your attitude and actions during league games and/or practices become in essence the league's attitude. What the parents see you do on the field becomes what people believe to be the league philosophy of coaching. Obviously, under certain circumstances during a game, a head coach or coach can become frustrated. Sometimes an umpire's judgment call on a play can be upsetting but as the adult in charge we must show restraint. The head coach/assistant coach attitude during games will also become the player's attitude toward the game. DRVSA was never intended to develop the intensity of a high school, college or professional program. Intensity in a baseball game should never reach a level that detracts from the basic rules of good sportsmanship.

Challenging the umpire:

Only the head coach may leave the coaches box or dugout to question or speak with an umpire on a ruling. The head coach shall not allow any assistant coaches, players, or parents to question or harass an umpire. The head coach may never leave the dugout or coach's box to talk to an umpire without first receiving the umpire's permission.

Physical Contact:

Any individual who, during a discussion, causes physical contact with an umpire or a coach or player, whether intentional or not, will be asked to immediately leave the premises and will be suspended until a DRVSA Executive Board review. If the person refuses to leave, the police will be

called. A quorum of the DRVSA Executive Board must meet within 24 hours of the incident to hear the facts and rule on the suspension. The length of the suspension (up to and including lifetime), will be decided by the Executive Board, based on the facts surrounding the incident.

CODE OF CONDUCT

All umpires will be instructed by the DR Baseball Board to strictly adhere to the following rules and enforcement procedures:

1. Anyone (coach, parent, player, or spectator) observed using offensive or profane language will be immediately ejected from the game and asked to leave the complex immediately. Any player observed “intentionally” throwing objects will be ejected from the game.
2. The calling of balls, strikes and all other calls is judgmental. Any attempt by the head coach and assistant coach to harass or coerce the umpire shall result in one warning. If the harassment continues after warning, the head coach and/or assistant coach will be ejected from the game.
3. Perceived violations of the rules of DR should result in an immediate protest with the umpire. The game should not be delayed by verbal protests by head coaches and/or assistant coaches.
4. It is essential that every head coach/coach of DR encourage and promote the ideals of fair play and good sportsmanship to players and parents of this organization.
 - a. Head coach teams shall maintain control of their respective field situations at all times. Head coaches shall not allow parents, players or assistant coaches to disrupt play or intimidate any other individuals. Umpires should, when such an incident arises, take steps to continue the game without further interruption. Should the situation continue and when all reasonable methods of control have failed, he/she may call the game a forfeit.
 - b. If any individual is ejected from the game, they must leave the premises immediately.
 - c. Head coaches or umpires should, within 24 hours, notify the Division Director of the circumstances surrounding the incident.
 - d. Any Board Officer who observes such an incident must do what he/she can to resolve this problem firsthand. A game may be stopped only when the umpire feels that the situation is beyond reason and that conditions are detrimental to the game and youth of this league.
5. If a head coach/assistant coach is ejected from a game, he/she must leave the complex immediately. An ejection results in an immediate suspension for at least one additional game. Two ejections during the season will result in that head coach’s/assistant coach’s removal from the position.
6. Team head coaches should handle all conversations or disputes on the playing field and be a reasonable distance from players and fans so they are unable to hear what is taking place.

Deep Run Little League

GENERAL RULES

1. **Little League Rules Apply:** All current year Little League rules apply to Minor League, AAA, and Majors Divisions except where modified by DR league rules herein.
2. **League Ages:** League ages for T-Ball, Minors, AAA, & Majors shall be as follows:
 - Lil Slugger Age 4
 - T-Ball 5-6 year olds
 - Minor B/Coach Pitch 6-7 year olds
 - Minor A/Pitching Machine 7-8 year olds
 - AAA 9, 10, & 11 year olds
 - Majors 10, 11, & 12 year olds (tryouts)
 - **Note:** The Board reserves the right to approve players to play in a division that doesn't match their league age, when extenuating circumstances exist.
3. **No Umpire (Majors and AAA):** If an umpire fails to show up, by mutual agreement of the head coaches, a game shall be played if a substitute umpire(s) can be found prior to **6:30** p.m. It is recommended that two (2) substitute umpires be used. (A parent from each team.)
4. **Change to the Rules:** Addition or deletion proposals for rule changes must be submitted to the Baseball Board prior to March.
5. **Minimum Players:** If a team does not have the minimum of eight (8) players on the field ready to play 15 minutes after the scheduled time of the game, that team will forfeit the game.
6. **Batting Order When Player Leaves Game:** If a player leaves the game for any reason, the batting order fills in – the missing spot will not be considered an 'automatic' out.
7. **When Injury Leaves Only 7 Players:** Games must start with eight (8) players. When injury causes the availability of only seven (7) players, the team will be permitted to continue to play.
8. **Sliding Rule:** All leagues will adhere to the sliding rule. When the ball is in play and a defensive player has possession of the ball or tag is imminent, the runner must slide or avoid contact. No hurdling!!! Runner is automatically out if violating this rule.
 - No head first sliding except for 'back into base'.
9. **Courtesy Runners:** With two outs, a team may only use a courtesy runner for the catcher. If there are no extra players, the player who made the last out must be used. Courtesy runner is second out of the inning.
10. **Fake a Bunt:** A player may not fake a bunt and swing. This is prohibited and is ruled as an out
11. **Game Time Limits:** Time limits are established for games that have another game scheduled immediately following that game (Saturdays and Sundays): a new full inning may

not start after 1 hour and 50 minutes. The two-hour time limit shall start at the scheduled game time.

12. **Play Off System** – The Baseball Board will develop the specific playoff systems to be used prior to the end of the season.

Deep Run Little League

Rookies (5 year olds) + Little Sluggers (4 years old)

Sessions/Practices during the week:

Sessions/Practices during the week will be led by selected coaches with the help of players from Deep Run's Major's teams.

The sessions will be instructional in nature showing the fundamentals of the game using fun drills. (Throwing, fielding, hitting, rules, base running).

Weekend Sessions (T-ball only):

Weekend Sessions for T-ball are held by coaches of the team. Coaches are to reinforce the fundamentals learned during the weekday session for the first half of the time slot. The second half of the time slot is a short T-ball game. 1 – 3 innings depending on time.

1. **PURPOSE**-This is instructional & not competitive baseball for young boys.
2. **Game Time:** Games will last 30 – 45 minutes.
3. **Batting Lineup:** Bat through the entire team each inning - (no 3 out rule). Changing lineup each inning is recommended.
4. **Hitting:** Batters will hit only off the tee for the first 4 games
5. Remainder of season Coaches shall pitch from a knee to batter (35ft); 7-8 pitches and if batter does not hit pitched ball; utilize a soft toss from a knee or a tee
6. **No walks.**
7. **NO ON DECK BATTER!**
8. **Defense** is as follows:
 - Player(s) placed at side and slightly behind pitcher
 - 1st, 2nd, 3rd, and SS
 - All other players fanned around outfield (on grass)
 - No catcher position
9. **Player Rotation:** Players must be rotated every inning (infield/outfield).
10. All players taught to play their position. Do not chase ball all over the field.
11. **Protective Gear:** Batters and runners must wear protective batting helmets.
12. **Record Keeping:** Manager must keep batting order and field rotation.
 - a. THERE IS NO OFFICIAL SCORE.
13. **Recording an Out:** To record an out, a ball must be thrown when normally required. (Baserunner remains on base).
14. **Field Position:** Players shall stay within their defensive positions on field.

15. There will be an arch on the field 20 feet in front of the plate from base line to base line that will designate fair ball. The ball must past this arch to be in play, if arch not visible coaches use discretion.
16. **Ball Hit to Outfield:** When a ball is cleanly hit to the outfield, not as a result of an error, a batter may try for a double, no triples or home runs, except for last batter to clear bases.
17. **Baserunners:** Base runners may only advance to the next base, unless batted ball is cleanly hit to the outfield as noted above, in that case runner can advance to the next base only.
18. **Overthrown Balls:** No advances on overthrown balls.
19. **Fielding Errors:** No advances on errors.
20. **COACHES DEFENSE:** ONLY 2 position coaches will be allowed on the field of play. These coaches are to be positioned in left-centerfield and right-center field and are encouraged to provide instruction to the defensive players. These coaches are also free to assist the offensive base runners as they see fit.
21. **COACHES OFFENSE:** The offensive team will be allowed to use up to 4 coaches during the game. These coaches should be positioned as follows:
 - First Base Coaches Box
 - Third Base Coaches Box
 - Pitcher's Mound when applicable
 - Home Plate
22. **COACHES NOTE** – NO ADULTS, OTHER THAN THOSE MENTIONED ABOVE, ARE ALLOWED ON THE FIELD OF PLAY DURING THE GAME.

Weekend Sessions (Little Sluggers):

Little sluggers will not have weekend sessions until the end of the year which will be capped with a season ending T-ball game. Rules above for T-ball apply.

Deep Run Little League

Single A - Coach Pitch League (6-7 year olds)

1. There are no SCORES or STANDINGS kept. However, ALL COACHES are expected to fill out a press release about the game. Do NOT submit a score (HOME TEAM IS RESPONSIBLE).
2. **Field Dimensions:** 60 ft. base paths/pitchers plate 46 ft. from back of home plate to front of the pitcher's rubber.
3. **Batting Order:** Every player present shall be placed in the batting order. 10 batters per half inning or 3 outs whichever comes first.
4. **Playing Requirements:** Every player in the line-up must play an infield and outfield position for a minimum of one inning. Players may not sit for two consecutive innings. Unlimited defensive substitution - move players around and teach them to play their position.
5. **Record Keeping:** Manager must keep batting order and field rotation.
 - a. THERE IS NO OFFICIAL SCORE.
6. **Game Time Limit:** Week night games are six innings or to dark, as determined by the umpire. Saturday games are 6 innings or two hours of play. A new inning shall not be started after 2 hours from the scheduled start time. At the completion of the inning, the game is over, ties are acceptable. No exceptions.
7. **Pitches Per Batter:** First 8 games - 8-10 overhand coach pitches maximum from a knee(42ft), then if during coach pitch player fails to hit the ball, use a soft toss from a knee. Please note that pitching from a knee puts you at the players' level and helps them develop better hitting skills. Last ball cannot be a foul.
8. **Pitches Per Batter:** Last 8 games: 8 – 10 pitches from the pitching machine. Then if during machine pitch player fails to hit the ball, use a soft toss from a knee. Please note that pitching from a knee puts you at the players' level and helps them develop better hitting skills. Last ball cannot be a foul.
9. **No walks.**
10. **Defense** is as follows:
 - Player(s) placed at side and slightly behind pitcher
 - 1st, 2nd, 3rd, and SS
 - Catcher (must wear protective cup)
 - 4 Outfielders (on grass)
11. **Player Rotation:** Players must be rotated every inning (infield/outfield).
12. **Protective Gear:** Batters and runners must wear protective batting helmets.
13. **Recording an Out:** To record an out, a ball must be thrown when normally required. If a player is ruled out he must return to the dugout.
14. **Field Position:** Players shall stay within their defensive positions on field.
15. **Ball Hit to Outfield:** When a ball is cleanly hit to the outfield, not as a result of an error, a batter may try for a double, no triples or home runs, except for last batter to clear bases.
16. **Baserunners:** Base runners may only advance to the next base, unless batted ball is cleanly hit to the outfield as noted above, in that case runner can advance to the next base only.
17. **Overthrown Balls:** No advances on overthrown balls.

18. **Fielding Errors:** No advances on errors.
19. NO ON DECK BATTER!
20. **COACHES DEFENSE:** ONLY 2 position coaches will be allowed on the field of play. These coaches are to be positioned in left-centerfield and right-center field and are encouraged to provide instruction to the defensive players. These coaches are also free to assist the offensive base runners as they see fit. All teams should work toward being able to remove these coaches from the field by the midway point of the season.
21. **COACHES OFFENSE:** The offensive team will be allowed to use up to 4 coaches during the game. These coaches should be positioned as follows:
 - First Base Coaches Box
 - Third Base Coaches Box
 - Pitcher's Mound
 - Home Plate
22. **COACHES NOTE** – NO ADULTS, OTHER THAN THOSE MENTIONED ABOVE, ARE ALLOWED ON THE FIELD OF PLAY DURING THE GAME.
23. **Umpiring:** There are no umpires supplied for this level and each coach must work together in the spirit of good sportsmanship to ensure that each play is called fairly.
24. Any disagreements must be discussed quietly and calmly away from the players.
25. If a mutual agreement can't be reached, then seek the Division Director to make the final decision.
26. There MUST be no arguments in front of the players. They are still learning the game and should not face any such arguments. If this occurs, both coaches involved in the game will be asked to appear in front of the board to discuss appropriate actions taken against both coaches. (See [coaches code of conduct](#)).

Deep Run Little League

AA - Coach / Kid Pitch (8-9 year olds)

1. There are no SCORES or STANDINGS kept. However, ALL COACHES are expected to fill out a press release about the game. Do NOT submit a score (HOME TEAM IS RESPONSIBLE).
2. **Batting Order:** Every player present shall be placed in the batting order. 10 batters per half inning or 3 outs whichever comes first.
3. **Playing Requirements:** Every player in the line-up must play an infield and outfield position for a minimum of one inning. Players may not sit for two consecutive innings. Unlimited defensive substitution - move players around and teach them to play their position.
4. **Pitching:** An automatic Pitching Machine is used to pitch to each batter. The coach of the offensive team feeds regulation baseballs into the machine. LEATHER COATED BALLS ONLY.
 - Pitching Distance: Machine will be set at a pitching distance of 46 feet (position over the pitching rubber). Pitching Speed: Machine shall be set at 38 mph.
 - Players may move within the batter's box to adjust to the machine.
 - NO adjustments are to be made to accommodate any specific player
 - A coach from the team batting will tend to the machine and will serve as umpire.
5. **Batting Order:** Every player present shall be placed in the batting order. Each batter will receive 5 hittable pitches as deemed by the coach feeding the machine. If a player swings and misses at 3 pitches prior to 5 pitches delivered will be deemed out via strikeout. There are NO called strikes or strikeouts if a batter does not swing, unless the 5th pitch was deemed hittable then the player will be ruled out regardless of how many strikes against the batter. IF the 5th pitch is fouled off, the batter will receive another pitch to attempt to put in play and will continue to do so until either a ball is put into play or pitch is missed and/or not swung at.
6. 3 out rule per inning. In the event 3 outs are not recorded, inning ends after the 10th batter bats.
7. **Playing Requirements:** Players must be rotated every inning (infield/outfield).
8. **Record Keeping:** Manager must keep batting order and field rotation.
 - a. THERE IS NO OFFICIAL SCORE.
9. **Game Time Limit:** Week night games are six innings or to dark, as determined by the umpire. Saturday games are 6 innings or two hours of play. A new inning shall not be started after 2 hours from the scheduled start time. At the completion of the inning, the game is over, ties are acceptable. No exceptions.
10. **Field Dimensions:** 60 ft. base paths/pitchers plate 46 ft. from back of home plate to front of the pitcher's rubber.
11. **Official Infield:** On all fields, the official infield is where the infield dirt meets the outfield grass. Each team will place one player in the pitcher position. That player can play either side of the machine but MUST be positioned behind the machine at the start of each play. He may field a ball in front of the machine that is put into play by a hit ball.
12. **Advancing Runners:** Runners shall not advance and play shall be halted when an infielder takes possession and controls the ball in the infield. Each runner can advance one base at a

time per hit unless cleanly hit into the outfield, in which case a runner(s) can advance two bases but no more.

13. **Infield Fly:** “Infield Fly Rule” is NOT in effect.
14. **Overthrows:** There is no advancing on any overthrows.
15. **Base Stealing:** There is NO base stealing at this level. Although a catcher is behind the plate, there is to be no attempt to steal a base.
16. NO ON DECK BATTER!
17. **Walks** – There are NO walks
18. **Bunting** – There are No bunts, ½ swings, or swinging bunts allowed.
19. **COACHES DEFENSE:** ONLY 2 position coaches will be allowed on the field of play. These coaches are to be positioned in left-centerfield and right-center field and are encouraged to provide instruction to the defensive players. These coaches are also free to assist the offensive base runners as they see fit. All teams should work toward being able to remove these coaches from the field by the midway point of the season.
20. **COACHES OFFENSE:** The offensive team will be allowed to use up to 4 coaches during the game. These coaches should be positioned as follows:
 - First Base Coaches Box
 - Third Base Coaches Box
 - Pitcher’s Mound
 - Home Plate
21. **COACHES NOTE** – NO ADULTS, OTHER THAN THOSE MENTIONED ABOVE, ARE ALLOWED ON THE FIELD OF PLAY DURING THE GAME.
22. **Umpiring:** There are no umpires supplied for this level and each coach must work together in the spirit of good sportsmanship to ensure that each play is called fairly.
 - Any disagreements must be discussed quietly and calmly away from the players.
 - If a mutual agreement can’t be reached, then seek the Division Director to make the final decision.
 - There MUST be no arguments in front of the players. They are still learning the game and should not face any such arguments. If this occurs, both coaches involved in the game will be asked to appear in front of the board to discuss appropriate actions taken against both coaches. (See [coaches code of conduct](#)).

Deep Run Little League

AAA - (10-11 year olds)

1. There are no standings. However, ALL COACHES are expected to fill out a press release about the game. SCORE MAY BE KEPT AND SUBMITTED (HOME TEAM IS RESPONSIBLE)
2. **Batting Order:** Every player present shall be placed in the batting order. 9 batters per inning or 3 outs whichever comes first.
3. **Playing Requirements:** Every player in the line-up must play an infield and outfield position for a minimum of one inning. Players may not sit for two consecutive innings. Unlimited defensive substitution - move players around and teach them to play their position.
4. **Pitching:** A pitcher may only pitch 3 innings per game and 6 innings per week. One pitch constitutes an inning. Pitch counts should be held to:
 - 9 year olds should not exceed 75 pitches per day
 - 10 year olds should not exceed 75 pitches per day
 - 11 year olds should not exceed 85 pitches per day
 - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
 - If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.
5. **Coach Pitch:** For the first three (3) games of the season, there will be no walks. After a pitcher delivers a fourth ball, the coach shall come in to pitch the remainder of the at-bat. Strikes do not reset when coach enters the game. This rule is subject to be extended past the first three games.
6. **Balks-** The manager and pitcher shall be notified of violations. No other action to be taken other than to educate the pitcher
7. **Hit by Pitch:** If a pitcher hits two (2) batters in the same inning or a total of (3) batters in one game he should kindly be removed from the mound. He may not return to the mound for the remainder of the game.
8. Once a pitcher is removed from the mound he may not return to the game as a pitcher.
9. **Pitcher consultation:** The manager may go to the mound to visit his pitcher and team. If he goes to the mound on a third visit in any one inning, he must change pitchers. Third time in a game to the same pitcher then he/she must change pitchers.
10. NO ON DECK BATTER!
11. **Coaches – please refer to pgs XX of the coaches’ handbook for pitching guidance.**
12. **Field Dimensions:** 60 ft. base paths/pitchers plate 46 ft. from back of home plate to front of the pitcher’s rubber.
13. **Game Time Limit:** Week night games are six innings or to dark, as determined by the umpire. Saturday games are 6 innings or two hours of play. A new inning shall not be started after 2 hours from the scheduled start time. At the completion of the inning, the game is over, ties are acceptable. No exceptions.

14. Play ends after the 9th batter attains the NATURAL ending of the play.
15. **Official Infield:** On all fields, the official infield is where the infield dirt meets the outfield grass.
16. **Advancing Runners:** Runners shall not advance and play shall be halted when an infielder takes possession and controls the ball in the infield unless the fielder continues to pursue a play.
17. Overthrow- runner is allowed to take only one base on an overthrow at first or second base. NO PLAYER IS PERMITTED TO ADVANCE HOME ON AN OVERTHROW. A PLAYER MUST BE ADVANCED TO HOME BY A BATTED BALL OR FORCED HOME BY A WALK.
18. **Infield Fly:** “Infield Fly Rule” is not in effect.
19. **Base runners-** must stay in contact with the base until the ball reaches the batter.
20. **Base Stealing:**
 - Runners shall be allowed to steal 2nd & 3rd base; one base per pitch, no advance on overthrows.
 - Steals are limited to three per team per half inning. Coaches should notify each other and players at this point.
 - Batter may not go from home to second on a walk.
 - For the first three games, only stealing of 3rd base is permitted.
21. **Coaches - please refer to the [coach's handbook](#) for practice and game expectations of this age group.**

Deep Run Little League

Majors (11-12 year olds)

PURPOSE – To develop skilled and knowledgeable players, while adhering to the rules of Little League baseball.

FIELD DIMENSIONS – Little League regulation size

Little League rules will govern all play

Exceptions to Little League rules

1. Adult base coaches at 1st & 3rd at all times
2. 4 adults/coaches max per dugout
3. Mandatory courtesy runner for catcher allowed with 2 outs
 - this rule is optional during league playoffs
4. Pitchers limited to 3 inning/game and 6 innings/week (1 pitch=1 inning, a week is Sunday - Saturday). Pitch count will also be used and LL rest rules apply (a new week does not affect days/game rest for pitch count)
 - Ages 11 - 12 limit of 85 pitches per day
 - Ages 9 – 10 limit of 75 pitches per day
 - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.
 - If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.
5. Throwing equipment 1st offense = warning. 2nd offense = player ejected
6. Offensive language automatic ejection
7. No Mercy rule- use your head/move players around more than usual
8. All players should play 4 innings provided a full 6 inning game is played
9. All players should play 2 innings prior to completion of the 4th inning
10. Both teams must have minimum of 8 players to play an official game
 - A team having less than 8 players must forfeit the game. If this happens, the team must then borrow a player(s) from the other to team and the teams will play an unofficial game (scrimmage)
 - Players arriving after the start of the 4th inning are not ineligible to play (there will be NO EXCEPTIONS to this rule)
 - Players arriving late must be placed in the last spot of the batting order

11. **Batting order:** Batting order consists of entire roster.
12. **Dropped third strike** in effect (the batter may attempt to advance to first base; only if the base is unoccupied or there are two outs)
13. Full Leading and open stealing of all bases is permitted
14. Each pitcher will receive one balk warning per game
 - The balk warning is a dead ball.
 - Subsequent balks will result in the standard penalty of one awarded base
15. **Advancing the runner:** Once the umpire has called “time,” base runners cannot advance.
16. **Bunt Slash/hit** – If a batter indicates that they are going to bunt, they are not permitted to pull the bat back and attempt a swing. (1st time will be a warning 2nd time the team will be charged with an automatic out.)
17. **Infield Fly Rule** – This will be enforced by the umpire.

TOURNAMENT PLAYER/COACHING SELECTION

Tournament Team Philosophy

Tournament team play is highly competitive. It should be understood by coaches, players, parents and player’s families that players are participating as representatives of Deep Run Baseball, and it is an honor to be selected to the team. However, position and playing time will be determined by the coaching staff.

Coaching/Team Manager Requirements:

- An individual who wishes to become a tournament team manager must submit a letter to the league commissioner by Opening Day. An individual who previously coached a tournament team will be given first consideration by the board to coach the following year. The eight and under coaches will be observed and selected by the commissioner and the baseball board.
- An individual who is seeking the position of a tournament team manager **should** have been a coach or an assistant coach in the Deep Run baseball system for at least one year and is subject to Board approval.
- The tournament team manager has the responsibility of choosing the two assistant coaches, with the same criteria subject to Board approval.
- Where applicable, the tournament team manager may pick additional assistant coaches.
- All coaches associated with tournament team play are required to complete necessary background checks as well as the Positive Coaching Alliance Clinic.

Picking Tournament Team Players

- Tournament teams may be selected any time from the 2nd Friday in May onward, provided at least try out sessions have been held.
- Tournament team coaches may hold tournament team evaluation clinics commencing the first weekend in May. The younger divisions may need more in-house season play before an evaluation clinic can occur, perhaps commencing weekend prior to Memorial Day weekend.

These clinics will be by invitation from the Head Coach of the tournament teams along with discussion among the in-house coaches. Each team must hold at least 2 evaluation clinics before selecting their team.

- Final tournament team rosters must be submitted to and approved by the Board.

Additional Information

Entering Tournaments

- Each tournament team may enter into a maximum of 5 open tournaments, including the Field of Dreams Tournament
- 10U and 12U teams will participate in any Little League tournament obligations (i.e. districts, states, regionals)
- Teams may enter tournaments starting at the conclusion of the DR in-house season.
- Travel teams are not permitted to play in any tournaments during the in-house season.

Scheduling Conflicts – League Team/Tournament Team

- If a conflict arises between a league team and tournament team schedule of a practice the league team takes precedent.
- Travel Players are not permitted to participate in travel team activities (Games, Practices, etc) if there is an in-house practice or game scheduled.
- If a travel player is found to have missed a scheduled in house game or practice to participate in a travel function, the travel player and travel coach may be suspended for the following travel game or longer as deemed appropriate by the Deep Run Baseball Board.

Scheduling Practices and Fields

- Practices may commence after the tournament team selection process has been completed, not earlier than the 2nd Friday in May. Evaluation clinics and practices are prohibited from interfering with any in-house practice or game. Innings pitched in any tournament game will count towards in-house innings pitched. It is the responsibility of the tournament team manager to report the innings pitched to the league commissioner for that particular age group.
- All league schedules (i.e. make ups, playoffs) will supersede tournament team requests.

Playing Time

- Minimum play rule for all tournament teams participating in Invitational Tournaments: all players must play at least 2 innings and have at least 1 at bat per game in every invitational tournament. All tournament team head coaches should consider batting every player when allowed in invitational tournaments.

Pitching Limits for Travel/In-House games.

- While Suburban Spring League and In-House Little League do not enforce the same pitching limits, Deep Run Majors Coaches and Travel Coaches will in good faith communicate about pitching needs and plans for each player prior to both in-house and travel games.
- While Suburban Spring League does not utilize pitch counts, the Little League Pitch Count structure (Below) shall be used as a guide to determine pitching eligibility following all games. Coaches must use appropriate discretion in pitching limits for Travel Games. Based on both LL Pitch count rules and coaches discretion, coaches must agree on availability.
- Little League Maximum Pitches per game shall apply to suburban
 - 11 & 12 Year Olds - 85 Pitches MAX
 - 9 & 10 Year Olds - 75 Pitches MAX
- If a Travel Coach is found to have inappropriately utilized a pitcher based on discussions with a DR in-house coach, the travel coach may be suspended for the following game or longer as deemed appropriate by the Deep Run Baseball Board.
- Deep Run In-House team will take priority over travel teams in the event that the coaches cannot come to an agreement.

Intramural Requirements

- In order for a player to be eligible for a Deep Run Travel team, they must participate in a minimum of 60% of in-house games. (8 Games). Exceptions may be made for illness, injury, or extenuating circumstances.
- Travel Players are not permitted to participate in travel team activities (Games, Practices, etc) if there is an in-house practice or game scheduled.
- If a travel player is found to have missed a scheduled in house game or practice to participate in a travel function, the travel player and travel coach may be suspended for the following travel game or longer as deemed appropriate by the Deep Run Baseball Board.

Deep Run Baseball

Coaching Objectives and Guidelines

DEEP RUN has compiled a list of recommended skills for each of the different levels of baseball in our league. It is important that players in the early levels (T-ball, Coach Pitch, Machine Pitch AAA and Majors) have exposure to all positions and coaches should teach the appropriate skills and drills to all players for each position.

Your job as a coach is to be a role model and help your players grow and mature into quality young adults. Your interactions with your players are more important than the game itself. The character you display will be modeled by your players. At all levels, it is important for coaches to understand that winning is secondary to teaching. The main objectives of Deep Run Baseball is to teach sportsmanship, teamwork and skill development. By focusing on these things, you will put your team in a position to be competitive. Players in the first 3-4 levels should have exposure to EVERY position. Coaches should teach skills and do drills for every position with every player.

Quickball

Players should understand the basic difference between fair and foul. They should understand that you do not run if the ball is foul, and you advance if the ball is fair.

Fielding:

Players should be taught, and have demonstrated, good catching mechanics. Tennis balls can be used to help teach catching. Players can begin without a glove and then progress to using a glove. This includes using 2 hands and keeping the heel of the hand closest to the belly button. When a ball is below the waist, the fielder should catch the ball with their fingers pointing down and the palm facing the hitter/thrower. When the ball is above the waist, the fielder should catch the ball with their fingers pointing up and palm still facing the hitter/thrower. Players should begin fielding ground balls using the “feed the alligator” technique with their throwing hand above their glove. Players should be bending their knees, have their fingers down and their palm facing the hitter. Players should drop their hips (butt) and not bend their back.

Throwing:

Players should begin to learn proper throwing mechanics. At this age they should be taught a 4 seam grip, should have their back foot square to their target, and should stride forward with the proper foot when they throw. Players should be taught to keep their elbow at or above shoulder height. Players should be throwing the ball towards first base if they field it in the infield, and towards second base if the ball is in the outfield.

Offense:

Players should know the proper order of running the bases.

Players should be taught, and have demonstrated, good swing mechanics. This includes a proper grip (hands aligned so that the joints at the base of the fingers line up with the first joint in the fingers on the other hand, the bat goes between those lines of joints), stance (athletic, knees slightly bent, and feet about shoulder width apart), hands (that keep the knob of the bat pointing towards the catcher, if there was one), and stride (have players take a short step rotating their

toes about 45 degrees towards the pitcher, along with the hands, this will become a trigger, before they swing) they should NOT be stepping and swinging at the same time. Slight downward movement of the bat at contact is good.

Players can be called “out” at any base except home on a batted ball, ONLY IF, they are out without any question. This should then be explained to the offensive and defensive teams as the goal for defense to get the player “out” and for the offense to try to avoid being “out”, or to be “safe”.

Single A - Coach Pitch

Players should have an understanding of when they are out and when they are safe. The team should have situations explained to them until they have a good understanding of the rule. The goal of offense is to be safe, and goal of defense is to get the opponent “out”.

Fielding:

Players should understand the difference between a force out and a tag out. They should understand the force is always good at first base. This should include simple situations like force outs and a few tag outs.

Coaches should enforce proper catching mechanics mentioned above. Two hands should be used, even though they can catch with one. This skill will help them as they get older. At this age, most of the emphasis should be on glove position with the heel of the hand being closest to the belly button.

Players should continue to develop fielding ground balls. They should be able to move laterally without crossing their feet, and move/charge forward on a slow moving ball while keeping their glove in the “alligator” position. They should be trying to field the ball in front of their nose, and should keep their heads down on the ball. Players should begin to back one another up.

Outfielders in particular should back up every throw, hit ball, and throw to all bases. Infielders should back up one another on throws to bases.

Throwing:

Players should continue to develop proper throwing mechanics. At this age they should work to have their elbows straight out from their shoulders (90 degree angle). The elbow should be bent to approx 90 degrees and the ball should be facing AWAY from their target. This skill will keep stress off of their shoulder as they age. Follow-thru with the throwing hand passing to the outside of the glove knee should be demonstrated and players should attempt to perform this skill.

Offense:

Players should understand that they are “out” if they hit the ball in the air and it is caught by the defense. Players should continue to develop proper hitting mechanics. At this age players should use a “trigger” to prepare to hit the ball. The term “step, bat back” may work the best. When the pitcher pitches, the player should take a small step (toes should open 30-45 degrees towards the pitcher) towards the pitcher as if they were testing ice on a lake to see if it will hold them. At the same time, they should get their bat into a position where the knob points at the catchers’ feet. When they swing, it should begin with their back foot rotating, similar to squishing a bug, but with a push forward as well. Their back leg may resemble an “L” and their toes should be touching the ground when they complete their swing. The batters belly button should rotate towards the pitcher when they swing.

AA - Kid Pitch

Fielding:

Defensive players in the outfield should get the ball towards the infield, second base, as quickly as possible. Outfielders should be playing 5-10 steps into the outfield and ONLY throw to second base.

At this level we need to continue proper catching mechanics. Coaches must insist on two hands, even though players are convinced they can catch with one. Catching with two hands will benefit them as they get older.

Fielders should begin to field the ball in front of their “glove” eye. They must continue to use the feed the alligator technique and be encouraged to move/charge forward to the ball. Once they field the ball they should funnel the ball in towards their belly button, set their feet to throw (as above) to their target and prepare to throw the ball.

At this age coaches should begin more technical infield drills. The drills should be based on improving fundamental performance. Recommendations are: shuffle drill, short hop drill, over and back drill. Any of these drills can be done WITHOUT a glove (using a softer ball like a tennis ball) to develop eye/hand coordination.

We must begin to teach players to play in the outfield. Most work should be on stopping all balls on the ground, followed by backing up infielders (and each other), lastly is catching fly balls. Fielding slow ground balls on grass is a great start, and throwing pop-ups will get them moving. Players can kneel on their glove knee to stop the ball, this makes a backstop. Try to point out proper positioning to back up as often as possible. (Using tennis balls while teaching the technique of catching a fly ball is helpful, it helps remove their fear of the ball while they learn. Also having them catch without a glove on reinforces catching with two hands)

To apply a tag the player must catch the ball in his glove, place their other hand in the glove so that the ball is in the hand, and the hand is in the glove. Ideally, the player will have the bag he is covering straddled and in between his feet, slightly forward of the bag. The defensive player should bend deep so apply the tag at the bag and not reach towards the runner. Once a tag is applied, the defensive player should raise the glove as quickly as possible and show the ball to the umpire while watching the other offensive players.

Position Play:

At this age we should begin to develop skills for catchers and first baseman.

Players should be taught a proper stance for catching, right foot slightly behind the left while shoulder width apart, butt down, glove up and opened, elbows free from resting on thighs. The catchers should be taught to protect their throwing hand by placing it behind their back, or behind the glove, in a fist. Players should become comfortable with catchers equipment (shin clips to the outside) and a protective cup. Players should be taught basics about playing first base. They should understand they are still responsible for fielding a hit ball. First baseman should put their throwing foot on the base and stride/stretch towards the ball as it is thrown to them. Catching the ball is very important, but keeping the ball from passing them may be even more important.

Throwing:

At this point we should be able to focus on proper throwing mechanics throughout the entire motion. Beginning with squaring the foot and grip of the ball, elbows at 90 to the shoulders, ball

back, step and drive, rotate using the front arm, release and follow-thru. Most of these skills can be practiced with players kneeling on their “throwing” knee.

Offense:

Players should understand that if a ball is hit in the air and caught, the baserunner must tag-up prior to advancing to another base. They should understand that they are not required/forced to run if the ball is caught.

Players (batter, baserunner, and defense) should understand that they can get more than one base per hit.

Batting:

Players should be close to developing proper hitting mechanics. Beginning with stance and grip of the bat, seeing the pitcher with both eyes, squishing and driving off the rear foot, slightly opening the front foot, rotating the hips so the belly button points at the pitcher, elbow begins comfortable with knob pointed at catchers feet (do NOT wrap the bat around the head), throwing hands at the ball, contact the ball with the top hand facing up and the bottom hand facing down, and following thru their swing. T work should be used with this group.

AAA

Fielding:

Catching techniques should be re-taught, monitored and continually evaluated. Players are expected to catch with two hands whenever possible and keep the heel of their hand towards their belly buttons.

Coaches should instruct all players on how to perform a cut-off/relay throw to a base. Cut-offs to various bases should be taught using various infielders. All players should understand how to throw from any point in the outfield to second, third and home. The players should also know how to position themselves from an infield position to perform the cut-off. Most coaches tend to use middle infielders to cut and the other to cover throws to second base. Most coaches choose to use the short stop as the cut-off for third base and use first or third baseman for cut-offs to home. This is a strategic move so the coach may choose what position players will do, but, the skills are expected to be taught.

Throwing:

Throwing technique must also be re-taught, monitored and evaluated on a continuous basis.

Poor mechanics are the cause of most throwing injuries. Please make sure the player is striding in the proper direction, has the ball behind him, has the elbows at approx. 90 degrees, leads with the front elbow and follows thru.

Pitching:

Pitching skills need to be taught to every player entering the Junior League. As players develop, the coach can choose players who may be better fit to pitch in game situations. Each team should be working with 4-6 pitchers per year.

A general and effective model for a wind-up:

Stand comfortable on the rubber with the toes/forefoot in front of the rubber, ball in hand, hand in glove in front of the pitcher, eyes on the target.

Take a gentle step back at about 45 degrees with the glove foot.

Take a step with the throwing foot, placing it in front of the rubber, exactly parallel to the rubber. Bring the glove foot forward, in front of the throwing foot and bring the knee up to waist level so that the player is balanced, thigh at 90 degrees to the other leg, foot hanging relaxed and toes down.

Drive forward with the back foot pushing against the rubber, move the glove foot forward, opening the foot to about 45 degrees to handle the body's weight. The hands separate at this time, the front elbow should lift and then drive downward and begin to rotate around the body.

The throwing hand travels in a circular path to a position so that the upper arm is straight out (90 degrees) and the elbow is flexed at approximately 90 degrees and the ball is rotated away from the batter. Some people call this the clothes hanger/goal post position. At front foot contact it should begin to pull forward while the back leg pushes, the ball will drive forward in the hand so that it comes to a release point in front of the pitcher. The two fingers on the ball should push and be the last point of contact with the ball. The pitcher should follow-thru so that the throwing hand travels towards the outside of the glove knee, the back leg will follow with momentum. Be sure to teach players to protect themselves with their glove. Pitchers should not be falling off the mound when the delivery is complete, they should be in a defensive position ready to field a batted ball.

Position Play:

Players should have more exposure to outfield drills that involve catching a fly ball. The most important skill is still fielding a ground ball and then backing up infielders. But catching a fly ball will begin to become important. When catching fly balls in drills, the coach should have the players moving forward and catching the ball when their glove foot hits the ground. Players should be thinking ahead on every play and looking at opportunities to back up infielders.

Proper first base techniques should be worked on with approximately 3-4 players per team. The next step would be to have the player straddle the base while the ball is being fielded and thrown, and then find the bag with their throwing foot and stride towards the throw with their glove foot once the ball is thrown. Anyone at first base must understand the importance of catching the ball, but, they must realize that keeping the ball in front of them is even more important.

Catching should be worked on with anyone who is interested. Catchers should be helped into a good stance at all times. From their stance they should be able to throw quickly by snapping the ball towards their ear while they hop-turn their feet into throwing position. This position is slightly lower than most players because they will not fully extend their knees to get up from the catching position. Catchers should begin to gain experience blocking balls in the dirt. Begin by having them drop to both knees with their glove in between their knees with their bare hand behind the glove, and chin to chest with shoulders hunched and elbows out to the side, and allow the ball to hit their equipment. This is a good place to use tennis balls or incredi-balls. Catchers should be taught to flip off their mask and find the ball when it gets past them.

Offense:

Hitting must be practiced on a regular basis. The mechanics of hitting must be enforced with a drive off of the back foot, rotating the hips and throwing the hands aggressively towards the ball. Younger layers will likely have success with a swing that is slightly down at contact although this will change as they age.

Fielding ground balls is essential to the player. Although the task itself may seem boring, this is a large part of the game and must be practiced with repetition. Coaches are expected to use a variety of drills to improve fundamentals.

Bunting should be taught to the players. Pivoting in the box or squaring in the box are both acceptable. The batter should move to the front of the box. The bat should be comfortable with the bottom hand controlling the front/back movement and not moving much from a normal hitting position. The top hand must protect itself (the fingers) from the ball (the “pinch” technique may be the best choice), but must also provide a steady position for the bat, and locate the ball. The bat must start at the top of the strike zone and move down to contact the ball. Most coaches prefer to have youngsters start their bat at about 45 degrees and move towards flat at contact. Coaches should encourage kids to bunt the top of the ball with the bottom of the bat. Players should only bunt strikes, and should allow a “ball” to pass to the catcher.

Players should be taught that on a hit ball there are unlimited bases for the hitter and baserunner, and they should understand that you can NOT pass or tie the runner in front of you. They should understand strategies with baserunning and what is reasonable to attempt as a runner. Most coaches prefer to teach a two and a half slide step lead. What may be more important is teaching a player to get back to a base at the point far away from the throw.

Players should begin leads following every pitch and be prepared to advance quickly on a passed ball. The leads should be reasonable in length and they should allow plenty of room to return to the base.

Players should be taught proper technique to steal bases by punching with the left hand and accelerating towards the base.

Players should be taught a feet first slide tucking their back foot under their front knee/leg. The front foot should be a few inches off the ground to glide over the bag and to avoid catching the ground and causing injury, and also to keep them moving quickly.

Baserunning drills should become part of practices. Players should be taught to hit the inside corner of every bag. Players should be taught proper rounding techniques to avoid extra steps when rounding a base. This should be taught as the runner approaches a base, and when they leave a base for the next one. Coaches should insist that players approaching second base look ahead to the third base coach for instructions.

Majors

At this point it is the coaches' responsibility to monitor and enhance ALL fundamentals of the game. Drills work should continue and performances should be constantly evaluated. Do NOT allow players to develop bad habits with a lack of practice or your acceptance of poor fundamentals.

Coaches should continue to develop position drills for everyone. Players should take part in drills for various positions. Footwork and quick hands drills are great for middle infielders.

Glove drills for corner infielders are important. Outfield drills should focus on moving to the ball and forward to field. Catchers should work on blocking and releasing the ball efficiently.

Pitchers should continue to work on their mechanics and ball placement. Although we may have players play certain positions, exposure to a wide variety of drills and positions in practice will provide a more optimal situation for the player.

Pitching:

Count pitches! A 10 or 11 yo should be stopped around 60-70 and a 12 yo should be stopped at 70-80.

Pitching mechanics should be very sound by this point. A coach must monitor these mechanics and remove the pitcher if his mechanics change, this will put him at a higher risk for injury.

Pitchers should be working on various fastballs and change-ups with location of the pitch becoming most important.

10 and 11 year olds should be pitching no more than 60-70 pitches per outing with 12 year olds pitching no more than 80 pitches per outing.

Position Play:

Coaches should be working on skills directly related to baseball. Players should be exposed to a variety of positions as they will be moving to more competitive programs in the future. Catchers should look to control the game by monitoring the baserunners and adjusting the game to meet their teams' needs. Catchers should get the ball to the pitcher quickly to avoid aggressive baserunning, or delay steals, by the opponent.

Offense:

Baserunning drills should be worked on in practices. Players should be working on tag-up situations and when to stay off the base. Players should NOT be 1-2 steps off of the base when the ball is caught, they should either be tagging up, or out as far as they are safe. Coaches should do a variety of base stealing and base running exercises in their practices.

Strategy:

Players should be performing good situational cut-offs by having their bodies in proper position and anticipating the play. The ball should move quickly in transition and the ball should never move in a downward motion. Players will be able to place themselves according to your strategy, but be able to adapt as they grow to the strategy of others.

First and Third offense and defense should be taught, practiced and executed. These plays should have a goal in mind each time. The focus should be on the performance of your team, not tricks by either team. The goal should be to be sound defensively and offensively in these situations working towards a goal for your team, not strategizing against tricks by the other team.

Bunting offense and defense should also be taught, practiced and executed. Strategies will vary on ball placement, but skills of bunting must be solid. Players should bunt only strikes, in front of the plate, start with their bat at the top of the strike zone, and bunt.

Run down situations, offensively and defensively, are difficult for any age. Players should have exposure to this in practice so they can perform in a game. Defensively, we should teach to push the runner back towards the base they came from, make as few throws as possible and make a quick throw in an attempt to get an out. The player at the base they came from should move towards the throw to attempt a tag about 5-6 feet away from that bag as the runner is retreating towards that bag. Defensive players should understand that once they throw the ball, they need to get out of the runners way. Offensively, we should encourage players to make the defense throw the ball as much as possible. They should be looking for an opportunity to be safe at any bag, or be safe by causing interference by the defensive player.