

# Welcome MVGS Coaches!



# What Makes a Great Coach?

Celebrate the successes.

Teach failure recovery.

Empower them in challenging moments.

Be an engineer of belief.

Create an environment of safety, trust, and vulnerability.

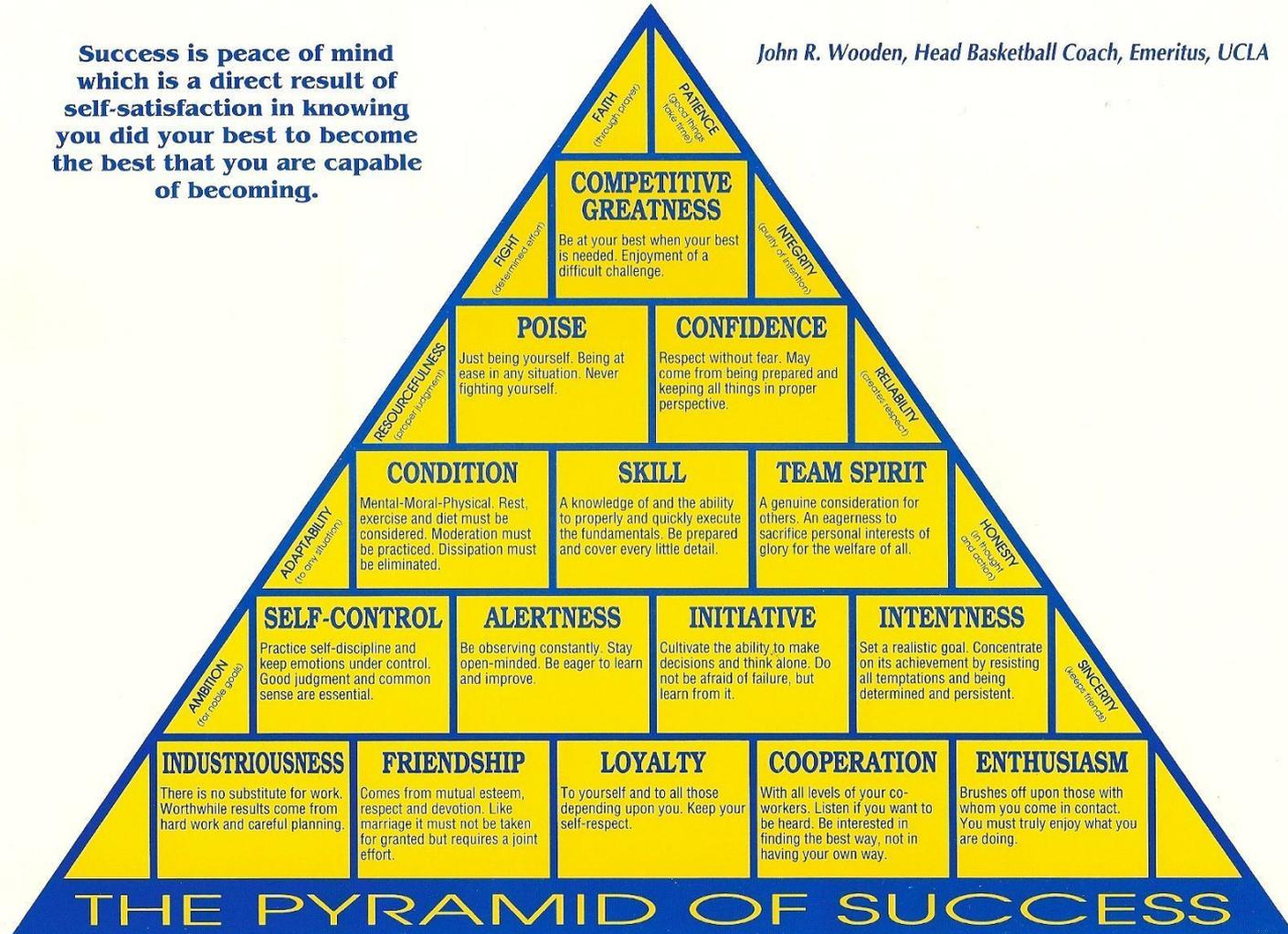
How you think...How you speak... How you act...will have a lasting impact.

Keep it Simple, Keep it Positive, Keep it Fun!

One physical mistake can cost you an inning,  
one mental mistake can cost you a game!

**Success is peace of mind  
which is a direct result of  
self-satisfaction in knowing  
you did your best to become  
the best that you are capable  
of becoming.**

*John R. Wooden, Head Basketball Coach, Emeritus, UCLA*



Set the expectations from the start!

## Set Goals for the Girls

Have fun and cheer loud  
Be ready and organized  
Hustle  
Development  
Focus  
Knowledge and growth  
Good attitude, good effort, good sportsmanship  
Failure recovery  
Positive experience  
Fun

## Set Expectations for the Parents

Volunteer  
Communication  
Be there, be on time  
No coaching from the stands  
No chastising the umpires or other teams  
Encourage good sportsmanship  
Embrace new opportunities for growth  
24 hour complaint rule

## Set Your Plan with Coaches

Keep it positive  
Provide input and feedback  
Coach to their strengths

# Season Information and Updates

Follow us on social media for updates and events during the season

## Social Media



@missionviejogirlssoftball



MissionViejoGirlsSoftball

Website - [www.mvgs.org](http://www.mvgs.org)

Field Updates - MV Life Mobile App



Sports Engine - Team practice and game schedule



Be Organized, Be Prepared, and Be Structured

#### 6:00p - 6:10p - Warmups

- 6 cones, 2 per cone
  - Walking arm circles
  - Knee grabs
  - High knees
  - Butt kickers
  - Shuffle Shuffle Touch
  - Karaoke
  - Lung Twists
  - 50%/100% Sprints

#### 6:10p - 6:20p - Throwing

- Partners
- Ball starts on foul line
- "Ready, Set, Throw"
  - Focus
    - Mechanics
      - Arm motion
      - Footwork
      - Follow through
    - Accuracy
    - Grip

#### 6:20p - 6:22p - Water

#### 6:22p - 6:40p - 3 Bucket Drill

- 3 buckets of balls, 3 coaches
- Girls start in line at 3rd base
  - Focus
    - Mechanics
    - Charging the ball
    - Fielding on glove side
    - "Dig Deep" - working through exhaustion, finding hidden energy

#### 6:40p - 6:42p - Water

#### 6:42p - 6:50p - Circle of Focus

- When pitcher is in motion, everyone is in motion.
- Step back, collect yourself, step back in
  - Focus
    - Object in motion moves faster than an object that is still
    - Moving on the pitch allows us to move to the ball faster

#### 6:50p - 7:10p - Infield & Outfield Drills

- Infield
  - Ground balls straight to them
  - Ground balls to the left working on glove side
  - Ground balls to the right working on backhands
    - Focus
      - Mechanics
      - Motion to the ball, moving through the ball
      - Angles
- Outfield
  - Barehanded pop flies w/ foamies
    - Drop steps both shoulders
    - First motion is one step back
  - Pop flies
    - Same focus as above
  - Hitting the cutoff
    - Right field goes to 2nd
    - Center & Left go to SS
  - Cutoff turns glove side

#### 7:10p - 7:25p - Situational

- Throwing to 1st
- Bunt Defense
- Cutoffs
- Plays at home
  - Infield in
  - Force vs tag

#### 7:25p - 7:30p - Recap

- Review what we covered, what did we learn?

6:00 - 6:10 - Warmups

- Ladder Drills

6:10p - 7:00p - Batting Stations (10 minutes each)

- 1st Station - Pitching Machine
  - Tracking
  - Load
  - Hips
  - Path to Contact
  - Extension
  - Follow through
- 2nd Station - Front Toss w/ Foamies
  - Same as above
- 3rd Station - Single Hand Tee Work
  - Lead hand
    - Path to contact
      - Discuss open vs closed shoulder
    - Extension
    - Follow through
    - Discuss job of lower body
    - Eyes
  - Back hand
    - Path to contact
      - Discuss not dropping or extending back & out
    - Extension
    - Follow through
    - Discuss job of lower body
    - Eyes

- 4th Station

- Bucket Ball Bounce
  - Timing

- 5th Station - Bunting

- Sac Bunts
  - 1st Base and 3rd Base
    - Bat Angle
    - Driving hand
  - Catching and creating backspin
    - Not slapping at the ball
    - Pinching the neck of the bat
  - Barrel Angel, Flat barrels and Dropped barrels create popups
- Sneaky Bunt
  - Show late
    - Same focus as above

Every Kid is Different, Coach to Each Kids Strengths.

# Reward Hard Work, End Practice with a Game!



Scrimmage

Arizona

Relays

Pepper

Kickball

Hitting Water Balloons

Sliding on a Slip n Slide



# Double Check Your Lineup!

Know your rules!

Have you sat everyone once before sitting a girl twice?

Have you rotated everyone into the infield before the appropriate inning?

How many innings is your starting pitcher allowed before you have to rotate in a new pitcher?

Share with your ACs for their thoughts

Be okay with making changes before and during the game if something isn't working

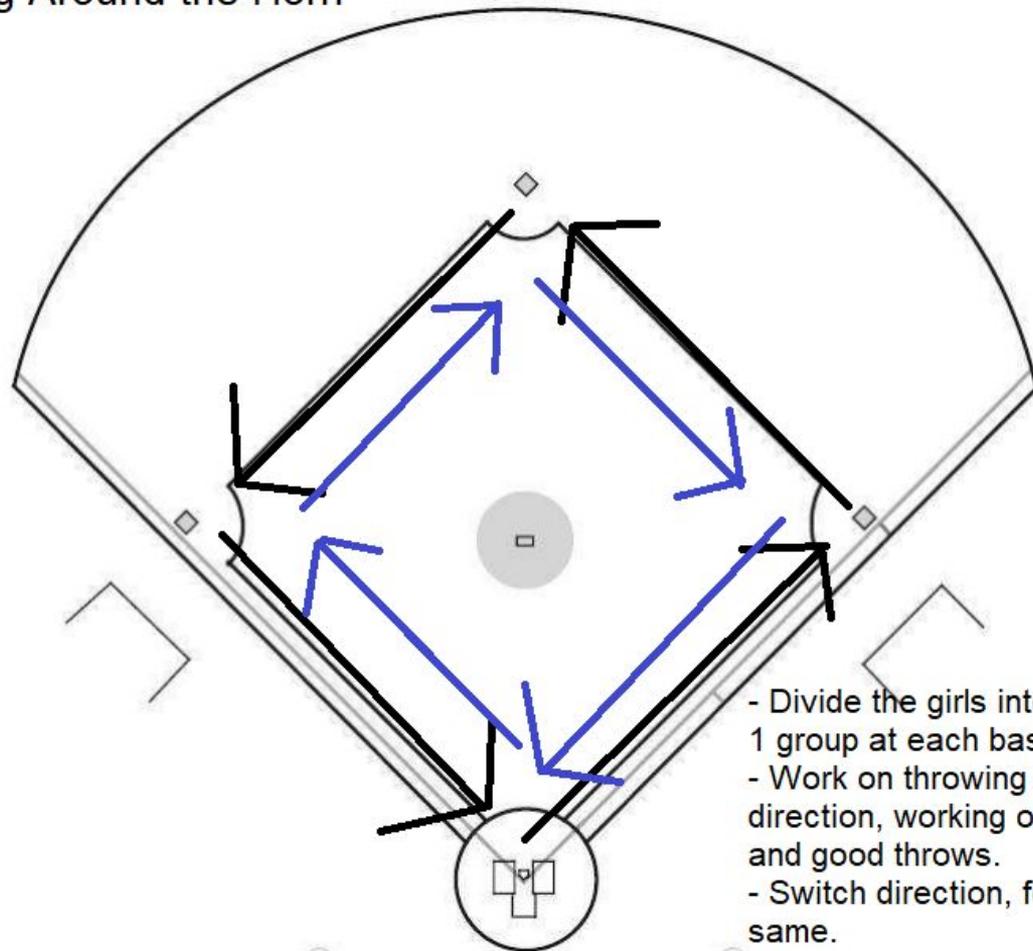
Gold Rush vs Misfits					
Name	1	2	3	4	5
Reagan	CF	SS	B	SS	C
Sandra	1	B	P	P	3
Jace	C	C	C	3	1
Josslyn	P	P	1	1	B
Payton	SS	CF	SS	B	CF
Claire	3	RF	B	C	RF
Samantha	B	3	CF	CF	SS
Avery	RF	1	3	B	P
Stella	2	LF	LF	2	B
Layla	LF	B	2	LF	LF
Charlotte	B	2	RF	RF	2

Fundamentals are Key!

# Some Practice Drills

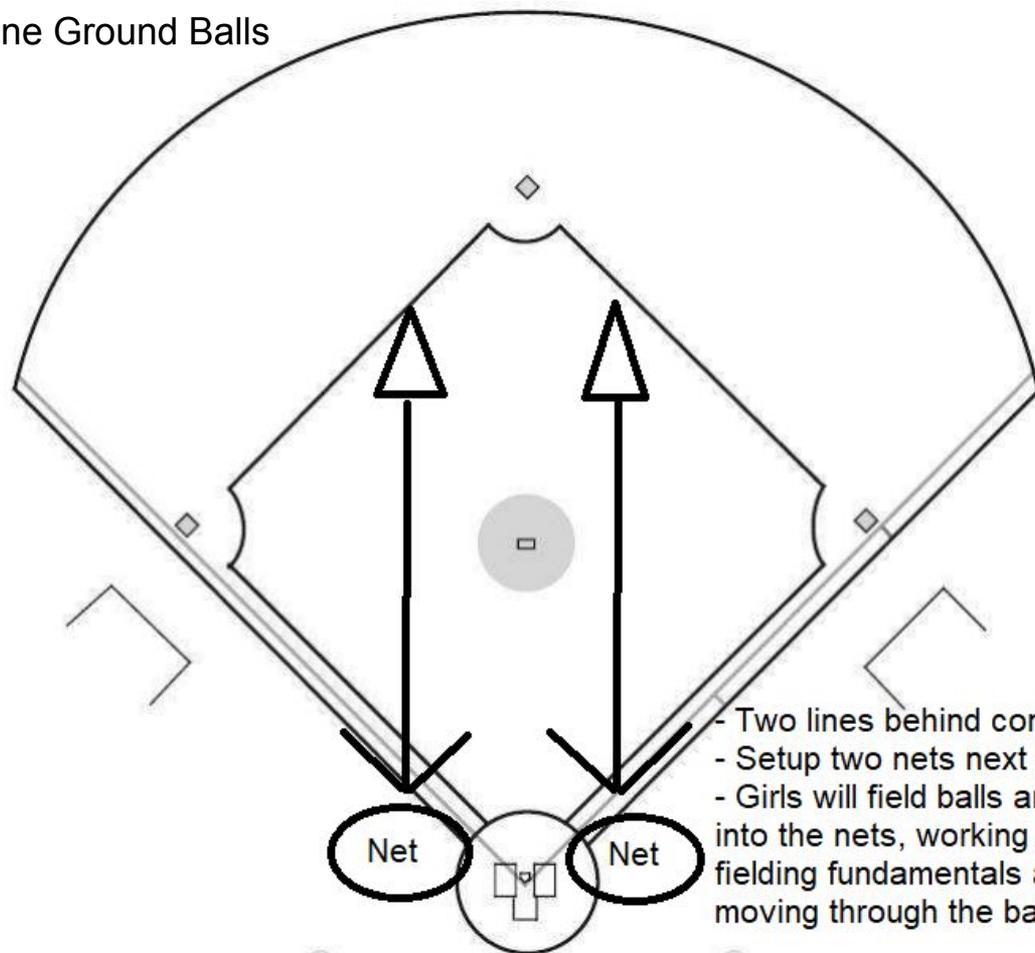
- Right Left Field, Right Left Throw
- Triangle Drill
- Around the Horn
- Barehand Fly Balls
- Drop Steps
- Baserunning
- Tee Work
- Soft Toss
- Front Toss
- Three Plate Drill

## Throwing Around the Horn



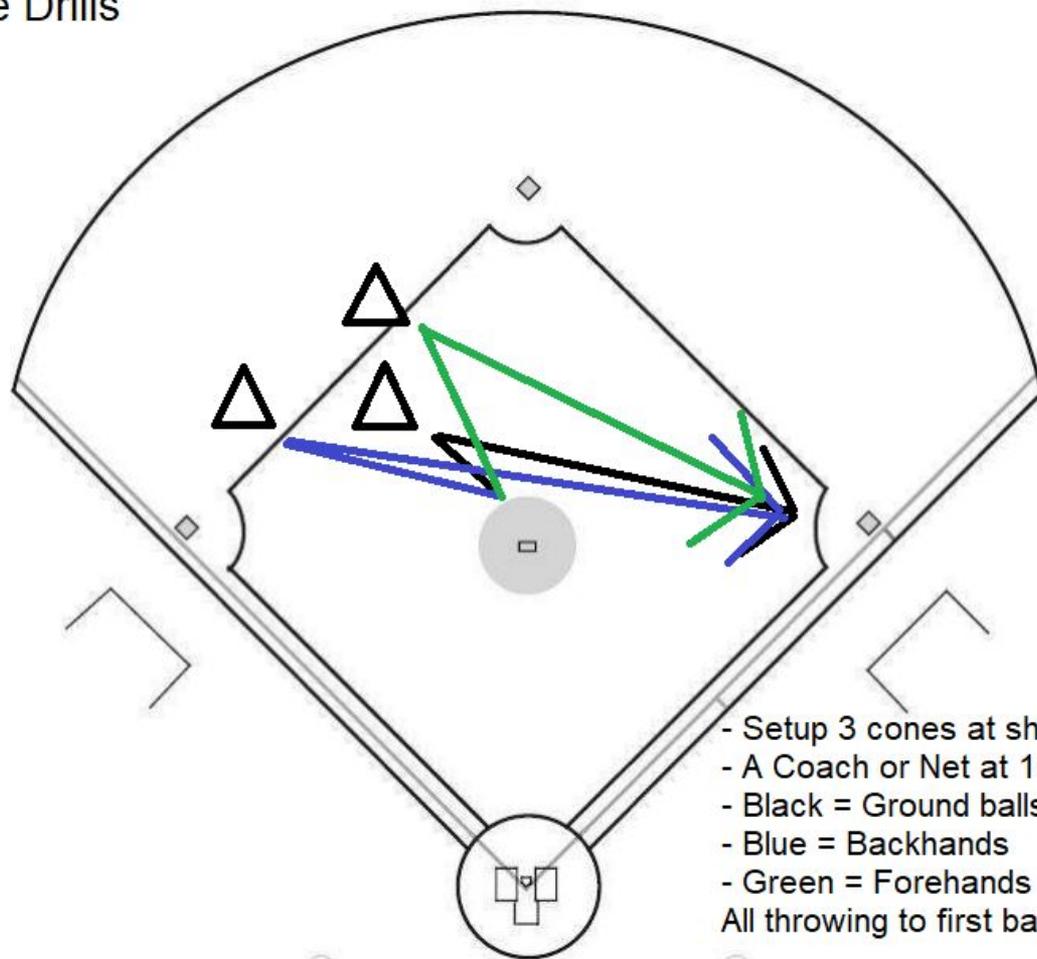
- Divide the girls into 4 groups  
1 group at each base.
- Work on throwing one  
direction, working on footwork  
and good throws.
- Switch direction, focus on the  
same.

## Two Line Ground Balls



- Two lines behind cones
- Setup two nets next to Home
- Girls will field balls and throw into the nets, working on proper fielding fundamentals and moving through the ball.

## Triangle Drills



- Setup 3 cones at shortstop
  - A Coach or Net at 1st
  - Black = Ground balls straight on
  - Blue = Backhands
  - Green = Forehands
- All throwing to first base

<https://www.youtube.com/watch?v=Fz0FNjnJKyM>