

RSFLL Coaching Clinic

By: Mike Sweeney

The 10 Commandments of Coaching

1. Bring a POSITIVE ATTITUDE/ENERGY EVERY DAY! (Be “Captain Encouragement” and give your players praise! (Sports Psychologist --- It takes 7 positives to even out with one negative) It’s not what you say but how you say it…)
2. SET THE TONE for your team, parents, opponents & umpires! (Be a fire extinguisher, not a fire starter.)
3. Establish the RULES on Day 1. Example… LOVE EACH OTHER by running the RACE! (Respect, Attitude, Concentration, Effort)
4. Be CALM and CONSISTENT in your discipline and ALWAYS follow it up with encouragement.
5. PLAN YOUR PRACTICES ahead of time and keep the players moving!!! (Idle players are bored players!!! break up into groups/stations)
6. 3 WAYS OF TEACHING/LEARNING -20 second maximum from coach- (Conversation, Observation, Participation)
7. COMPETITION is great!!! (Make ALL drills during practice a competition --- winner = California Stretch!)
8. Baseball is REPETITION. Give the kids lots of reps. (Don’t try to reinvent the game.) Play lots of catch, ground balls, fly balls, hitting, etc.
9. CHALLENGE your team. (Pizza Party for a game without a Strikeout, Swirls Gift Card if HBP)
10. HAVE FUN and LOVE the boys you are coaching!!! (The O’Brien boys) The Ride home --- “I LOVED TO WATCH YOU PLAY!” and “WHERE DO YOU WANT TO GO TO EAT?”

10 Ways To Create A Perfect Practice...

1. "Coach Jake Drill" (7 perfect)
2. Scrimmage with coach pitching (4-4-4) Hit, Outfield, Infield
3. California Stretch to the winner of the drill while the others pick up balls
4. Touchdown Passes around the infield grass semi-circle with fly balls
5. Play "21" while playing catch
6. "18 Outs" with the extra players serving as baserunners.
7. Double Play groundball to SS with a bounce throw to the 1st baseman followed up by a fly ball to the outfielder who throws to a base/home.
8. Cutoff and Relay drill (1st team to 5 wins)
9. Pick a "Padre of the Day" and let them lead closing cheer (practice) or give them a game ball (on game day) w/ date, name & highlights! (Logan Johnson)
10. Finish practices w/ Knockout + California stretch. (hitting + groundballs)

He Is Just a Little Boy

By Chaplain Bob Fox

He stands at the plate with his heart pounding fast.

The bases are loaded, the die has been cast.

Mom and Dad cannot help him, he stands all alone.

A hit at this moment would send his team home.

The ball meets the plate, he swings and he misses.

There's a groan from the crowd, with some boos and some hisses.

A thoughtless voice cries, "Strike out the bum."

Tears fill his eyes; the game's no longer fun.

So open up your heart and give him a break,
for it's moments like this, a man you can make.

Please keep this in mind when you hear someone forget,

He is just a little boy, and not a man yet.

KNOW YOUR LIMITS SO THAT YOU'LL HAVE NO LIMITS!!!

What are your limits as a coach?

- Negative
- Hot Tempered
- Competitiveness is not under control
- Bad Mouth
- Put too much pressure on the kids
- Impatient

Theodore Seuss Geisel was challenged with a \$50 bet by his publisher that he could not write a children's books using only 50 words. Dr. Seuss knew his limits and had no limits!!! He ended up winning the \$50 bet when he wrote "Green Eggs and Ham" which has sold over 200 million copies to date.