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COACH'S TRAINING

*Train a child in the way he should go,
and when he is old, he will not turn from it.*

Proverbs 22:6

Responsibilities of a Victory Sports Coach

- *Follow the league schedule and guidelines for all practices and games.*
- *Report all injuries or health-related problems immediately to a member of the Victory Sports Recreation Staff.*
- *Maintain the system of equal playing time for every player.*
- *Take responsibility for the team's equipment.*
- *Build your team's staff.*

Assistant Coach – The Assistant Coach provides help at practices and at games. The Assistant Coach may also be called upon to lead a practice or game if the Head Coach has to be absent.

Team Parent – This parent helps the Head Coach with the organization and administrative duties of the team.

Dugout Parent – This parent helps the Head Coach on game days in the dugout with batting order and team control.

Victory Sports Umpire – This volunteer works with the coaches to provide a fair, positive game experience for every player.

How to Communicate with Players

As a coach and communicator, below are a few points to consider when communicating with your players:

- *Establish your identity as the authority.* Players should understand that when you are talking, they should be listening. Use “Take a Knee” to indicate when play should stop.
- *Be consistent and be sincere.* This should be applied in both praise and correction.
- *Talk at their level.* Carefully explain things in a manner that is easily understood by each child.
- *Discover their motivators.* Each child has unique motivators.
- *Practice patience.* Remember, they care more about what you do than they do about what you say.
- *Develop and maintain their self-esteem.* Always provide encouragement when correcting. In addition, emphasize the value of the stars as you distribute them to the players.
- *Abide by the established rules and guidelines.* Your players will be looking to you for their lead.
- *See each player's potential.* Remember that **Every Child Is A Winner!**

Tips for Communication with Parents

Get to know the parents and family members of your players. Include parents in **your first team meeting at the first practice**. During that time, introduce yourself and share your excitement about the season. Also, many parents and family members want to support you and the team and will offer to help throughout the season. Here are a few ways to get parents and family members more involved:

- *Prayer Partners.* Give them a copy of the team roster and ask them to pray for each player and family by name each week.
- *Help with Snacks.* Allow families to rotate the duty of providing snacks for after games.
- *Devotion Assistant.* Ask a parent or family member who attends each practice to be a “devotion assistant” who will bring objects for you to use as visual aids each week during devotions.
- *Team photographer.* Ask a parent to take action shots for the team.

Planning Your Practices

Your weekly practices will be the most important time you spend with your players. During practices, you have the opportunity to work with your players on the fundamentals of baseball and to establish relationships with them. Prepare thoroughly so that you make the most of this time together. Here are a few helpful hints to make your practices successful:

- *Arrive Early.* Always plan to come to the field at least 15 minutes before the start of your practice and 20 minutes early for the first practice, because some players and families will arrive early. This time is a good opportunity to get to know your players' parents and to address their questions.
- *Be prepared.* Have a plan for each practice. Practice drills and suggestions are provided in this notebook that will help you plan for practice.
- *Establish practice rules.* Make your players aware of the rules for practice. The most important rule is for the players to listen when you are talking, so establish this rule first. Other rules may include: being on time, running on and off the field, respect your teammates, etc. Clearly communicating these rules will help everyone get more out of practice.
- *Teach fundamentals.* Your job as a coach is to help your players understand and practice fundamentals so that they begin to establish a solid foundation of baseball skills. We want our players to be fundamentally sound and experience success if they choose to play baseball at the next level.
- *Make it fun.* Use games and drills to make practices fun. Be creative.
- *Use scrimmages as a coaching tool.* Scrimmages are fun and can be a valuable tool to simulate game situations. You can hold scrimmages between players on your team or by playing against another team.

Interaction Between Coaches and Umpires

Umpiring

Umpires are our authority figures for each game in Victory Sports Baseball. Whether player, coach, parent, or spectator, we are to maintain respect for the umpires at all times. As a league, we will seek to positively affirm each umpire.

Umpires and coaches are the difference in this league. No one can affect the players in our league like their coaches and umpires. It is imperative for the coaches and umpires to work together for one mission. This mission has nothing to do with winning or losing games. Winning or losing is a temporary event. This mission concerns things of eternal value.

The umpire sets the tone for the game by gathering both teams and their coaches at the pitcher's mound for a brief word of encouragement and prayer. The Umpire will lead in prayer before the start of each game. In games where the coaches serve as the Umpire, the Home Team Coach will lead the prayer.

Vision Statement

Submitting to God's authority, Victory Sports desires to change generations, instill excellence, and fulfill the eternal desire in every heart through the vehicle of sports.

Mission Statement

Victory Sports is committed to equipping believers to share the gospel of Jesus Christ with unlimited children through sports ministry.

Team Time Devotions

One of the greatest responsibilities and privileges of coaching is sharing the weekly team time devotions with players during practice. These 5-8 min devotions are organized weekly and can be accessed on our webpage at www.secondfamily.tv. It is recommended that coaches have devotions at the midpoint of practice each week. This accommodates players who may arrive late or leave early.

For team time, the coach will gather all his/her players in a group to review the Learning Verse, share the devotion and close with prayer. This is a wonderful time to share Christian principles in an intimate environment.

Scripture Learning

- During the team time at practice, review the weekly scripture verse with players.
- Give each child the opportunity to participate in learning the verse by reciting the verse as a group.
- At the end of practice, award a green star to every player who **participated** in scripture learning.

The Gospel Presentation

At one of the last practices of the season, you should share a Gospel Presentation with your team during your devotion time. **Christian coaches partnering with non-Christian coaches are responsible for presenting the Gospel.** Victory Sports Staff or commissioners will be available to help present the Gospel to teams whose coaches are uncomfortable doing so.

Game Day Stars

In order to build self-esteem and team spirit, each player will be awarded a sticker star to put on his helmet after each game. **Make it a point to explain why the player is receiving each particular star.** Parents should be encouraged to cheer for the children as the stars are presented. Coaches should use the *Star Distribution Form* to track star recipients.

- Blue represents Best Effort
- Gold represents Best Sportsmanship
- Gray represents Best Offense
- Red represents Best Defense
- Orange represents Best Leadership
- White represents Christlikeness

Follow-Up

Coaches should work to develop relationships with players and their families as the season progresses. Be sensitive to their needs. If you are a head coach, be prepared to lead a child to Christ at any practice or game so that you are ready when the opportunity arises. When children make decisions, communicate the information to the Recreation Minister, Bro Jimmy Money Penny. **We also ask coaches to call or visit every child making a profession of faith in Christ. Please try to do this within the same week of the decision to encourage the child and answer any questions the child or a family member may have.**

Winning and Losing

- **When They Win.** Every player will tell you it's more fun to win than it is to lose. As a coach, you should model "winning with class" for your team. Teach your team to congratulate the other team after each game. **Do not tolerate players taunting or humiliating an opponent.**
- **When They Lose.** Many times, especially with younger kids, tears of disappointment will accompany a loss. As a coach, understand that losing in baseball is new and painful, especially for many of the younger players. *Console them, praise their efforts, and never embarrass them.* Tears are a normal reaction for players who have just felt the sting of a defeat. Your job is to coach beyond the game.

Picture Day

Picture Day is scheduled on your practice night the week of your first game. Please refer to your picture schedule in your picture packet for your scheduled time. You will have a team picture taken and your players will have the opportunity to take individual pictures. A complimentary team picture for up to two coaches per team will be provided by Avery Sports Photography. Tentative picture date is the week of April 9th.

Awards Celebration

Victory Sports Awards Celebration is the highlight of the entire season. This event provides a tremendous

opportunity for coaches to communicate their love and support to the most important people in the league – children.

Each child will receive an award that has special meaning. This award will serve as a reminder of the Christ-like attitudes and characteristics that have been instilled in each child throughout the season.

Coaches should attend this wonderful evening of fun and fellowship. Dress is casual, and the joy and excitement will make this an evening you and your team will never forget.

Watch your heads-up for more details on the date and time of the Awards Celebration, tentatively scheduled for May 22nd.

Rules Unique to Victory Sports Baseball

Victory Sports Baseball uses several unique rules. These rules are designed to recognize that Every Child Is A Winner by promoting *character, self-esteem, and player safety*.

Game Format

Here is the unique format of a Victory Sports game:

- The Home Team, listed first on the schedule, will lead in prayer before the start of each game.
- Game length is addressed in the sections for each division.
- Scores will not be kept in any league, although each coach should be aware of how many runs his/her team has scored in the inning. Because in 1st-7th grade the end of an inning is signified by 3 outs or 5 runs scored.
- Overall standings are not compiled in any Victory Sports league, regardless of age. Such standings lead to unnecessary pressure and intensity for players, coaches, and umpires.
- Coaches are allowed to be on the field in certain age divisions. See the division sections for more details.
- All Victory Sports coaches will adhere to the substitution rules provided on the Lineup Form.

Victory Sports Lineup Forms

This substitution system is designed to provide every player equal opportunity for improvement. The substitution system ensures that:

- Every child will have the opportunity to hit near the top of the batting order.
- Every child will get to play at least half the game.
- Every child will get the chance to be in the starting lineup.
- **Coaches are not open to making unfair substitutions or being accused of doing so.**
- Coaches are free from monitoring playing time for each player.

Playing time for all players is virtually even over the course of the season.

Victory Sports Baseball Lineup Form

Keep Order the Same for Entire Season

Starting Batting Order

April 7	Begin with player 1
April 14	Begin with 5
April 21	Begin with 8
April 28	Begin with 2
Week of April 30	Begin with 6
May 5	Begin with 9
May 12	Begin with 3
May 19	Coaches choice

Reminders

- Any player on the bench for a defensive inning must play the next defensive inning, unless injured or ill. **A player shall not sit out for two consecutive innings.**
- All players shall play a minimum of three innings on defense.
- **In Baseball T-Ball, all players on the team will play defense.**

Week 1 Example

#	Name	1	2	3	4	5	6	7
5	1 Shane	CF	1B	P	LF			
6	2 Payton	SS	RC	2B	3B			
10	3 Jeff	1B	CF	1B	RF			
4	4 Danny	RC	2B	LF	SS			
1	5 Nathan	2B	SS	RF	1B			
8	6 Michael	LF	3B	RC	P			
88	7 Chris	RF	P	CF	2B			
7	8 John	3B	LF	SS	CF			
3	9 Scott	P	RF	3B	RC			

	Name
1	Shane
2	Payton
3	Jeff
4	Danny
5	Nathan
6	Michael
7	Chris
8	John
9	Scott

Week 2 Example

#	Name	1	2	3	4	5	6	7
1	1 Nathan	CF	1B	P	LF			
8	2 Michael	SS	RC	2B	3B			
88	3 Chris	1B	CF	1B	RF			
7	4 John	RC	2B	LF	SS			
3	5 Scott	2B	SS	RF	1B			
5	6 Shane	LF	3B	RC	P			
6	7 Payton	RF	P	CF	2B			
10	8 Jeff	3B	LF	SS	CF			
4	9 Danny	P	RF	3B	RC			
	14							

	Name
1	Shane
2	Payton
3	Jeff
4	Danny
5	Nathan
6	Michael
7	Chris
8	John
9	Scott

Reminders

- Any player on the bench for a defensive inning must play the next defensive inning, unless injured or ill. A player shall not sit out for two consecutive innings.
 - All players shall play a minimum of three innings on defense.
 - In Baseball T-Ball, all players on the team will play defense.
- Keep Order the Same for Entire Season.***

Victory Sports SOFTBALL:

1st & 2nd GRADE MACHINE PITCH

PLAYING RULES (*One Umpire*)

Equipment

- Game balls will be provided by Victory Sports. A 10 inch softball will be used.
- An official youth fast pitch softball bat must be used; T-ball bats are not permitted.
- All batters and base runners must wear helmets. The helmets should not be removed until player has returned safely to the dugout.

Game Rules

GENERAL

1. The Umpire will lead in prayer before the start of each game. After the game, both teams will line up to congratulate each other for a game well played.
2. The Sporting News Official Rules of Baseball shall apply at all times, except as amended as below.
3. The game will be six (6) innings. No inning starts after 70 minutes. Weekday games may be shorter.
4. If the catcher drops the ball on the third strike, the batter is still OUT.
5. Base lines shall be 55 feet in length.

DEFENSE

1. There will be ten (10) players on defense: a standard infield and four (4) outfielders. If a team has less than nine (9) players, the opposing coach should arrange a loan of players for defensive purposes. There are no forfeits.
2. Any player on the bench for a defensive inning must play the next defensive inning, unless injured. A player shall not sit out two consecutive innings or sit out twice before everyone else has sat out at least once.
3. All players shall play a minimum of three innings on defense.
4. Players only have to switch positions every 2 innings. All players will have the opportunity to play the infield. It is not required for every player to play every position or for the coach to swap out the catcher & first baseman.
5. The defensive team may have two coaches in the outfield behind the players and one coach behind the catcher to help with player positioning. Coaches should NOT interfere with play.
6. Players should play in their correct positions. No defensive player shall be positioned outside of their normal position. Any defensive player may move outside their position once the ball is put in play by the batter. There should be no outfielders playing on the infield dirt or more than one pitcher.
7. Before any pitch is delivered, the player pitcher is to be positioned with at least one foot on or inside the pitching circle and parallel to the pitching rubber, to the left or right of the machine, maintaining sufficient distance as to not interfere with the delivery of the pitch.
8. The ball becomes dead when a) the pitcher has control of the ball within the pitching circle/mound. B) a defensive player has control of the ball in front of the of the lead runner (trail runners awarded closest base at umpire discretion), c) all runners have maintained their current base.
9. Players may not intentionally distract the batter. This includes verbal "chatter" and any other noises intended to distract.

OFFENSE

1. The offensive team will be made up of the entire team roster. Example: If eleven (11) players are present and not injured or ill, eleven (11) players bat. In case of injury or illness, the injured or ill player shall miss his turn at bat with no penalty.
2. Each batter will receive up to five (5) pitches. If a batter fouls off the 5th pitch, they will receive another pitch. This will continue until the player hits the ball into fair territory or swings and misses for a strikeout. If the batter lets the 5th pitch go by, she is out. Note: if the batted ball hits either the coach pitcher or the pitching machine, the ball is dead and runners advance 1 base.
3. The offensive coach will operate the pitching machine. The coach pitcher should make every effort to avoid making adjustments to the pitching machine within an inning. If the pitching machine needs to be adjusted, it should be after the home team hits. The pitcher may carry a glove onto the field for his protection only. The pitcher should complement the defensive team and never attempt to distract them. *When the ball is hit, the designated pitcher will attempt to leave the field of play, opposite the play.*
4. An inning will end after the third out or after five (5) runs have scored in an inning.
5. The base runners may NOT steal. The base runner shall remain in contact with the base until the ball is hit.
6. Bunting is NOT allowed.
7. NO infield fly rule is in effect.
8. The on-deck batter will use the on-deck batter's circle behind the batter that is at bat during a practice or regular game.
9. All batters, on deck batters, and base runners are required to wear a batting helmet. All equipment that is not in use must remain in the dugout.
10. Bat Throwing will not be tolerated. Any batter that throws the bat will receive a warning. If the same batter throws the bat again, she will be automatically out. (this should be treated as a dead ball and the runners may not advance).
11. Overthrows: Base runners can advance one (1) base at their own risk on an overthrow at any base. There shall be allowed only one overthrow per play. Any consequent overthrows in the same play will not warrant another base.
12. A courtesy runner for the catcher is required when there are two outs or when the runner who would be the fifth run is in scoring position (on second or third base). The person who runs for the catcher will be the player who made the last out (not necessarily the last batter in the dugout).
13. A player must attempt to slide when the defensive player is making a play on the ball or has the ball and is waiting to make a tag. The runner will be called out if a slide is not attempted to avoid collision.

DUGOUTS

Assignments: Home Team will occupy the 3rd base dugout.

Clean-up: Teams need to remove all trash from the dugout because there will be a team immediately following.

Victory Sports SOFTBALL:

3rd & 4th GRADE MODIFIED KID PITCH

PLAYING RULES

Equipment

- Game balls will be provided by Victory Sports. An 11 inch softball will be used.
- Official youth fast-pitch softball bat must be used. No baseball or T-ball bats.
- All batters and base runners must wear helmets with facemasks. Helmets should not be removed until players have safely returned to the dugout.
- Catchers must wear a catcher's mask and helmet as well as a chest protector.
- No watches or jewelry should be worn.

Game Rules

GENERAL

1. The umpires will lead in prayer before the start of each game. After the game, we will line up to congratulate the opposing team for a game well played and meet for testimony in your teams designated area.
2. The ASA Official Rules of Softball shall apply at all times, except as amended below.
3. The game will be six (6) innings or 90 minutes. No inning starts after 75 minutes. Weekday games maybe shorter.
4. If the catcher drops the ball on the third strike, the batter is still OUT.
5. Base lines shall be 55 feet in length.
6. The distance from the pitching mound to home plate will be 33 feet.
7. No Stealing

DEFENSE

1. There will be ten (10) players on defense. Teams may play with less than ten (10). If a team has less than nine (9) players, the opposing coach will arrange a loan of players for defensive purposes. There will be no forfeits. THE OUTFIELD SHOULD NEVER EXCEED FOUR PLAYERS.
2. Any player on the bench for a defensive inning must play the next defensive inning, unless injured. A player shall not sit out two consecutive innings.
3. All players shall play a minimum of three (3) innings on defense.
4. Players only have to change positions every 2 innings. It is at the coach's discretion where players play, but they must play 2 in the infield each game.
5. No players should sit out a second inning defensively until every other player has sat out one inning.
6. No coaches are allowed in the outfield. Pitching Coach will be allowed on the field to assist player pitcher.
7. Players should play in the correct positions. There should be no outfielders playing in on the infield dirt and only one pitcher.
8. The ball becomes dead when: a) the player pitcher has control of the ball in the circle within the pitching circle/mound. B.) a defensive player has control of the ball front of the lead runner (trail runners awarded closest base at umpire's discretion.) C.) all runners have maintained their current base.

9. Players may not intentionally distract the batter. This includes verbal “chatter” and any other noises intended to distract.

OFFENSE

1. The offensive team will be made up of the entire team roster. Example: If ten (10) players are present and not injured or ill, ten (10) players bat. In case of injury or illness, the injured or ill player shall miss his turn at bat with no penalty.
2. Inning will end after the third out or after five (5) runs have scored in an inning.
3. The base runner cannot steal or advance on a passed ball.
4. Bunting is not allowed.
5. No infield fly rule.
6. The on-deck batter will use the on-deck batter’s circle behind the batter that is at bat during a practice or regular game.
7. Batters, on deck batters, and base runners are required to wear a batting helmet with a facemask. All equipment must remain in the dugout.
8. There will be no walks (base on balls) A batter receiving (4) non-strikes during one at bat shall receive 3 extra pitches from a coach. Note: Any pitch thrown by coach shall be an underhand single line plane pitch (no lobs). After three extra pitches if player does not put the ball in play she is out. Player may foul off 3rd pitch and receive another until ball is put into play or swings and misses it.
9. Please refer to pitching regulations directly following the 5th - 7th grade rules
10. *In the event that a pitching machine is used in the game, the following rules will be in effect:*
 - The offensive team will have one coach operating the pitching machine along with coaches at first and third base. If the pitching coach or pitching machine gets hit by a ball, it is ruled dead, the batter goes to 1st, and the runners advance one base.
 - Each batter will receive five (5) pitches or three swinging strikes. If a batter fouls off the 5th pitch, they will receive a 6th pitch. This will continue until the player hits the ball into fair territory or swings and misses for a strikeout. If the batter lets the 5th pitch go by, she is out. Please Note: If the umpire deems the fifth pitch not hittable and the batter does not swing the batter will receive one additional pitch.
11. Bat Throwing will not be tolerated. Any batter that throws the bat will receive a warning. If the same batter throws the bat again, she will be automatically out.
12. Overthrows: In the first four games, the runner can advance 1 base on each overthrow at her own risk. Starting in the fifth game the ball is live, meaning as long as the ball is being overthrown the runners can advance and as many bases as they choose.
13. A player must attempt to slide when the defensive player is making a play on the ball or has the ball and is waiting to make a tag. The runner will be called out if a slide is not attempted to avoid collision.
14. A courtesy runner for the catcher is required.
15. If a batter is hit by a pitch (this will constitute four balls) the at bat will continue and she will receive 3 more pitches from the coach.
16. Summary of changes starting in the fifth game: runners can advance as many bases as they can on overthrows.

DUGOUTS

Assignments: The Home Team will occupy the 3rd base dugout

Clean-Up: Teams need to remove all trash from the dugouts.

Vacate immediately– There will be a game scheduled right behind yours almost every game day. As soon as your game is finished, please head to your designated areas for testimony & star presentation.

Victory Sports SOFTBALL: - TWO UMPIRES

5th-7th GRADE KID PITCH

PLAYING RULES

EQUIPMENT

- Game balls will be provided by Victory Sports. An 11inch softball will be used.
- An official youth fast pitch softball bat must be used.
- All batters, on-deck batters, and base runners must wear helmets with facemasks.

GAME RULES:

GENERAL

1. One of the umpires will lead in prayer before the start of each game. After the game, we will line up to congratulate the opposing team for a game well played.
2. The ASA Official Rules of Softball shall apply at all times, except as amended below.
3. The game will be six (6) innings. No inning starts after 90 minutes. **Weekday games may be shorter.**
4. Base lines shall be 60 feet in length.
5. Scorekeeping is encouraged in this league even though there is no scoreboard.
6. If the catcher drops the ball on the third strike, the batter is OUT.
7. The distance from the pitching plate to home plate will be 40 feet. Time in between half innings shall not exceed 2 min. During this time the pitcher can have up to 5 practice pitches. **Have your catchers ready!**

DEFENSE

1. There will be ten (10) players on defense. If a team has less than nine (9) players, the opposing coach should arrange a loan of players for defensive purposes. There are no forfeits in Victory Sports Softball.
2. Any player on the bench for a defensive inning must play the next defensive inning, unless injured. A player shall not sit out two (2) consecutive innings. No player shall sit out a second inning on defense until every player has a taken a turn sitting out an inning.
3. All players shall play a minimum of three (3) innings on defense. All players will have the opportunity to play the infield. It is not required to swap out the catcher, pitcher and first baseman.
4. Balks will not be called.
5. **Pitching regulations are directly after this section. Please become familiar with and follow them for the safety of the athlete!!**
6. If a player pitcher hits three (3) batters in one inning, she must be removed from the mound.
7. If a player pitcher walks three (3) consecutive batters in one inning (not including hit batters), the coach must replace her with another pitcher. If the replacement pitcher also walks three (3) consecutive batters, a coach from the team which is batting will be required to complete the inning.
8. A new pitcher will be allowed 5 warm-up pitches. Also a pitcher is allowed 5 pitches before each half inning.
9. Any player/coach warming up the pitcher must wear a facemask with a throat protector.
10. The defensive coach can request one timeout per inning to discuss strategy with the pitcher. However, on the second timeout in the same inning, he/she must change the pitcher.

11. The ball becomes dead when: a) the pitcher has control of the ball within the pitching circle / mound, b) a defensive player has control of the ball in front of the lead runner (trail runners awarded closest base at umpires discretion), C) all runners have maintained their current base.
12. Players may not intentionally distract the batter. This includes verbal “chatter” and any other noises intended to distract.

OFFENSE

1. The offensive team will be made up of the entire team roster. Example: If ten (10) players are present and not injured or ill, ten (10) players bat. In case of injury or illness, the injured or ill player shall miss his turn at bat with no penalty.
2. An inning will end after the third out or after five (5) runs have scored in an inning.
3. NO STEALING
4. The infield fly rule is in effect.

INFIELD FLY RULE: There will be no infield fly rule in 2018.

5. Bunting is allowed.
6. The on-deck batter will use the on-deck batter’s circle behind the batter that is at bat during a practice or regular game.
7. All batters, on-deck batters, and base runners are required to wear a batting helmet with a facemask. All equipment must remain in the dugout.
8. **Overthrows:** As long as the ball is being overthrown, the runners can advance at their own risk. See Defense Rule 11.
9. A courtesy runner for the catcher and pitcher may be used. The person who runs for the pitcher/catcher will be the player who has made the last out. **A courtesy runner for the catcher must be used if there are two outs or a runner representing the fifth run is in scoring position.**
10. A player must attempt to slide when the defensive player is making a play on the ball or has the ball and is waiting to make a tag at any base. The runner will be called out if a slide is not attempted to avoid collision.
11. Bat Throwing will not be tolerated. Any batter who throws the bat will incur a team warning. If any subsequent player on that team throws their bat, they will be called out.
12. If a base runner leaves base before the ball crosses the plate they are out.

DUGOUTS

- Assignments: The Home Team will occupy the 3rd base dugout.
- Clean-up: Teams need to remove all trash from the dugouts immediately following the end of the game.
- Vacate Immediately: Dugouts should be vacated immediately following any game where another game is scheduled on the same field. Post-game team meetings and star presentations will be held in your designated areas.

PITCHING REGULATIONS

Pitch Count:

- 75 pitches or 4 innings per game

- 100 pitches per week
- Warm up pitches are not included in the pitch count.
- Coach shall record number of pitches on designated form. All pitch count forms shall be turned in after each game.

Pitcher Rest Requirements

- Pitches 61 or more pitches in a game, 3 calendar days of rest.
- Pitches 41-60 pitches in a game, 2 calendar days of rest.
- Pitches 21-40 pitches in a game, 1 calendar day of rest.
- Pitches 1-20 pitches in a game, 0 calendar day of rest.

General

- A pitcher removed from the mound because of walking three consecutive batters may return to the mound at the beginning of the next inning, provided the pitcher is eligible per the pitch count rules.
- A pitcher removed from the mound for any other reason may return to the mound anytime in the remainder of the game, but only once provided the pitcher is eligible per the pitch count rules.
- If the catcher is having difficulty catching, retrieving and returning the ball to the pitcher in a timely manner, a coach may back-up the catcher in order to speed up the game. This coach will assist with passed-balls only and may not touch any live ball that is in play.
- For rescheduled and/or suspended games, the pitcher shall adhere to pitch count rules for the week in which the makeup game is being played. These games shall not be considered an extension of the week in which they were originally scheduled.

Pitching forms are provided in the back.

Drills, Skills & Tips

This section is designed to help coaches teach players the fundamentals of baseball. Each section includes an explanation of proper fundamentals and a list of several drills that will help players develop these skills.

Catching (Receiving) Skills

Catching the ball involves tracking the ball, then moving your body, glove, and throwing hand into that path in order to catch the ball. You must visually pick up the flight of the ball by focusing on it while it is coming toward you and move your body in line with the oncoming ball. Once in line with the ball, stand squarely, facing the ball with your glove-side foot slightly ahead. Reach your hands out in front of your body to make contact with the ball, and simultaneously shift your weight onto your front foot. A few things to emphasize here is the glove is an extension of the hand; always use two hands; and the eyes should follow the path of the ball into the glove.

Throwing Skills

You may find that throwing is one of the weakest skills in your players. Even athletes with strong arms often have poor throwing fundamentals. With that in mind, set aside time in the beginning of each practice to work on throws and monitor throwing mechanics during warm-ups.

- *Grip* – Most throws begin with a catch. As you move the ball and glove to the throwing position, take a two-finger grip on the ball by placing your index and middle fingers on one seam and your thumb on a seam on the side of the ball opposite your fingers.

- *Overhand Throw Progression* – As you take the ball out of your glove, be sure to grip the ball as described above. Here are simple verbal cues to give to your players: “Turn, step, and throw.” These cues will remind your players to turn toward the target while extending your throwing hand back; to step in the direction of the target with your glove-side foot, shifting your weight onto that foot while keeping your hips square to the target; and to throw the ball by bringing your arm forward and snapping your wrist, leading with the elbow. Keep your elbow high and your upper arm parallel to the ground. Rotate your forearm through the vertical, keeping the ball high as it goes by your head. After you release the ball, your weight will be forward, your knees bent, your throwing shoulder forward, your throwing hand low and to the outside of your glove-side knee, and your throwing-side foot will come forward to put you in a balanced position. Below is the three phases of the overhand throw:

Coach Turner’s throwing method

Karate Kid position---Directional side (glove) to target-- Directional side leg up---rear leg down

Hands in prayer position--elbows down--"rock the baby"

When lead leg moves down, the hand comes out of glove

"Thumb to thigh--pinkie to the sky--wave good-bye" (hand out of glove)--back of palm is now facing the throwing hand ear

When front leg hits, the ball hand should be above shoulder height

Then, belly button moves forward

Belly Button brings the back hip--back hip brings the ball

Finish with fingers to the mitt

Preparation

1. Weight on back foot
2. Glove side to target
3. Arms extended, glove to target
4. Wrist cocked, ball to rear

Execution

1. Step toward target
 2. Push off rear foot
 3. Elbow leads throw, hand trails
 4. Weight on front foot
 5. Hips square
 6. Forearm rotates through vertical
 7. Ball high
 8. Glove hand low
- Snap wrist

Follow-Through

1. Wrist snapped
2. Weight forward
3. Knees bent
4. Throwing hand low
5. Throwing shoulder forward
6. Assume balance position

Throwing and Catching Drills

Knee Drill – T1

Start one line of players down the foul line and line up their partners opposite them 10-15 feet apart. Players drop down on one knee with the throwing knee on the ground and the glove-side knee up. The player throwing the ball should rotate the trunk, point the glove-side shoulder to the target, bring the throwing arm back, cock the wrist, and follow through after releasing the ball. The throwing arm should end up resting on the opposite knee. The other player should be in ready position and follow the ball as she catches it.

Partner Toss – T2

Players line up like the knee drill, except both players are standing. Each player should provide a target in the chest area for her partner, using her glove and throwing hand. The receiver stands on the balls of her feet, with her feet shoulder-width apart. She moves her feet to receive the ball and does so with two hands. As she catches the ball, the receiver turns her body so that her back foot is perpendicular to the target. No matter how the player catches the ball, she must set her back foot and turn her body before throwing.

Coaching Tip: Have all the balls in the same line. Instruct players that they should begin on your signal. It is safer if all the players in one line are throwing and in the other line receiving. Look for correct throwing motion, correct follow-through, and catching with two hands.

Five Every Five – T3

Divide your players into partners based on comparable arm strength. Have the partners start approximately 10 feet apart. Using proper throwing and catching fundamentals learned. Partners throw back and forth on your signal. Every five throws, they should increase their distance by 5 feet by having one person take two steps back. Partners should not go beyond a comfortable distance and can work on increasing the distance between them each practice. An option is to only let partners increase the distance if they make 5 good catches and throws.

First to Fifteen – T4

Players set up with one partner on the foul line and the other about 30 feet away. Players throw back and forth on your signal and all of the fundamentals should be observed. One point is awarded if the ball is caught and two points are awarded if the ball is caught between the waist and shoulders (target). The team to reach fifteen first wins. For older players, play to 25 instead.

Chip's Throwing Drill – T5

Have two lines. Players should be 15-20 feet apart. Spread out; everyone has a partner. Keep the ball on one side and give the command for all players on that side to throw. Command: Ready-Break-Throw. Make sure the players have lined up their shoulders to the target and they point their gloves to the target. On ready command, shoulders are lined up to the target and the ball is in the glove. On break command, the glove points to the target and the ball is extended with the palm down. On throw command, player releases the ball to the target. Player on the receiving end should catch the ball with both hands.

Throw and Go

This drill teaches young players to follow their throws in the right direction. Have two single-file lines of players facing each other at a comfortable throwing distance. The player at the head of the first line throws to the player at the head of line two. After the throw, she continues in a forward motion in the direction of the throw by running to the back of the opposite line. The drill encourages players to follow their throws instead of allowing them to cheat backward as they tend to do when going to the back of the same line.

Fielding Skills

Fielding Ground Balls

When a ball is hit on the ground to an infielder, the player must position his or her body in front of the ball. The player should start with the glove in the dirt because it's easier to go from the ground up to field the ball. Teach your players to always lead with the glove, no matter which direction they move. For a ball hit directly at him or her, the player should move toward the ball under control, charging only the slow roller. With your instruction and a lot of practice, the player will be able to anticipate where the last bounce of the ball will be and predict the best place to catch the ball after it takes a bounce. The player then should move in to field the ball at that point.

Here are some tips to give your players for fielding a ground ball:

- Approach – A fielder should be aggressive in her approach while making sure to be in a position to make the play under control.
- Glove Out Front – Extend the arms in front of the body to reach out for the ball. The glove and bare hand should form “alligator jaws” so that players will learn to field with both hands and not just jab at the ball with the glove hand.
- Glove Down – Tell your players to get their gloves dirty! The fielder's glove should be on the ground in the dirt and then work up if the ball hops. Many errors occur even though the fielder has moved into correct position because the glove is not down and the ball rolls under the glove and through the legs of the fielder.
- Watch the Ball – The eyes should be trained to watch the ball all the way into the glove.
- Soft Hands – Give with the force of the ball to develop “soft” hands.
- Wide Base – When fielding the ball, take a small hop to extend the legs more than shoulder-width apart, and bend the knees slightly.

- If the ball is dropped, always pick it up bare-handed, not with the glove.
- Bring the ball into the body – After the ball is in the glove, the bare hand should secure the ball and both hands should then be brought into the body leaving less chance for the ball popping out of the glove. This will also help players get set before trying to throw the ball.

Fielding Fly Balls

Here are the keys to catching a fly ball:

- Ready Position – The key to getting a good jump to the ball is to be as loose as possible and focused on the hitter. Weight should be balanced and feet should be shoulder width apart. Teach your players to hold their position for a count until they know whether the ball is in front of them or over their head because a step in the wrong direction wastes much more time.
- Move – Most young athletes tend to drift to the ball, which means they time it to arrive at a point just as the ball does instead of trying to get there early. It is important for you to teach your players to hustle to where the ball is going to come down and then get in ready position to make the catch. Run with the glove down in a typical sprinting fashion.

Catching – Maintain eye contact with the ball at all times. Whenever possible position yourself behind the ball. Catch the ball in front of the head with the arms almost fully extended. As the catch is made, give with the impact by bringing the glove down and in toward the chest. When possible, catch the ball on the throwing hand shoulder side. Doing so allows you to make a throw from the outfield more quickly.

Fielding Drills

Warm Up Drill – F1

Here is a good drill where each player gets repetitions in the infield learning how to field a ball, catch, and throw to first. Have team form two even lines with one line at second and one at first. The Coach hits the ball to the player at second; the player “gators the ball” and throws to player at first. The players then switch lines. This is an excellent drill when you are alone as a coach. As the season progresses you can have a line at first and a line at third or shortstop.

Around the Horn – F2

Have a player on each base including home. The ball starts at home and the player throws to third base, then second, then first, then back to home. When a player has her turn then she moves to back up the throw and await her next turn.

Star Drill

The ball starts at the catcher, she throws to the second baseman, she throws to the third baseman, she throws to the first baseman, she throws it to shortstop, who throws it back to the catcher. Give the girls a target to aim for such as three times around the star without a ball hitting the ground.

Triangle Fielding, Throwing and Receiving Drill

Set up a player at first with a second player as a backup. Have a catcher at home. All other players are at third base with one player playing third base and everyone else in line outside the foul line. Coach is at home plate with balls and a bat. Coach hits grounder to the third baseman who fields the ball, makes an accurate throw to first, and then follows her throw and becomes backup at first base. The player playing first base after catching the ball makes an accurate throw home to catcher then follows her throw home to become the catcher. The catcher tosses the ball to the coach and goes to the end of the line at third base. The coach hits the ball to the next player in line at third base and the drill repeats. You can move the line to another position such as shortstop and begin from there.

Hitting Skills

Grip

- Hands together.
- Grip bat with the pads of the fingers.
- Middle knuckles are lined up (knocking knuckles).

Stance

- Eyes and head are level.
- Position is comfortable and balanced.
- Chin nearly touches the front shoulder.
- Looks over the front shoulder.
- Front shoulder is pointed at the pitcher and slightly closed.

Stride

- Stride is soft and short.
- Front side is closed.
- Stride is short so the center of gravity doesn't move.
- Body remains balanced. Picks up the front foot and steps out toward the pitch.
- Head remains steady with little or no movement.
- Hands stay back.

Swing

- Body forms a triangle.
 - Drive back knee toward point of contact.
 - Knees remain between feet.
 - Drive off back foot.
 - Head remains center point of rotation.
 - Head and eyes down at contact.
 - Front arm extends.
 - Left hand on top at contact.
 - Right hand locked underneath at contact.
 - Drive bat head with legs, hips, arms and hands.
 - Toes of back foot have pivoted toward pitcher.
 - Wrist rolls over after contact.
- Front foot rolls or opens after contact; rear foot may now leave the ground.

Hitting Drills

Hitting Off Tee – H1

Keys: Keep head down and watch the ball. Step; swing and squash the bug with back foot.

Soft Toss – H2

The batter and tosser stand in front of the hitting net. The batter assumes her normal batting stance and the tosser drops to one knee at a spot about 4 or 5 feet away from the batter on the other side of home plate. The tosser gently throws a ball into the air, slightly in front of home plate. The batter hits the ball into the screen. Repeat. The tosser should be far enough away from the batter so the swinging bat won't hit him/her. Variation: Toss golf ball size wiffle balls.

Double Toss Drill

Using two balls forces the hitter to react quickly and delay her swing until the last possible second. Her ability to make quick decisions is also enhanced. The tosser positions herself on one knee in front of the batter and slightly to the open side of the hitter. Using two softballs, she delivers both balls in a slow, underhanded fashion, then quickly calls out "high" or "low" to the hitter. The hitter must react and make contact with the designated ball. The coach should emphasize maintaining a correct swing despite the speed of the drill.

Tracking

Take an old softball or tennis ball and write the number "1" on it in several places so the number is about three inches in height. Take other balls and write different numbers on them in the same fashion. Put the balls in a bucket. Stand about 8-10 feet in front of the batter and have her take her stance to hit. She should begin by looking at the ground. She should not look for the ball until you say "Now!" Take a ball out of the bucket and get ready to toss the ball into the strike zone. As you begin to toss the ball to her over the plate, say "Now!" and have her visually track the ball into her strike zone. SHE MUST NOT SWING THE BAT! When she can read the number, she should call it out. Repeat with the next ball.

Long Cage Tee

Set up home plate at one end of the cage. Set up the tee in the middle of home plate to simulate a ball that will be hit to the middle of the field. Align hitters so that the front foot at completion of the stride is even with the tee. The hitter then takes a swing to hit a line drive to the back net at the opposite end of the cage. The goal for the hitter is to consistently square the softball at contact and avoid pop-ups or ground balls.

Batting Cages

Only pitch ten balls in the cage to each player, not an entire bucket. An entire bucket tends to allow the batter to get lazy. Have the batter know to make each pitch count.

Running the Bases

Whether you are leaving the batter's box or first base, an explosive first step is crucial. Your stride must initially be short and then lengthen as momentum is generated. Push off the ground with your toes, increasing stride length each step. Maintaining a low center of gravity during the initial stages of running is a must and allows you to stay balanced. As you begin to lengthen your stride, stand up a little taller while maintaining a forward lean. Increase your speed by moving your arms in a rhythmic fashion and driving them forward and back with each stride. Your hands should be relaxed and should approach the side of your face on the upswing and pass behind your hips on the downswing. Run in a straight line whenever possible, keeping the distance you are traveling to a minimum. As you pass a base, keep your stride and hit the front corner of the base with your foot.

Rounding the Base

The runner should round a base when she clearly has the base outright and needs to get into a position to possibly advance to the next base, depending on what the defense does with the ball. When a baserunner rounds a base, she leans toward the infield and touches the inside corner of the bag with either foot.

Tips for the Baserunner

- Tag on a fly ball hit in the air behind you.
- Go halfway on a fly ball hit in the air in front of you.
- Freeze on a line drive.
- Tag on any fly ball hit in foul territory.
- On a ground ball hit to the pitcher, you freeze, unless forced.
- When running to second base on a base hit into right field, look at the third base coach.

Base Running Drills

Home to First

Have players line up at home plate. One at a time, they step to the plate and take a swing without the bat. They run to first base. Practice running through the base. Practice rounding first base and stopping. Practice rounding first and continuing to second.

All Bases

Put an equal number of players at all four bases. The first player at each base steps up, and only those runners execute the play together. The batter takes a swing without a bat and runs two bases, ending at second. She then jogs back to first base for her next turn. The runner at first goes on the swing and takes two bases, ending at third, then jogs back to second base. The runner at second takes two bases, ending up at home, then jogs back to third for her next turn. The runner at third tags up on the swing and scores. She remains at home and gets in line for her next turn. After the group finishes, the next group steps up and repeats the drill.

Baserunning Game

Half the team lines up at second base and the other half line up at home. On the signal, one player from each team runs the bases until she reaches the base she started out at. When she gets there, she tags the next runner in line and she runs the bases. This is done until all the runners have run. If you have an uneven number of players, the team with the least amount of players will have to have one girl run twice. Whichever team finishes first wins.

Hat Drill

This drill trains the runner to watch the 3rd base coach. Have a coach on 1st and 3rd. Have the runner round 1st, and while heading toward 2nd, yell out HAT ON or HAT OFF while looking at the 3rd base coach. The yell must be made loud and before 2nd is reached.

Base Coaching Tips

A coach needs to develop a verbal style of coaching. This means the coaches need to say the same things when the base runners are running the bases. By doing this, the runner does not need to try to figure out what the coach is telling them to do. If you want them to go, say GO, GO, GO. If this is what you choose to say when you want them to take a base, say it every time this situation occurs. Other examples are: STAY if you want them to stay. ROUND THE BASE AND LOOK if you want them to round the base and be prepared to take another if the ball gets loose. ON THE BASE if the ball is coming into the area that they are in. FIND THE BALL if you want them to be able to react on their own if it gets loose

Starting Batting Order

- Game 1** **Begin with player 1**
- Game 2** **Begin with 5**
- Game 3** **Begin with 8**
- Game 4** **Begin with 2**
- Game 5** **Begin with 6**
- Game 6** **Begin with 9**
- Game 7** **Begin with 3**
- Game 8** **COACHES CHOICE**

Week _____ : Victory Sports Softball Lineup Form

#	Name	1	2	3	4	5	6	7
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								

Reminders

- Any player on the bench for a defensive inning must play the next defensive inning, unless injured or ill. A player shall not sit out for two consecutive innings.
 - All players shall play a minimum of three innings on defense.
 - In Baseball T-Ball, all players on the team will play defense.
- Keep Order the Same for Entire Season**

