

## 6U coaching basics first meeting agenda

Parent letter/ Equipment/volunteers

Safety

- Bats on the ground
- Face masks on helmets
- Visors vs. Face masks on defense
- Shutterfly site

Blue tape on the bench, cheers in the dugout/at practice

Sample Lineup

	1	2	3	4	
Carniglia	<b>Madelyn</b>	3B	CF	P	SS
Anderson	<b>Courtney</b>	1B	3B	CF	P
Friis	<b>Dahlia</b>	LF	1B	3B	CF
Landress	<b>Madelyn</b>	2B	LF	1B	3B
Shadburn	<b>Kaylie</b>	RF	2B	LF	1B
Turfler	<b>Aly</b>	SS	RF	2B	LF
Paine	<b>Emily</b>	P	SS	RF	2B
Murphy	<b>Miranda</b>	CF	P	SS	RF

Practice time - 1 hour

- Throwing:
  - On one knee:
    - Good “C” grip + Wrist flicks
    - Good “C” grip + Wrist flicks + Arm included
    - Good “C” grip + “Get sideways” (glove or elbow facing partner) and rotate at the waist, finishing with arm all the way through (throwing arm should end up just outside of bent knee when done)
  - Stand up and put it all together (again, focusing on good throws and have them count how many good throws they make)
- Bases
  - Run through base
  - Round base
- Fielding
  - Think of a triangle
    - Jumping position
    - Keep glove off their knees
    - Hands out in front
  - Rolling balls from teammate
    - Line up 3 girls with balls, with one catching balls
- Hitting
  - Note to coach’s about pitching without arc
  - Simple swings
- Relay races

### Pre-game plan:

- Warm up throws
- 3 stations:
  - Swings off tee into bownet
  - Whiffle balls (SKLZ are great)
  - Soft toss - regular balls with a bow net
- Coach tossing fly balls (really working on skills for 1st base more than pop ups at this age)
- Ground balls and bring it in
  
- Fly balls:
  - Use a large and very soft ball (like a tiny beach ball)
    - It won't hurt and requires two hands
    - Both hands should form a "W"
    - Glove should be worn during this drill

### Hitting

- **\*\*When not in a drill, the barrel of the bat should be touching the ground\*\***
- Ideally their bat would be -12 (length -12oz, not 10oz).
- When the bat is on the ground the length should be a little above their wrist
- The less movement the better (quiet feed like Ken Griffey Jr.)
- Stay balanced
- Keep feet in a straight line on the ground (with feet in "jumping" position)
- Softball pitches rise and girls do not want a "baseball" swing with uppercut. Think Rod Carew, not Craig Counsel to keep bat level.
- Hands by the ear.
- Look at the middle of the ball.

### Additional notes:

- Can't teach everything, work on basics, and work on improving.
- Not about the scoreboard at this age:
  - learning
  - Reward unsuccessful effort.
  - Mistakes are OK
  - Progress not perfection
  - Ensure the girls are having fun and improving
- Praise – truthful and specific
- Be cognizant of non-verbal communication
- When possible, take a knee when talking with them
- Magic ratio 5:1 (positive comments: negative)
- Dad at home, coach at field
- Avoid non-teachable moments
- Get rid of negatives, tell them what you want (Not – "don't swing at a bad pitch. Instead - "Pick a good pitch")
- Reinforce what you want

- Ignore what you don't want
- Calm, consequences, consistent
- If one of the kids is disruptive, get them involved
  - 70% of kids are auditory, 90% of coaching is auditory