

## MRC Baseball/Softball Coaching Guidelines and Expectations.

Coaches are expected:

to show POSITIVE Sportsmanship toward officials and other teams.  
have organized, meaningful practices. (drills, fundamentals, batting practice, ect.)  
See below for more specific grade levels.  
practice at scheduled days and times.

- A. Boys - Tues and Thurs.
- B. Girls - Mon. Wed.
- C. Weekend practices should be optional for kids if you have them.

communicate with parents if practices or games are cancelled.

contact the MRC director to collect your equipment for the season and if you need additional equipment for the season.

### K-1- Coaching Guidelines.

OBJECTIVE : At this level you will be asked to teach our kids basic fundamentals of the game. Such as fielding the ball, batting stance, positions on the field, Hitting off of a Tee, ect...

- A. Basic batting drills (working on stance, hand positioning on the bat, ect....)
- B. Basic ground ball drills( focus on getting the glove down on the ground, and stepping and throwing the ball)
- C. Basic base running skills
- D. Basic throwing and catching( ex. Step and throw and proper glove placement when receiving a ball thrown to you)
- E. Teach them how to have fun!!!!

### 2-3 Coaching Guidelines:

OBJECTIVE: At this level you will be asked to teach our kids fundamentals of the game. Such as fielding the ball, proper batting skills, positions on the field. Starting to live pitch to the kids, ect...

- A. Organized individual drills throughout practice.( Out field, Infield, Catchers, Pitchers,ect..)
- B. Structured time for individual positions, including but not limited to, batting practice, basic infield situations, and outfield situations.
- C. Organized scrimmage time. Coach stops play and coaches through certain situations.
- D. Base running - Situations( fly balls, ground balls hit to the infield, 1 out verse 2 out)

### 4-5-6

OBJECTIVE- Start to prepare the 6th grades for JH programs and develop the 4-5 grades for continuing years in rec program. Coaches should make practices more structured and detailed for the kids.

- A. Drills should be more advanced and challenging. Outfielders working on situations, infielders working on Situations, Pitchers and catchers working together.

- B. Base running situations for( fly balls, ball hit to the infield, 1 out verse 2 outs) explain the rules on the home plate being opened or closed so they understand.
- C. Infield situation period during practice( example, get lead runners, maybe trying to get a double play, ect.....)
- D. Batting drills can become more advance
- E. Controlled scrimmage time. Scrimmage but coaches teach as scrimmage in going on.  
STOP play if needed to coach on a situation.

Examples of Web Pages for both baseball and softball drills

Baseball drills:

[www.baseballtutorials.com/](http://www.baseballtutorials.com/)

<http://baseballmadefun.com>

[www.helpful-baseball-drills.com](http://www.helpful-baseball-drills.com)

Softball drills:

[www.softballspot.com/](http://www.softballspot.com/)

<https://www.sportsrec.com>

<https://www.awesomesoftballdrills.com>