

DYBSA Coach Expectations

Revision	Last Modified	Changes
1.0	11/01/2023	Initial Revision

Purpose

The purpose of this document is to ensure that players, parents, and coaches understand what is expected of them during the youth baseball season. Youth baseball is meant to be a fun experience for all those who participate. It is also a commitment by families to be part of a team. To keep teams as small as possible, we must have the commitment from families to be there. DYBSA relies on coaches and families to make this the best experience we can for our youth baseball players.

Coach Expectations

- Develop players and people by setting the proper example.
 - Work on skill development for all players, even if they are at different levels on the same team.
 - Teach them to respect opponents and umpires alike.
 - Teach them to control what they can control. You can't control bad umpire calls, but you can control how you react to that and finish a game.
 - Teach them the values of teamwork and supporting each other.
- Teach players how to adhere to Delano baseball core expectations. These expectations are for all baseball players from beginners in DYBSA through high school varsity players.
 - Be committed and accountable.
 - Have the proper attitude.
 - Give maximum effort.
 - Always hustle during games and practices.
 - Focus during games and practices, and control what you can control.
 - Be a great teammate.
- Coach umpires when you can as many of the umpires in our organization will be young and learning.
 - If you see them make a mistake, do not confront and yell at them, but instead talk to them between innings and explain the situation so they can learn as well.

- Talk with opposing coaches pregame to do the same type of coaching of umpires.
- Abuse of umpires is not tolerated in our organization. Set the proper example to your players on how to interact with umpires.
 - Any occurrence will be brought before the board to determine disciplinary actions.
- Communicate with players, coaches, and families.
 - Create a chat, email, or text group that contains the family members of the team to distribute information (location changes, tournament updates, rainouts, etc.).
 - Once the season schedule is created, make sure it is distributed to the team.
 - At the beginning of a week, send out game and practice times for that week so that families can plan accordingly as these often change from week to week.
 - If there is any discussion needed about a player, speak to their family as necessary.
 - Talk with players about expectations and why they are playing where they play.
 - Talk amongst coaches to make sure you are all delivering the same messages and are on the same page.
- Be organized at practice and have practice plans (see simple sample plan in addendum).
 - Plan for 1 hour and 30 minutes for the 10U and above level (Tee ball and Coach Pitch will be shorter sessions).
 - Create a detailed practice plan that lists skills to work on, the amount of time spent on that drill, and who is in what area. The more detailed this is, the more smoothly a practice will run.
 - Try to create a plan that will limit the amount of time kids will be standing doing nothing.
 - Plan in transition times and water breaks.
 - Distribute the practice plan to all coaches and go through the specific way skills should be taught as a group so all coaches are on the same page (can be done while players are doing their warm-up).
 - If you can get additional parents to help, it means you can do more drills with smaller groups which allows for less standing around.
- Evaluate players each season, even if you've been coaching them for multiple seasons.
 - Do not assume that because they couldn't physically handle a position last season, that they still can't handle it this season.
 - Do not assume that because a player struggled pitching last season that they will be the same this season.
 - Players will physically mature at different rates and may be bigger, stronger, faster than they were and can now play shortstop or centerfield when they couldn't previously.
 - Players may work all off season on improving their skills.
- All teams get 1 head coach, 2 assistant coaches, and 1 score keeper.
 - This setup is a requirement in the leagues we participate in.
 - These must be designated at the beginning of the season for each team.

- These official members may get volunteer hours as designated by the DYBSA volunteer policy.
- These are the only non-players that should be in a dugout. Please remind everyone else that comes to the games that they are not allowed in dugouts.
- Any team may use the Game Changer application versus a manual scorebook to keep score.
 - It allows families to follow along with a game when they can't be there.
 - It will keep track of pitch counts for you if used properly.
 - It will capture stats for all players.
 - Use any stats responsibly and appropriately for the age level you coach.
 - Keep stats private using the setting in the app to ensure they are not used in an unintended way. The last thing we want are kids to get discouraged by the stats or for some teammates to use those in a negative way.
- Follow the age-specific guidelines below for the team you are coaching.
 - There are a couple of lineup definitions listed in the addendum below that may apply to your specific team.
- Be a role model!
 - The way you behave on the field is how your players will behave. Show them the proper example to follow!

Team Specific Coach Instructions

In House Baseball Specifics (Tee Ball, Coach Pitch, Willie Mays)

- The purpose of this level of baseball is to teach kids fundamentals, make sure they are having fun, and to expose them to all positions on the field.
- All players should sit on the bench for the same amount of time (where applicable) and never for more than 1 inning in a row.
- All players should play all positions equally if they are safely able to do so.
 - At the Willie Mays levels, players should not be forced to catch if they do not want to. But all kids should be given the opportunity to pitch.
- All players should split time between infield and outfield evenly.
- All lineups should be a rolling line-up throughout the season. For tee ball, the rolling should be on an inning level vs a game level.

9-year-old and 10-year-old Travel Baseball Specifics (A, AA, or AAA)

- The purpose of this level of baseball is to teach kids fundamentals, make sure they are having fun, and to expose them to all positions on the field.
- League play is for development, and winning every game is not the main goal.
- Tournaments are meant to be more competitive and coached to win.

- All players should sit on the bench for the same amount of time and never for more than 1 inning in a row.
- All players should play all positions equally if they are safely able to do so in league play. In tournaments, player positions can be more limited, but they should still play multiple positions.
 - Players should not be forced to catch if they do not want to.
- All players should split time between infield and outfield evenly.
- All players should be given the opportunity to pitch multiple times in league play. For tournaments, not all players must pitch.
- All lineups should be a rolling line-up in league play. A traditional line-up may be used in tournaments if desired.

11-year-old Travel Baseball Specifics (A, AA, or AAA)

- The purpose of this level of baseball is to teach kids fundamentals, while starting to develop baseball IQ.
- League play is for development, and winning every game is not the main goal.
- Tournaments are meant to be more competitive and coached to win.
- All players should sit on the bench for the same amount of time and never for more than 1 inning in a row.
- All players should start focusing on 2 infield positions and the outfield (either all or corners depending on the player). The reason to do this is that for baseball players to start developing defensive IQ, they need to start focusing in on specific positions where they get the repetitions they need. Some players will be able to play anywhere without any issues and should be allowed to do so. Often you will see players grouped by middle infield/corner infield, but this is not a required designation.
- All players should split time between infield and outfield evenly.
- All players should be given the opportunity to pitch multiple times in league play. For tournaments, not all players must pitch.
- All lineups should be a rolling line-up in league play. A traditional line-up may be used in tournaments if desired.

12-year-old Travel Baseball Specifics (A, AA, or AAA)

- The purpose of this level of baseball is to teach kids fundamentals, while continuing to develop baseball IQ.
- League play is for development, and winning every game is not the main goal.
- Tournaments are meant to be more competitive and coached to win.
- All players should sit on the bench for the same amount of time and never for more than 1 inning in a row. The one exception is if there are not enough catchers to do this.
- All players should start focusing in on 1-2 infield positions and the outfield (either all or corners depending on the player). At this level, there is a jump in responsibilities due to

rule changes (75-foot base paths and leading off are the two big ones), and players really need to be able to get consistent repetitions at a position to learn the responsibilities of that position. Some players will be able to play many positions easily, while others will take longer to learn.

- Players will start being primarily infield or outfield but should continue to play both. Some may spend $\frac{3}{4}$ of their time in the infield, and some may spend $\frac{3}{4}$ of their time in the outfield. All the positions in the field are equally important.
- All players should be given the opportunity to pitch in league play. For tournaments, not all players must pitch.
- If players pitch in a league that allows breaking balls, coaches should ensure that the amount that is thrown is limited. A player should not be throwing curveballs for half of their pitches. They should continue to work on developing fastball and changeup control while mixing in occasional breaking balls.
- Traditional line-ups may always be used if desired.

13-year-old Travel Baseball Specifics (A, AA, or AAA)

- The purpose of this level of baseball is to teach kids fundamentals, while continuing to develop baseball IQ.
- League play is for development, and winning every game is not the main goal.
- Tournaments are meant to be more competitive and coached to win.
- In league play, all players should sit on the bench for the same amount of time and never for more than 1 inning in a row. The one exception is if there are not enough catchers to do this.
- In tournament play, all players should sit within a given game, but not all players need to sit the same number of innings. Players should still never sit for more than 1 inning in a row and not more than 3 innings in a game.
- All players should focus on 1-2 infield positions and the outfield (either all or corners depending on the player). Some players will have the ability to play multiple positions and should continue to do so.
- Players will be primarily infield or outfield but should continue to play both. Some may spend $\frac{3}{4}$ of their time in the infield, and some may spend $\frac{3}{4}$ of their time in the outfield. All the positions in the field are equally important.
- All players should be given the opportunity to pitch in league play. For tournaments, not all players must pitch.
- Traditional line-ups may always be used if desired.

14-year-old Baseball Specifics Top Travel Team (AA or AAA)

- The purpose of this level of baseball is for players to start focusing more on competition (as they will be entering high-school sports) while still developing players' abilities and IQ.

- League Play and Tournaments are meant to be more competitive and coached to win.
- All players should sit within a given game, but not all players need to sit the same number of innings. Players should still never sit for more than 1 inning in a row and not more than 3 innings in a game.
- Players will be primarily infield or outfield but should continue to play both if possible.
- Any player who wishes to pitch should be evaluated to see where they are in practice. Not all players are required to pitch during the season.
- Traditional line-ups may always be used if desired.

14-year-old Baseball Specifics or 14/15-year-old Remaining Travel Teams (A, AA)

- The purpose of this level of baseball is to teach kids fundamentals, while continuing to develop baseball IQ.
- League play is for development, and winning every game is not the main goal.
- Tournaments are meant to be more competitive and coached to win.
- Playing time in league play.
 - If using continuous substitution (**should be used if it is an option**) all players should sit on the bench for the same amount of time and never for more than 1 inning in a row. The one exception is if there are not enough catchers to do this.
 - If using 9 person lineups, all players should play in every game and should not just be starters or bench players. If a player doesn't start one game, they should start the next game. All players should have the opportunity of not being subbed out throughout a season.
- Playing time in tournament play.
 - If using continuous substitution all players should sit within a given game, but not all players need to sit the same number of innings. Players should still never sit for more than 1 inning in a row and not more than 3 innings in a game.
 - If using 9 person lineups, all players should play in every game, but playing time does not have to be equal nor do the starters have to change.
- Players will be primarily infield or outfield but should continue to play both if possible.
- All players who want to pitch should be given the opportunity to pitch in league play. For tournaments, not all players must pitch.
- Traditional line-ups may always be used if desired.

15-year-old Baseball Specifics (A, AA, or AAA)

- The purpose of this level of baseball is to be an extension of the high school experience.
- League Play and Tournaments are meant to be more competitive and coached to win.
- These leagues use 9-player lineups.
- In league play, all players should play in every game and should not just be starters or bench players. If a player doesn't start one game, they should start the next game. All players should have the opportunity of not being subbed out throughout a season.

Playing time will not be equal and not all players need to sit, however, it should not just be the same x number of players who each play a half-game every game. Even the best players can come off the bench sometimes. Players should typically play 3-4 innings each game though there may be circumstances where they don't play that often.

- In tournaments, all players should play in every game, but playing time does not have to be equal nor do the starters have to change.
- Players will be primarily infield or outfield but should continue to play both if possible.
- Any player who wishes to pitch should be evaluated to see where they are in practice. Not all players are required to pitch during the season.
- Traditional line-ups may always be used if desired.

Addendum

Sample Practice Plan

At any age level, you will be having practices. The specific skills you work on will be different for different ages, but all practices should be appropriately planned. Here is a simple practice plan:

- Very Simple Sample Practice plan example. The more detailed you are, the smoother things tend to go so spend time and plan out as much as you can. Confirm the number of helpers you have prior to the practice to properly plan that.
 - Throwing Warm-up (10-15 minutes)
 - Follow the high school warm-up progression that will be provided (this progression will be provided to coaches).
 - Basic skills stations (30 minutes – rotate stations every 10 minutes)
 - Station 1: Batting cage and tee work.
 - Players A, B, C, D start at this station.
 - Station 2: Drop step footwork and fly balls from a fungo.
 - Players E, F, G, H start at this station.
 - Station 3: Ground balls from fungo and first base fundamentals.
 - Players I, J, K, L start at this station.
 - Position specific skills (30 minutes)
 - Middle infielders work on around the ball skills and double play skills.
 - Corner infielders work on bunt coverages and flips to pitchers covering first base.
 - Catchers work on blocking and receiving fundamentals.
 - Full team IF/OF (10 minutes)
 - Use a double fungo routine (this will be provided to coaches) which keeps all kids active the entire time.
 - Practice Wrap up and field maintenance (5 - 10 minutes)

Rolling Lineup Definition

A rolling lineup is when you create an initial lineup, and that is primarily the lineup used all season. When a game ends, the person on deck will be the lead-off hitter in the next game and the lineup will continue in the same order with the player who made the last out being the last batter in the next game. There may be times in a season when you can flip a hitter or two to change it up a bit, but it should not be changing people who were scheduled to hit in the first inning of the next game. The purpose of this lineup type is to try and get everyone the same number of at bats throughout the season. See the age specific section if your team is using this type of lineup.

Traditional Lineup Definition

A traditional lineup is when you recreate the lineup from scratch each game and order it based on who is hitting best at that time. This type of lineup will still have all players on the roster in the lineup when using continuous substitution. When using this lineup, it is important to not always have the same hitters batting last in every game. Throughout a season, different hitters will be hitting well at different times. It is important to reward those hitters with higher spots in the order. You can also do that as a reward for players who really are putting in the work, even if it's not translating to the field yet. See the age specific section if your team is using this type of lineup.