

## Coaching Goals/Philosophy

1. **“Together”** – sit, walk, eat, and breath together. Every game - you enter and leave the field as a team. Put team before yourself, when teammate is struggling be there to support them.
2. Create a positive experience. Most important goal is the girls come back every year.
3. Expect the girls to live by ACE (Attitude, Coachable and Effort).
4. Sportsmanship. Represent yourself, team and Andover. Respect the game.
5. Awareness that each player is different and it’s our job as coaches to teach accordingly.
6. Understand the difference between playing well and winning – can still play well and lose.
7. Instill the value of competing. This will always give the team a chance to be successful. Find ways to define success within a game. Example: “win the inning”.
8. “Wipe it” or “Flush it” – impress the importance of controlling emotions and moving on to the next play.
9. Increase both physical skills and softball IQ.
10. Concentrate on developing “age appropriate skills”. Focus on big to small. For each drill, demonstrate the correct form and explain the objective.
11. Provide quality (not necessarily quantity) reps so the girls are very good at the routine plays and stress the importance to strive to do something “special”. Special – do something they have never done before (get them out of their comfort zone).
12. Reward the “process” not the “results”.
13. Warm-ups – understanding the value of first impressions. Teams that look good play good. Having fun at practice is one thing but presenting a disciplined warm-up is important.
14. Give the girls responsibility for the team. Set up / take down / line ups / etc.
15. Understanding the value of every position = it takes everyone consistently playing well to compete.
16. Communication = loud and proud – everyone / every time.
17. Difference between mental and physical mistakes.

### Quotes

- “Practice makes habit”
- “When the time to perform has arrived, the time to prepare has passed.”
- “Under time of pressure you do not rise to the occasion but sink to the level of your training”
- “Embrace the suck”
- “You need talent to win but you need team chemistry to be successful”

# Core Skill Checklist

This list below is by no means exhaustive but provides a summary of core skills that could be addressed during the season (based on aged appropriateness).

***\*Progressive – order of importance.***

***\*75% of your practice should be devoted to #1 in the sections below.***

## Defense

1. Fundamentals = fielding/catching/throwing/fly balls
2. Situational – where is the play based on
  - a. Base runners
  - b. How many outs
3. Backups
4. Steal coverage
5. Priority Infield / Outfield
6. Dropped 3<sup>rd</sup> strike
7. Relays (aka Cutoffs)
8. Short game coverage (Bunt, Slap)
9. Catcher blocking the plate
10. Pass balls w/ pitcher and catcher
11. Double Plays (coverage and footwork)
12. Check the runner and throw
13. Pick-offs
14. Dropped 3<sup>rd</sup> strike - runner on 3<sup>rd</sup> w/ less than 2 outs
15. Do-or-Die Outfield
16. First and Third Plays
17. Set play variations
18. Trick Plays
19. Reads based on ability, speed, and direction of the ball

## Offense

1. Fundamentals = hitting, baserunning
2. Stealing Home
3. Bunting (for hit, sacrifice)
4. Situational Hitting (e.g. hit to right side to score player from 3<sup>rd</sup> w/ less than 2 outs)
5. Delayed Steals
6. Hit-N-Run
7. Offensive plays variations to score

## Coaching Tools

- White board / Dry Erase Markers
- First aid kit / ice packs and wraps
- Extra helmet hardware and chin straps / screw drivers
- Tape – Electrical / hockey / first aid
- 2 practice nets
- Extra buckets
- Rubber bases – one set
- Tennis balls
- Cones
- Heavies
- 2 tee's
- Whiffle balls – plastic
- Whiffle balls – rubber
- Clean towels (e.g. clean balls for pitcher)
- Huskies position / batting order white board