

# Pre-Season Player Information

## Junior Division

Practices generally start after Spring Break. If the weather is good, some coaches may try to start sooner. Below is information on what each player needs for practices and games and other information that may be useful if this is new to you.

**Baseballs** – Jr A is standard "tee ball" that has a cushioned feel; Jr AA is a "Level 5" Safe/Soft; Jr AAA is "League"/Hard ball. However, to limit or eliminate any fear of the ball, as practice aids we will use plastic whiffle, foam, and other softer types also.

**Gloves** - generally around 9 ½ " – 11 ½". A soft leather with fabric combo provides a good cushion and are easy to close without sacrificing stability or durability. Many models have an adjustable Velcro wrist strap for smaller hands also.

Louisville Slugger, Genesis 1884 and Mizuno Youth Prospect are examples.

<https://www.baseballsavings.com/Glove-Example>  
[Dickssportinggoods.com/p/mizuno-105-youth-glove](https://www.dickssportinggoods.com/p/mizuno-105-youth-glove)

**Bats** – wood, metal, or composite are allowed. Big Barrel bats are now allowed (max. diameter is 2-5/8" – see updated bat rules at [2017-2018 LBL Bat Rules](#) ).

**Helmets** - again it is not essential to have your own; there are 4 team helmets. But obviously feel free to have your player bring his/hers.

**Cup/Supporter** - they are required for practice and games

**Practices** - aforementioned cup, clothing layers (especially April), water bottle, glove, baseball cap, and sunscreen.

**Uniforms** - will include jersey, pants, socks, and cap. They are scheduled to be to managers in the middle of April.

**Season goals and Level Format** - please see the following pages.





## Junior Division – Level Information

**Junior Division** – instructional (non-competitive) league focusing on the development of baseball, personal, and team skills in a positive environment. The league and coaches will not track wins and losses during the regular season.

Players are placed on teams according to parental requests (friend/coach), school boundary, and/or neighborhood. Please note that while most requests are honored, some requests cannot be accommodated due to logistic reasons (i.e. too many players on one team, no one has volunteered to coach, late registration, etc.).

Lombard Baseball League emphasizes that players should play different positions during the season and coaches teach players to make the “correct” baseball play.

The age requirements follow the school year (age on August 31st). Practices generally start in late March with games continuing through May and June. The season ends by the 4th of July. Ideally, each team has 11-12 players, both boys and girls.

Any questions, please contact John Popo, Commissioner of the Junior Division: [Jcpopo2004@yahoo.com](mailto:Jcpopo2004@yahoo.com)

### Jr A – (5 and 6 year olds/ Pre-K and Kindergarten)

- Practices and Games will be scheduled on one weeknight and on Saturday
- Starts with hitting off of tee and then combination tee/coach pitch
- Teams exchange sides when one team bats through the order (“Wildcat”)
- The game itself is usually 3 innings or about 1 hour long
- Outs are not recorded / 45’ bases

### Jr AA – (7 year olds/ 1st Grade)

- Practices and/or Games - scheduled on two weeknights and one weekend day/night
- Combination kid pitch and pitching machine
- Teams exchange sides when one team bats through the order (“Wildcat”)
- The game itself is usually 4 innings or about 1 to 1 ½ hours long
- Outs are recorded / 60’ bases

### Jr AAA – (8 year olds/ 2nd Grade)

- Practices and/or Games - scheduled on two weeknights and one weekend day/night
- Combination kid pitch and pitching machine
- Teams exchange sides when one team bats through the order (“Wildcat”)
- The game itself is usually 6 innings or about 1 to 1 ½ hours long
- Outs are recorded / 60’ bases
- Preparation for competitive games with Tournament after regular season



# JR DIVISION LEVEL GOALS & INFORMATION

2017

We (managers, coaches, and parents) must provide a positive environment for the players to develop baseball, personal, and team skills that will last a lifetime and benefit our community.

## Personal Skills

- Play Hard
- Have Fun
- Short Memory
- Sportsmanship
- Hustle
- Self Control
- Confidence

### JR AAA

- Pitching Motion - Stretch
- Catcher to Pitcher Exchange
- Confidence in Batter's Box
- Confident Fielding (Ball/No Ball)
- Game Awareness

### JR AA

- Balance
- Batting "Checklist"
- Comfort Level at Pitcher Plate
- Fielding (Glove/Butt Down)

### JR A

- Athletic Stance
- Glove Position/"2 Hands"
- Throwing Motion
- Location in Box/Batter Stance

## Baseball Skills

JR A – TEE & Coach Pitch (3 innings)

JR AA – Machine Pitch & Intro Player Pitch  
(4 innings machine – May)  
(1 inning kid pitch/3 machine)

JR AAA – Player & Machine Pitch  
(6 innings; 3 player/3 machine)

- Know the Team
- Know the Coach
- Competition
- Sportsmanship
- Work Together
- Sharing
- Stick Together

## Team Skills

(over)

# JR DIVISION

## PRACTICE & GAME PLANNING

2017

### Equipment:

- Tee's (3+) different heights
- Cones/signs for bases/positions
- Targets (stuffed animal, blow up catcher, nets)
- Extra bases
- Whiffle Bats/balls
- Tennis, foam, softer ball
- Baseball Cards, stickers, candy; Treats ("pros get treats")
- Buckets
- Stop Watch
- Extra Catcher's glove(s) and gear
- Extra ice packs
- Extra water/shade

### JR A Tips:

- Practice walking from bench to batter's box (routine)
- Tee/Ball in front of the plate
- Use mat with feet marked to show where to stand in box
- Cone on Right field line to get runner through 1<sup>st</sup> base
- Limit fear of ball
- **Sit on bucket or kneel when pitching to kids**
- Have someone take pictures for you/team
- Have coach work with players in "Skill Zone" not sitting on bench during a game

### JR AA Tips:

- Stay consistent with the Blue pitching machine
- Use the thumb screw to adjust pitch height
- Make an out; get some candy/seeds if you hustle

### JR AAA Tips:

- Batter afraid after being hit; use a guard/pad and tell him/her that they look like a pro
- Limit instruction once in the batter's box
- Shin to Chin; one ball in/out Strike Zone (use some discretion)

**Practice & Game Plans:** Have planned out in advance; know positions by inning (rotating players in all positions).

Enlist the help of parents \* Stations and Repetitions \* Have a game/play station (Jr A) \*

Include Competition and Rewards (Baseball Cards; Home Run Derby; Favorite Jersey Day; Moustache Day; Coach does push-ups...)

### Baseball Basics for Players

1. Before you throw, make sure the other player is ready
2. Before you swing your bat, make sure no one is near you.
3. Keep your EYE on the ball.
4. Don't get upset if you miss a play or make an out. FORGET it.
5. Be good to yourself, your team, and the players on the other team.

