

PFAA T-ball & Rookie Coaches Guide

Coaching Expectations

- Attend mandatory coach's meeting at the beginning of the year to review material, ask questions, and pick up equipment
- Coaches are expected to contact parents concerning first practice and any schedule changes. Direct them to our website: www.pineforge.org
- Coaches are expected to prepare the field before games and lock up all equipment when done
- In the case of inclement weather or bad field conditions, coaches should consult and make a decision on cancellation. If a game is cancelled, please make every effort to reschedule. Cancelled practices do not need to be rescheduled.
 - To reschedule games, please contact the designated Tball/Rookie Scheduler(s). Designated Scheduler(s) contact information will be available on the Contacts page on our website (www.pineforge.org)
- Coaches will be expected to make arrangements to pick up pictures, uniforms, and trophies
- Coaches will be responsible for returning all equipment at the designated times. Return all equipment in the bin's provided to you. There will be a checklist maintained in order to account for all equipment
- Teach proper base running techniques
- Teach cut offs from the outfield – proper positioning of the cut off person to be able to transition and complete the exchange
 - Rule of thumb for who goes for the cut off, Second baseman follows the ball on a hit to the right side of the field....Shortstop would cover second base. Opposite transition for a ball hit to the left side of the field
- Teach Proper infield fielding technique
 - Knees bent, butt down
 - Use both hands for a quick transition
 - Move feet to get in front of the ball
- Proper fly ball mechanics. Easier to come in rather than go back on the ball
 - May want to consider using a tennis ball until the kids get comfortable
- Must rotate player fielding positions every inning and should not repeat same position in one game unless there is a safety issue with other players.
- Rookie ball only....Pitching Machine speed is to be set to 35mph
- Rookie ball only....Setup the pitching machine generator in the outfield and run an extension cord into the pitching machine.
- T-ball only....Incorporate Coach pitch in the 2nd week of May. Prior to that, work predominately off of the Tee.

Coaching Tips

- Develop a good relationship with the parents. Most importantly, keep them informed
- Recruit help (assistant coaches, team mom, etc.). Volunteers must provide a criminal background check. Direct them to register on our website @ www.pingeforge.org
- Be on time – make sure you start and end practices on time. (60 minutes for T-ball and 75 minutes for Rookie)
- Be prepared – have a schedule laid out before arriving for practice and have lineups/position assignments prepared before games
- Please stick to the rules laid out by PFAA. We need to be consistent so the kids & parents know exactly how each game will be played
- Keep things moving, the kids will have more fun if things are moving/changing
 - For games, make sure your kids are ready to bat and lined up on the bench. Don't waste time getting them up to the plate
 - For practices, split the kids into small groups and work on skills. Have them move from station to station to add some variety
- Make it Fun! Utilize some of the fun drills that we have outlined for you or feel free to put your own spin on it
- Create a snack schedule for practices/games or identify a "Team Mom" and delegate this responsibility to her. The kids look forward to this!
- Award a game ball to the player on your team that you feel played hard and displayed good sportsmanship. Make sure that every player is awarded a game ball by the end of the season!