

LUYAA Softball – 2009 Coach's Guide



LUYAA SOFTBALL

2009 QUICK REFERENCE PAGE (UPDATE)

POSITION	NAME	PHONE	EMAIL
Commissioner	Mike Schoonover	301.865.8005	softball@luyaa.org
Vice Commissioner			
Treasurer			
Secretary	Robyn Stewart	301-865-9984	bsketlady@comcast.net
15U Coordinator (15U)	Marc Gluck	301.704.3330	Mtairy6@comcast.net
12U Coordinator (12U)	Mike Schoonover	301.865.8005	softball@luyaa.org
10U Coordinator (10U)	Marci Scott		
8U Coordinator	Tom Freeman		
Awards and Uniforms	Kelly Taylor		
Equipment Coordinator*	Barry Robinson	e-mail	bgr1301@comcast.net
Mt. Airy Coordinator	Ron Patterson	301-829-3446	rpatter858@comcast.net
Fundraising and Sponsorships			
LUYAA Umpire Coordinator	Barry Robinson	Please use e-mail	bgr1301@comcast.net
Fields			
LUYAA Softball Website	www.luyaa.org/softball.htm		
LUYAA Softball Email Address:	softball@luyaa.org or luyaasoftball@gmail.com		
Registrar	registrar@luyaa.org		

* This guide made possible from our good friends at the **Arlington Girls Softball Association (AGSA) in Northern Virginia.**

SOFTBALL COMMITTEE MESSAGE

March 2009

Dear New and Returning Coaches:

All of us want to take this opportunity to welcome you to LUYAA Softball. You are now a member of what we consider the best youth sports organization in the area. LUYAA is proud to offer the only intramural girls' softball program in Frederick County and we are glad you will help us to continue our tradition this season.

The Softball Committee and the players, coaches, parents and volunteers who comprise LUYAA Softball invite you to participate, suggest new ideas, evaluate what we have done, and suggest ways to improve our organization. In addition to the exciting intramural play, LUYAA also fields teams in the Frederick County Girls' Softball League (FCGSL). We grew again in 2008, serving 250 girls ages 6-15. We were also very pleased with our continued partnership with Mt. Airy Girls Softball (MAGS) in 2008 and look forward to having them with us again this year.

This "*Coaches Guide*," 1st Edition, should serve as a valuable information resource as to who we are and what we are all about. In the "Quick Reference" section of this guide are the current names, telephone numbers and email addresses of the officers, league commissioners and other important contacts for the 2009 season. The first section, in the body of the guide, describes what we are; how we are structured; how we communicate; the rules that govern us; how we are funded; and a calendar of events for the year.

The second section contains the information that coaches should use as a guide in coaching a team; fielding a team; and playing the season. Here we detail exactly where we play and practice, the makeup of the LUYAA Softball, equipment that is available for training and most importantly, how we expect you to coach in LUYAA. That is, "the LUYAA Way." Each of the coaches is an ambassador for the program. We must always demonstrate good sportsmanship in all our interactions – players, parents, umpires and fellow coaches.

In addition, we have included a starter guide with drills to help improve player skills, a section on pitcher development, a section highlighting some of the more arcane rules of softball; a section on how to keep the scorebook and finally a section called the "Coaches' Tool Kit," which lists some available training and some useful forms to help you organize your team. Read it, think about it and let us know how we can improve this guide.

Most of us on the Softball Committee are now or have been coaches in this organization and can truly appreciate the time and effort you have offered to devote this year to the girls of this area. With your efforts and those of your fellow coaches we can continue to build and improve the quality of our girls' softball program.

The Linganore/Urbana Youth Athletic Association is a non-profit, volunteer organization. We can only function with the support of you, our coaches, our parents and our players. Participation from everyone is essential to improving the experience for our youth. Encourage your parents to get involved with the team and with the association. Everyone can and should contribute; this organization belongs to all of us.

Thank You!

LUYAA SOFTBALL

Table of Contents

LUYAA SOFTBALL.....	1
2009 QUICK REFERENCE PAGE (UPDATE).....	1
SOFTBALL COMMITTEE MESSAGE	2
TABLE OF CONTENTS	3
I. LUYAA SOFTBALL	4
WHAT IS IT?.....	5
WHAT DOES LUYAA DO WITH THE REGISTRATION FEES?.....	5
LUYAA SOFTBALL WEBSITE.....	5
WHAT PROGRAMS ARE OFFERED?.....	5
ROLES AND RESPONSIBILITIES:.....	7
<i>THE SOFTBALL COMMITTEE</i>	7
<i>THE LEAGUE COMMISSIONER</i>	7
<i>AGE GROUP COORDINATORS</i>	7
<i>THE COACH</i>	7
CALENDAR OF ASSOCIATION EVENTS	7
WINTER SKILLS AND DRILLS CLINICS:.....	8
SPONSORSHIPS.....	8
II. ALL YOU NEED TO KNOW ABOUT COACHING IN LUYAA.....	9
WHERE WE PLAY GAMES AND PRACTICE:	9
<i>WINDSOR KNOLLS FIELDS (WINDSOR KNOLLS MIDDLE SCHOOL OFF RT 75):</i>	9
<i>GREEN VALLEY FIELD:</i>	9
<i>NEW MARKET FIELD:</i>	9
<i>WATKINS PARK FIELD IN MT. AIRY:</i>	9
HOW DO I FIND OUT THE RULES FOR MY LEAGUE?.....	9
HOW MANY PLAYERS DOES IT TAKE TO MAKE A TEAM?.....	10
<i>8U DIVISION</i>	10
<i>10U AND 12U DIVISIONS</i>	10
<i>15U DIVISION:</i>	10
TEAM ASSIGNMENTS	10
GETTING AND REPLACING EQUIPMENT	10
GETTING UNIFORMS	11
WHAT ABOUT PITCHING AND HITTING HELP?.....	11
TEAM PICTURE DAY	11
THE FIRST PRACTICE GUIDANCE:	12
THE FIRST GAME.....	13
WHAT ABOUT EQUAL PLAYING TIME?	14
UMPIRES! HOW DO YOU DEAL WITH THEM?.....	14
LUYAA SOFTBALL CODE OF CONDUCT FOR PLAYERS, TEAMS, AND COACHES.....	14
WHO DETERMINES POSTPONEMENT DUE TO WEATHER?	16
MAKING UP GAMES.....	16
TIPS ON PLAYER SAFETY	16
WHAT TO DO IN THE EVENT OF PLAYER INJURY.....	17
SEASON-ENDING PLAYOFFS	17
CONCLUSION OF THE SEASON.....	17
FALL BALL.....	18
RETURNING EQUIPMENT	18
III. DRILLS AND PRACTICES TO IMPROVE PLAYER SKILLS.....	19

LUYAA SOFTBALL - A COACHES GUIDE

POSITIONING DRILL	19
CATCHING DRILL.....	19
BLIND TOSS.....	19
CATCHER’S DRILL	19
PLAYING PEPPER	20
BATTING DRILL	20
INFIELD DRILL.....	20
GROUND BALL DRILL	20
PIVOT ROTATION DRILL.....	20
GROUND BALL DRILL # 2.....	21
3-2-RUN DRILL	21
THROWING DRILL.....	21
CHARGING GROUND BALLS DRILL	21
FLY BALL DRILL	22
THROWING & CATCHING ACCURACY DRILL	22
THROWING AND CATCHING ACCURACY, QUICKNESS & SPEED DRILL	23
ROUND THE DIAMOND THROWING AND CATCHING DRILL	23
SOFT HANDS & SOFT TOSS FIELDING & THROWING DRILL FOR SS / 2B	23
THE SNOW WHITE PITCHING DRILL.....	23
WRIST SNAP PITCHING DRILL	23
WINDMILL TOSSING DRILL	24
WINDMILL RUNNING PITCH DRILL	24
IV. PITCHING DEVELOPMENT.....	24
WHAT IS THE SLINGSHOT DELIVERY?.....	24
HOW DO YOU LEARN THE WINDMILL PITCH?	24
HOW MUCH WORK IS INVOLVED IN BECOMING A PITCHER?.....	24
SHOULD I ALLOW ANY PLAYER TO TRY TO BECOME A PITCHER?	25
HOW TO DO A “LEGAL” WINDMILL PITCH, ACCORDING TO THE RULES	25
WHAT’S AN ILLEGAL PITCH?.....	25
THE MENTAL AND EMOTIONAL ASPECTS OF PITCHING.....	26
THE WINDMILL PITCHER AND HER COACH	26
PROVIDING THE RIGHT AMOUNT OF GUIDANCE AT THE RIGHT TIME.....	26
V. THREE IMPORTANT RULES - KNOW THEM AND LOVE THEM.....	27
THE INFIELD FLY RULE.....	27
THE DROPPED THIRD STRIKE	27
THE MODIFIED “LOOK BACK” RULE ... AKA NO PICKLES	27
V. KEEPING THE SCOREBOOK - HOW TO WIN BY USING THE NUMBERS	27
VI. COACHES’ TOOL KIT.....	29
<i>TEAM ROSTER DIRECTORY:</i>	29
<i>EQUIPMENT INVENTORY / PRACTICE SCHEDULE:</i>	31
<i>PRE-SEASON PRACTICE TIMES AND SITES: (MARCH):</i>	32
<i>REGULAR SEASON PRACTICE TIMES AND SITES: (APRIL- JUNE):</i>	32

I. LUYAA SOFTBALL

In the following pages we will tell you what LUYAA Softball is all about. Who we are, how to contact us, what programs we have and how we interact and support you as a coach and the players you coach.

What Is It?

LUYAA Softball is a volunteer, parent run organization dedicated to providing both recreational and competitive fastpitch softball opportunities for area girls, ages 6 to 15.

LUYAA Softball is comprised of a Softball Committee of elected and appointed officers and a representative from each level of play.

Basically, **LUYAA** is responsible for:

- Operating the day to day activities of the leagues
- Recruiting coaches
- Maintaining a registration database of players and coaches
- Organizing teams
- Coordinating the playoffs
- Monitoring league play
- Collecting registration and league fees
- Securing sponsorships
- Hiring umpires
- Operating player and coaches clinics
- Equipping and dressing teams,
- Managing the finances of the association
- Providing field and facility space for clinics, practices, and games
- Maintaining the fields used by the LUYAA program
- Developing league schedules and playoff brackets

What Does LUYAA Do With the Registration Fees?

Registration fees are used to buy team equipment, balls, bats, bags, and uniforms. Fees also pay for umpires, insurance, field maintenance and equipment storage space.

LUYAA Softball Website

To get the most up-to-date and complete information on games, clinics, events, schedules, rules and results, we recommend consulting LUYAA's Softball website at www.luyaa.org/softball.htm. The website is your most important source for year-round information on what is happening with LUYAA Softball. The website is maintained and updated year-round with the most current information available. Girls can also be registered through a link on the LUYAA website to our registration website, and on-line registration should be encouraged whenever possible.

Rather than spending time on the phone, use e-mail to contact LUYAA Committee members and/or coaches, inquire about registrations, request practice times or just discuss ideas with other coaches. The fastest way to communicate is through e-mail.

WHAT PROGRAMS ARE OFFERED?

LUYAA Softball offers a complete program for girls to participate in Fastpitch Softball in both Intramural and Frederick County Girls Softball League (FCGSL) Programs. The basic unit of organization is the League. These are popularly called the Intramural Program as contrasted with the FCGSL Program. LUYAA has three Intramural divisions – one each at the 8U, 10U, and 12U levels. Our FCGSL Program currently competes at 12U and 15U. These divisions provide both recreational and competitive opportunities for girls from kindergarten until high school. The primary difference between the Intramural Programs and the FCGSL Program is that the emphasis in the Intramural program is on recreation and fun. FCGSL is typically more competitive (though still lots of fun!). All players are guaranteed playing time for each of the levels.

THE INTRAMURAL PROGRAM

The Intramural Leagues are designed to develop our players by gradually introducing more and more of the Amateur Softball Association (ASA) rules of play in each succeeding age group. League age is determined by age as of January 1st of the current year. A player who is younger than the minimum age

may, with the recommendation of her previous Intramural League Coach **and** the approval of the League Commissioner, play in an older League. However, **no** player may play in a younger League. The leagues are:

8U Division (8 year olds and under)

The level explains and demonstrates the basics of “what” the sport of softball is to its players. Coaches pitch at this level. The spring season usually has a combination of skills development graduating toward a season of games. No scores are kept and participation is maximized. If there is enough time, games are normally three or four innings in length. All players receive "participation awards."

10U Division (9 and 10 year olds)

This level explains “how” to play the game. The basics of Slingshot and Windmill Fast Pitch pitching are developed and an introduction to competitive play begins. The emphasis is on developing pitching, so the playing rules have been modified to provide for pitching improvement. Scores are kept and standings maintained. Pitching is done in a "controlled" environment that maximizes the player's ability to learn pitching, without the pressure of issuing unlimited walks to batters. This is accomplished by allowing the batter’s coach to step in and pitch to the batter after four balls have been thrown, once a basic walk limit has been reached. No base stealing is allowed.

Games are played on weekdays and weekends. About eight games are played during the season with a double elimination playoff tournament at the end of the season. Scores and league standings are recorded to determine playoff placement and pairings. ASA umpires, trained by the Free State Umpires Association and paid by LUYAA Softball, officiate each game.

12U Division (11 and 12 year olds)

Here, competitive play really begins. Intermediate windmill pitching is the rule. Balls and strikes are called by paid officials from the Free State Umpires Association. Players do most of the pitching with a per inning walk limit. Many of the official ASA (Amateur Softball Association) rules are enforced in order for the girls to get better prepared for rules that will be imposed at the higher levels and FCGSL/travel teams, including base stealing and advancing on a dropped third strike. An eight game regular season schedule is usually played with the intent of all teams playing each other at least twice. League standings are recorded and published on the LUYAA website. The regular season is followed by a double-elimination playoff series to determine the league champions.

THE FCGSL PROGRAM:

10U and 12U “travel” teams

These are typically more competitive teams, where intermediate Windmill pitching is practiced and all teams play in the FCGSL with other teams throughout Frederick County. Most ASA softball rules are followed with some local adjustments. Teams play schedule determined by FCGSL with a playoff tournament and an All-Star competition. We support this level of play based on interest and available players and coaching. In 2009, we are supporting one 12U team at the FCGSL level.

15U Division (13, 14, and 15 year olds)

This is a more competitive League, where advanced Windmill pitching is practiced and all teams play in the FCGSL. All ASA softball rules are followed. There is no limit to the number of innings a pitcher may pitch. By rule, however, no high school varsity pitchers may pitch in FCGSL. Teams play schedule determined by FCGSL with a playoff tournament and an All-Star competition.

LUYAA attempts to field FCGSL teams in the 15 and under; 12 and under; and 10 and under age groups. If there is a great deal of interest, selection to these teams is through a competitive try-out process. Schedules for the tryouts will be posted on the Internet and/or through email. Practices and games will be scheduled around the Intramural Program in line with FCGSL schedules. There is a separate fee for participation in this program. The fee is determined by the cost of providing uniforms, insuring and equipping a team for such competition.

ROLES AND RESPONSIBILITIES:

THE SOFTBALL COMMITTEE

The Softball Committee is responsible for: organizing the Association; selecting Age Group Coordinators; representing the Association in meetings with the County; setting overall policy direction; managing the budget; developing the yearly calendar of events for the organization; acting as the final decision-making body for any issues that cannot be resolved by the Age Group Coordinators; establishing a code of conduct for players, coaches and fans that is in the best interest of fair play and sportsmanship; setting the strategic objectives for the continued development of LUYAA Softball; and identifying the best way to achieve these goals.

THE LEAGUE COMMISSIONER

The Softball program is led by the League Commissioner who coordinates events for the overall league. The Commissioner is the last stop for all issues concerning the Leagues. Consult the Quick Reference Page for the names and phone numbers of the League Commissioner.

AGE GROUP COORDINATORS

Each age group has a Coordinator. The Coordinator coordinates events for his or her division. It is the Coordinator's task to shepherd his or her division from the formation of teams and allocation of players, through the regular season and throughout the playoffs. The Coordinator will review the level of play, make comments to coaches about coach, parent, and player conduct, ensure that all players play a fair share of time, and assure that all players are registered and that League rules are followed.

The Coordinator is responsible for requests by players to change teams or move into an older League. Any questions by a coach concerning their League should first be posed to the Age Group Coordinator. In short, the Coordinators are the first stop for all issues concerning their Leagues. Consult the Quick Reference Page for the names and phone numbers of the various league Coordinators.

THE COACH

The Coach is the heart of our Association. It is the Coach who has the ultimate responsibility for developing and building a team. It is the Coach who must act as a role model for his or her players. For three months, a dozen girls' experience with LUYAA Softball will be shaped and formed by the Coach. It is a major responsibility and the Committee, League Commissioner, Age Group Coordinator, and other coaches will do whatever we can to assist a coach. Just ask for help if you need it, whether it's help in finding assistant coaches, learning new training techniques or developing players.

Yet, it is a sad comment on today's society, but we must be ever vigilant of those to whom we trust our young players. As a result, each spring season, we ask all our coaches and assistant coaches to file a coach's registration form. This form serves as certification to our players, parents and other coaches that you have been screened as "certified" to work with the youth of the LUYAA program. A copy of the form can be found through the website link and the main LUYAA webpage (www.luyaa.org)

CALENDAR OF ASSOCIATION EVENTS

Each year there are a number of key meetings and events. See this year's calendar for specific dates (LUYAA Calendar). The following timetable describes the normal sequence of events and meetings for the Association.

Registration opens for spring season

early January

LUYAA SOFTBALL - A COACHES GUIDE

Registration officially closes	Early February
Player Evaluations	Mid-February
Team Formation / Player Assignments	Late February
All Coaches Meeting / Rules Meeting	First Week of March
First Day of Spring Practice	Mid March
Opening Day	Mid April
Picture Day	TBD
Regular Season Ends	Late May/Early June
Playoffs Begin	Early June
Championship Games (Tentatively)	Before End of Frederick Co. School Year
Equipment Return	Mid June
Extended Season	Thru July
Registration for Fall Ball	August
Fall Season Begins	Early September
Fall Season Ends	End of October
Players Clinics	Winter

WINTER SKILLS AND DRILLS CLINICS:

For those players who wish to continue their development during the off-season, LUYAA will highlight skills clinics available for a fee in the local area. The clinics are designed to accommodate all ages and skill levels. Every aspect of playing softball is covered in these clinics. Separate clinics are held just for pitchers and catchers, and hitting, fielding and conditioning clinics are offered to improve these skills.

SPONSORSHIPS

Community sponsors play a critical role in our program. Without their financial support we would have to increase our players' fees substantially.

We always need new sponsors to help defray our costs and keep the players fees low. If you have any "leads" to potential sponsors, call the LUYAA Sponsor Coordinator. Sponsorship forms are also found via the Softball website noted earlier.

II. ALL YOU NEED TO KNOW ABOUT COACHING IN LUYAA

In the following pages, we will give you the basics on how to organize and field a team in LUYAA Softball. It won't tell you everything. You, like those who have gone before you, will realize that it is the experience of taking the field and coaching that will make you a coach.

Remember one thing: you will make mistakes, we all have. The mark of a good coach is one who keeps an open mind and learns from his or her experiences.

NOTE: The policies and rules described in the following pages apply to our "Intramural" leagues, the 8U, 10U, and 12U leagues. Different rules and policies may apply to teams participating in the FCGSL Program.

WHERE WE PLAY GAMES AND PRACTICE:

WINDSOR KNOLLS FIELDS (WINDSOR KNOLLS MIDDLE SCHOOL OFF RT 75):

The fields are located at the Windsor Knolls Middle School on Windsor Drive off of Rt 75, two miles south of RT 80 and a block north of the Windsor Knolls development. These fields are used for 10U, 12U, and 15U games. There are three fields: WKMS#1 (closest to the school and parking lot) and WKMS#2 are directly to the right of the school parking lot. WKMS#3 is the far field behind the school accessible by the walking trail only. By agreement with the neighborhood and school for use of the field, there is no parking at Field 3.

GREEN VALLEY FIELD:

This field is located at the Green Valley Elementary School off of MD RT 80 near the intersection of MD RT 75. It is the site of 8U activities. The softball field is located to the far left of the school and limited parking is available off RT 80.

NEW MARKET FIELD:

The use of the softball field at New Market Middle School is a new addition to support the expansion of our league. The field is behind the school which is located west of downtown New Market off MD RT 144 (Old National Pike).

WATKINS PARK FIELD IN MT. AIRY:

The use of the softball field at Watkins Park supports our Mt. Airy Girls Softball partnership. The field is off Rt 27 x.x miles north of I-70. Heading north on Rt-27, turn left onto xxxxxx.

WHAT AM I EXPECTED TO DO ABOUT FIELD MAINTENANCE?

LUYAA softball strives to provide the best playing conditions possible. A well-maintained field improves safety and the enjoyment of the participants. Because of good drainage, "crowned" infields, and maintenance after each use, we seldom have rainouts.

After each use, you or an assistant should use a field rake to replace dirt from wear areas around home plate and the bases. This prevents depressions from developing in these areas. If not done after each use, the problem perpetuates itself. If these depressions are wet the next time the field is used, the wet material is removed, just making a deeper hole and the problem worse the next time.

See Appendix X for instructions on preparing the field for game play.

HOW DO I FIND OUT THE RULES FOR MY LEAGUE?

At the Spring All Coaches meeting, each Head Coach will get a set of rules for the League in which your team will compete, provided by the League Commissioner. Copies of the General Rules and specific adjustments for each age group can be found on the LUYAA Softball website. BELIEVE US, YOU NEED

TO READ THESE RULES. You will be surprised how knowing the rules will make your life as a coach more comfortable. Also, all league rules can be found on the LUYAA website.

Why is it important to know your league's rules? Avoid surprises! Prepare your team for changes in rules, or new rules as they move up to older leagues. Each year, players and coaches are surprised by the new rules encountered in the older leagues.

It's a good idea, too, to bring a copy of your league's rules to each game. That way, if a question comes up, you can show the umpire the official league rules. This is useful since our umpires are involved in many different regional leagues and each may have a particular unique rule or two enforced.

The LUYAA Softball Committee considers rule changes at the end of each season. Changes are considered to improve the overall quality of play. Please send any proposed rule changes to the LUYAA Secretary for Committee consideration.

HOW MANY PLAYERS DOES IT TAKE TO MAKE A TEAM?

It varies. A simple rule of thumb is that you need at least nine players to cover all positions (though 10 can be used at 8U, 10U, and 12U levels), and league rules require at least 7 to begin a game. But too many players and you have a potential logistical problem of getting everyone into a game. Teams are generally limited in size so that no more than three players sit the bench on defense. We have established these guidelines by League.

8U DIVISION

Team size will vary. At this age, very few batted balls reach the outfield. The players on the bench easily become bored and find playing in infield sand much more enjoyable than watching a batter bat. The game needs to keep moving and players should rotate positions as often as possible (such as every inning). Every player should get the opportunity to try out each position to learn about the game.

10U AND 12U DIVISIONS

11 to 13 players maximum. The number of batted balls reaching the outfield is greater. But again you want to emphasize and provide as much playing development time as possible. We recommend that at least four players on each team be trained to pitch. Every player should get some infield time as well.

15U DIVISION:

11 to 13 players maximum. At this age, the players are accustomed to the concept of substitution. Also, at this age, your player's time is in demand by a variety of outside interests. We encourage our players to be well rounded, but this also means scheduling conflicts. You need the cushion of the extra players to cover for the special school functions that may take several of your regular players.

TEAM ASSIGNMENTS

For Intramural, LUYAA will attempt to assign players in order to maximize team balance. Within this guideline, the Commissioner and Age Group Coordinators will take note of such issues as siblings, car-pooling or other special needs.

GETTING AND REPLACING EQUIPMENT

Anytime you need equipment, such as practice balls, game balls, catcher's equipment or bats, call or email the LUYAA Equipment Coordinator. Even if the equipment is not broken, it may need to be replaced. Please examine your equipment before the season begins. Also, remember that you as the Coach are responsible for care and safekeeping of the equipment you have been given.

GETTING UNIFORMS

LUYAA will provide a uniform for each player as part of her registration fee for the Spring Season. In the fall, LUYAA will usually provide a t-shirt jersey and matching hoodie for each player. Team colors must be coordinated through the Uniform Coordinator no later than late-February each season so that sufficient time can be allowed for ordering. Uniforms cannot be altered without the approval of the Commissioner.

The earlier you can get your preferences in to the Uniform Coordinator, the better. The Uniform Coordinator has to place the order by no later than the first week of March, with or without your input.

WHAT ABOUT PITCHING AND HITTING HELP?

You got it; the first and second most important thing you need to do is be ready to teach pitching and hitting. Hitting the fast-pitched softball is dramatically different from hitting a slow-pitched softball or a baseball. Simply, the distance between the pitching mound and home plate is so different, that what will work in baseball or slow pitch softball, will not work with fast pitch softball.

If you don't think so, try hitting a dancing softball delivered at 40-50 mph, released at 35-40 feet away, instead of the 60 feet in baseball.

For this reason, we offer hitting and pitching clinics throughout the winter clinic season and occasionally during the spring and fall seasons, if the demand warrants. Hitting is not a pure science and there is no "one" technique that works for everyone. The best approach is to learn the fundamentals from an experienced softball hitting instructor and then go out and hit as many balls as humanly possible in order to figure out what "technique" works best for her.

Every player is different and not everyone is a power hitter. "Slap" hitters are some of the most feared hitters in advanced softball with batting averages in the .500's.

There is no substitute for repetition. Hit off a tee, hit soft tossed balls, hit machine pitched balls, hit fast pitched balls. LUYAA strives to teach our coaches the proper fundamentals so that they can pass it on to the girls. The clinics feature some of the best hitting instructors in the area, however no instructor will make a player a better hitter without the dedication of the player. In the end it is the responsibility of the player to practice and figure out what form fits best and then improve it.

Training Equipment: What is Available and How do I Gain Access to it?

LUYAA has a storage shed at each of the primary field locations (WKMS and GVES). Each field has a job box containing commonly used items such as bases. Coaches are given access by key. This equipment was purchased to be used by all of LUYAA Softball. It is our equipment and represents a substantial capital investment by the Association. Please take care of it and treat it as if it were your own, for after all, it is yours. Pack it up neatly when you are done and store it neatly in the metal box containers at the fields. If there is a problem please report it to your Age Group Coordinator or the Equipment Coordinator.

Above all, PLEASE BE SURE ALL CONTAINERS ARE LOCKED SECURELY BEFORE YOU LEAVE THE FIELD.

TEAM PICTURE DAY

Picture day is normally held early in the season. See this year's calendar for the specific date. In the event of rain, you will be notified of an alternate date.

Both individual and team pictures will be taken. However, players do not have to have individual pictures taken and there are no requirements for purchase. Team sponsors will be given a team picture plaque to demonstrate our gratitude for their financial support of our program.

THE FIRST PRACTICE GUIDANCE:

Whether you're a new or experienced coach, you want to be successful, and we want you to be successful. Here are some basic points on coaching.

Be Organized.

At the first practice or the first time you meet your players you should have:

1. A typed list of all your players, organized by name.
2. A sheet for each of your players with your name, your assistants and everyone's telephone numbers and email addresses.
3. Copies of the practice schedule—dates, times and places—for each player.

Give Your Players Ample Time to Get Ready.

It is a good idea to start with stretching exercises. Experts in sports medicine counsel coaches to get their players used to doing stretching before exercising. Exercising without proper preparation can overextend even young muscles.

Get them to warm up throwing the ball easily among themselves. This accomplishes two things; one, it gets them doing something. Secondly, it gives you time to introduce yourself to the parents, hand out the telephone lists and answer questions.

Have a Script

Plan in advance what you are going to do in the first practice. You should have a practice plan prepared for each practice.

Get Your Assistants on the Same Page

Don't do it all yourself. If you don't have assistants, recruit any parents who are standing by watching or reading the newspaper in the stands. Don't be bashful. They wouldn't be there unless they were interested and probably dying to get involved. This is particularly true for the older leagues, where at least two or three assistants are necessary. Please note that official team Assistants must be certified by LUYAA and approved by the Commissioner. Players can only be left in the care of official coaches.

Keep Each Drill Short

For the younger girls, 8Us and 10Us, you should decrease the length of drills from 10 to 15 minutes. If you have assistants, have multiple drills (stations) going and have the girls rotate to the next station or drill on your call.

Keep Them Moving

Standing around invites disorganization. If something isn't working quite like you planned, don't be hesitant to suspend the activity and move on to something else.

One good drill to end a practice is to split the players into two equal teams. Place one team at second base and the other at home plate. Give each a ball. At your call they should begin running the bases in a counter-clock wise fashion (like in a game), touching all bases on path to the base from which they began. At this point they should hand the ball off, in relay fashion, to the next team member. Position coaches and parents at third and first base to ensure each base is touched. Failure to touch the base will mean the player must return to touch the base.

An important aspect of girls softball is excitement and cheering. Cheer on each team on as they run the bases until all players have run an equal number of times. The first team to successfully touch all bases first wins. You can choose some suitable reward – maybe the winning team gets to help with the equipment.

Give Your Players Periodic Breaks

Particularly in hot weather, be sensitive to the impact of the sun and heat on your players. You may need to schedule a brief water break at regular intervals during practice.

Communicate with Your Players and the Parents

- ✓ Review what you did today. Give your impressions; ask the same of the players.
- ✓ Tell them what you plan to do next practice.
- ✓ Explain to the parents and players your coaching philosophy, what you expect out of them, and what they should expect from you.
- ✓ Ask all players to be at practice at least 15 minutes before the scheduled beginning time. You understand that they may well have other obligations, but so do you. ** For games it is important for the team to arrive about 30 minutes ahead of game time for warm-ups. **
- ✓ Explain that you plan to begin practice promptly at the scheduled hour and end it at the approximate time and the players need to do the necessary warm-up and stretching exercises before practice begins.
- ✓ Players should come properly dressed, equipped and prepared to participate. In the 12U and 15U players should consider acquiring softball cleats (non-metal) or other appropriate footwear.
- ✓ Players should bring a personal supply of water or sports drink to each practice and game.
- ✓ Parents should pick up their players promptly at the scheduled time. (While the Coach is obligated by LUYAA to stay with the player until her parent/guardian arrives, don't let 'tardy' parents make you a baby sitter.) If a player is going home with another parent or player, the parents or player should inform you beforehand.

NOTE: Should coaches encounter such problems on a frequent basis, they should contact their respective Age Group Coordinators, who will contact the parents to remind them of the League's policy.

- ✓ Ask the parents to organize a phone tree to alert players of practice and game scheduling changes.
- ✓ Should you choose, ask for a volunteer parent to organize the refreshments for each game. There should be a rotating list of parents who are responsible each game for bringing a snack. It is not your job as the coach to do so.

THE FIRST GAME

- Remember this is your first game as well as your players' first game. The parents will be watching how you conduct yourself as much as they will watch their players perform.
- At the last practice before the first game, you should sit your players and parents down and explain how you plan to run the first game. Who will start? Who will play what positions? Who will you rely on to pitch and catch?
- Review with your players how you plan to substitute. Remember that **everyone** gets the opportunity to play in the field and bat.
- Ask your players to signal who will not be at the game by raising their hands. Also, ask if any players think they may be late arriving.

HINT: With the younger groups, 8Us and 10Us, a proven way to guarantee early arrival and also settle your batting order is to tell players that the batting order will be determined by arrival at the game. The first player there bats first, the second bats second and so on.

- Be Prepared! Come to the game with a written batting order and position list.
- Review bench and field behavior with the players and the parents. Emphasize:
 - Good sportsmanship
 - Fair play
 - Respect for the umpires
 - Respect for the opposing team
- Ask for a parent, if you have not done so already, to act as a 'bench coach' to keep order on the bench and remind players who is next to bat and who is on deck while you are coaching.

- Finally, remember this is only game ONE of a long season. Development will come through experience. While winning the first game would be nice, and certainly justify you as a successful coach in your mind, the goal is to build a TEAM.
- Your players and parents will remember how you conducted yourself long after they've forgotten the score of the game. Keep your cool. Support your players and avoid on-the-field negative comments.
- Be discrete in your comments. Remember: your players' parents are listening to you more intently than your players are.

***HINT:** If you have constructive criticism to give to your players, do it in a conversational manner after each half inning or after the game, but before snacks. Get your players into the habit of sitting on the bench or ground, while you review what they did right, what needs to be improved on. Speak to the team in general; don't point out any negatives about any one player to the entire team. Instead, wait for the appropriate time during or after the game, to take the individual player aside where you can explain what she needs to work on to improve.*

- Finally, remember to tell your team that our primary goal is to learn, develop, play softball and have **FUN**.

WHAT ABOUT EQUAL PLAYING TIME?

This is primarily a recreational Intramural League. Therefore, everyone must play in every game. We have adopted the 'snake' batting order. This means that everyone who shows up must bat in a specified order, even if they are not playing in the field. This takes away the need for the coach to waste valuable coaching time trying to substitute players. Each league has rules governing player rotation and playing time. Review these rules and ensure that your game plan abides by them. Remember that we are trying to develop players. Give players the opportunity during the regular season to play different positions. You might be surprised what you find out by doing this.

This will also strengthen your team because you'll be developing competent "backups" for various positions as well as when players are absent, late or have to leave early from a game.

UMPIRES! HOW DO YOU DEAL WITH THEM?

On all occasions, the LUYAA believes the umpire has complete authority once a game begins. At no time will the LUYAA Commissioners or League officials intervene at the request of a player, coach or parent to approach an umpire about an on-the-field ruling.

Coaches **MUST** remind players, parents, and team supporters that the umpire must be treated at all times with the respect and courtesy due them.

Should a coach wish to discuss an on-the-field ruling, the coach should request time from the umpire. Once granted, the coach should approach the umpire and ask for clarification on the ruling. Please do not waste the umpire's and players' time unless you know the rules and have a copy of them with you.

For intramural, there are no "protest" procedures to worry about. Balls/Strikes/Outs cannot be argued. We are all in full support of umpire rulings and are governed by sportsmanship. FCGSL has their own similar procedures which those teams must follow.

Coaches should bear in mind that these are paid umpires who are doing their best to call a fair game. Coaches are asked to prevent any and all unsportsmanlike behavior and to stop any player, parent or fan from berating, openly criticizing or otherwise harassing any of our umpires.

Scores will be kept by scorekeepers from both teams and they should compare notes between innings to ensure consistency. The umpire does not keep the score.

LUYAA SOFTBALL CODE OF CONDUCT FOR PLAYERS, TEAMS, AND COACHES

The mission of the LUYAA Girls' Softball program is to provide for the continuing development of softball skills for young female athletes. All participants should display good sportsmanship, being modest in victory and gracious in defeat. Remember that the participants are opponents, not enemies. Be proud of the accomplishments and efforts of **ALL** the players involved – cheer loudly and freely, and in a positive manner. Respect the integrity of the judgments of the umpires and the decisions of the coaches.

The following guidelines for the **Code of Conduct** stress appropriate behavior while maintaining the integrity and spirit of competition.

Coaches:

- Not only responsible for their own behavior, coaches are also responsible for the behavior of the players, parents, and guests for their team. Coaches are expected to display good sportsmanship toward all participants involved in the game (umpires, players, coaches, parents, and guests on both teams) at all times. Displays of temper or use of foul or abusive language will not be tolerated.
- Are expected to set an example by not using alcohol, drugs or tobacco products before, during and after the game or practice.
- Are the team's representative when dealing with the umpires. They can question an umpire's interpretation of a rule, but cannot argue an umpire's judgment call. Displays of verbal or physical abuse, whether acted upon or implied, will not be tolerated.
- Are responsible for the safety of their players on and off the field. Coaches may not leave the field until all players have either left, or are under the supervision of another adult.

Players:

- Are expected to support their own teammates while exhibiting good sportsmanship toward their teammates, as well as the opposing team, before, during and after the game or practice.
- May not dispute an umpire's call.
- May not display acts of physical or verbal abuse toward the umpires, coaches, players, parents or guests.
- Are prohibited from throwing or abusing any team or personal equipment before, during or after a game or practice.
- Are prohibited from the use of foul or abusive language.
- Are prohibited from the use of alcohol, drugs or tobacco products before, during or after the game.

Parents and Guests:

- Are expected to display good sportsmanship toward all participants involved in the game – umpires, players, coaches, parents and guests (on both teams) at all times. Displays of temper, use of foul or abusive language will not be tolerated and may result in the ejection of the person(s) involved, or forfeiture of the game.
- May not dispute an umpire's call and should not address the umpire at all about any game matter.
- Are prohibited from entering the field of play at any time without the permission of the umpires or coach.
- Are prohibited from the use of alcohol, drugs, or tobacco products before, during, or after (while in the accompaniment of players or in the vicinity of the sport) a game or practice.
- Are to provide support for the coach and coaching staff to provide a positive, enjoyable experience for all.

- Are to bring players on-time for practices and at least 30 minutes before game times. If you must leave, come back before the activity is finished.
- Are to teach their children to treat other players, coaches, fans and umpires with respect regardless of race, gender, creed or ability.

Complaints about an opposing team's conduct should be made as soon as they occur in a respectful manner to the opposing team coach and to the Age group Coordinator, or the Commissioner. Appropriate complaints would be incidents that involve the use of profane or vulgar language or gestures; physical contact between or among players; or unruly demonstrations of players, coaches, parents or supporters.

As a matter of record, LUYAA Softball will not condone any such conduct by a player, coach, parent or supporter.

GUIDELINES FOR BASE COACHES

The most common source of contention during games is an overaggressive base coach. There is a fine line between teaching the game (i.e. advancing on an overthrow) and taking advantage of less-skilled players. A rule of thumb for base coaches is to always assume the defensive players involved will make the play. For example, a coach should not send a runner home from third because the coach thinks the ball could arrive first, but catcher is not skilled enough to make the tag.

WHO DETERMINES POSTPONEMENT DUE TO WEATHER?

The procedure can be found in Appendix Y.

MAKING UP GAMES

The Age Group Coordinator will reschedule cancellations due to inclement weather after consultation with the affected coaches and the Commissioner as necessary. All efforts will be made to reschedule all rainouts within two weeks of the cancellation. However, in the event of particularly wet weather season, the Commissioner may rule that some regular season games will not be made up so as not to endanger the play-off schedule. All 8U League rainouts should be made up at a practice time of one of the next clinic/game times.

***NOTE:** Games will NOT normally be re-scheduled for reasons other than inclement weather.*

TIPS ON PLAYER SAFETY

Each coach has a duty to safeguard the health and safety of his or her players. Plan your practices and games with safety in mind. Here are few tips to keep in mind:

- Players should stretch before exercising and bring water to drink,
- Remind players in the field to always watch where the ball is and not be 'day-dreaming' and looking elsewhere. Once hit by a softball, they will quickly realize there is nothing SOFT about the ball. By paying attention, they should hopefully escape this pain.
- Base runners and batters must wear protective helmets with facemasks at all times.
- The player on-deck should be in the on-deck circle with helmet and bat. There should be no other player holding or swinging a bat, unless using a "hitting stick" with a coach in a safe manner.
- All players other than those fielding, on base, at bat or on-deck should be seated on the team bench. Discourage wandering over to the other team's bench or sitting in the spectator area.
- Catchers must wear all of their protective gear whenever they are catching. That means not only in a game, but while they are warming up a pitcher on the sidelines.
- Players must be taught not to throw the bat after hitting a ball. An umpire will give the player a first warning, but if the player throws the bat again during the game the umpire will most

likely call the player OUT and the play dead. If this continues, the umpire can EJECT the player for the safety of both the other players and the umpire.

- When warming up, players should face each other in pairs, and each pair should be parallel to all other pairs warming up. This will avoid errant throws from striking other players.
- Players should be taught to slide and NOT to try to run standing up into a catcher or base fielder. Such contact will usually result in the player being called out, regardless of whether they are safe or not. (Stealing is permitted in the 12U and 15U Leagues.)
- Pitchers should warm up for at least 15 - 20 minutes before entering a game, regardless of the urgency to get them into the game.
- Do not overwork pitchers. Be aware of pitcher complaints of elbow, shoulder or arm soreness. It is not a good practice to have the pitcher throw if experiencing any pain.
- Only coaches are allowed to stand in the base line coach's box without a helmet. All players or individuals under the age of 18 must wear a helmet in the baseline coach's boxes.

WHAT TO DO IN THE EVENT OF PLAYER INJURY

Despite our best efforts to promote safety, injuries can and will occur. Normally, the injuries bear watching but are not serious. Each coach should have access to the first aid kit at the field locations.

Injuries to pay particular note to are head and limb injuries. Any player who sustains head trauma should be taken out of the ball game and sat down. Take nothing for granted. Send for the parent. In case of severe injuries, such as head trauma, it is recommended that **911** be called for emergency assistance. **Do not move the player.** Let trained medical personnel take over.

We follow the guidance provided through the "ASA Blood Rule." Specifically, any player, coach or umpire who is bleeding or who has blood on their uniform should be prohibited from further participation in a game until such time as appropriate treatment can be administered. Medical attention should be provided utilizing the medical kit provided to each coach. Use the rubber gloves, gauze, ointment and bandages to clean and stop the bleeding. Once treatment to a player is administered, it will be the judgment of the umpire as to when the player may re-enter the game.

SEASON-ENDING PLAYOFFS

Playoffs are held for the 10U, 12U and 15U Leagues. They are designed to be the highlight of the season. However, we require that the fair play, good sportsmanship and respect for the umpires demonstrated during the regular season continue during the playoffs. It is, therefore, essential that you as a coach and your assistants serve as the role models. It is your responsibility to make sure your players and supporters understand the principles we are playing by in LUYAA.

Teams are bracketed or matched according to regular season records. Usually, the highest seed will be the team with the best regular season record and they most likely will face the team with the worst season record. In fact, should there be an uneven number of teams in a particular League; the highest seeded team may even get a 'bye' and not have to play the first game.

The League Commissioner will assign team placement and will establishing the pairings for the playoffs with the Age Group Coordinators.

CONCLUSION OF THE SEASON

The end of the season is a bittersweet time. You and your players have experienced a highly active, intense and most likely rewarding time together. In the older leagues, your last time together may have been in a playoff game where your team was eliminated. In any event, there needs to be a closure to the season.

Mid-way through the season, you should ask a parent to volunteer to organize a gathering to celebrate the end of the season. Some teams have picnics or pool parties, others go to a local pizzeria or ice cream shop, and others just get together at the end of the last game to talk about the season.

Our advice is to have some sort of gathering. The parents and players want to show their appreciation to you and your assistants for all the time and effort you have given.

FALL BALL

Fall Ball normally begins in early September and continues through the end of October. Games are usually once a week on Sundays in a unique double-header format. There may also be practice during the week. There are no makeups of rained-out games. Rules may well be amended to account for extremely cold weather. Scores and stats may be kept locally but no standings are kept for Fall Ball.

Fall Ball provides a more casual, developmental atmosphere for players wishing to develop their skills, play a new position, or just continue playing ball. LUYAA participates in FCGSL Fall Ball so players get an opportunity to see different (and usually some advanced) competition from other teams throughout the county that play at the FCGSL level. This provides an excellent opportunity for both players and coaches to experience the higher League in a relaxed atmosphere.

RETURNING EQUIPMENT

At the end of your season, you should contact the LUYAA Equipment Coordinator to arrange for return of the equipment. The Equipment Coordinator will schedule a 'general equipment drop-off day' for all equipment. Coaches are responsible for all equipment, bats and balls. Before returning equipment, coaches should inventory all equipment and make note of equipment missing or in need of repair or replacement. LUYAA organizes equipment by team equipment bags. Therefore, keep all your equipment together in the team equipment bag. Also, unless we are aware of missing or broken items, next year's coach will not know of any problems until he or she receives the equipment. So please let us know the state of your equipment.

III. DRILLS AND PRACTICES TO IMPROVE PLAYER SKILLS

We have included a number of basic drills that will help you develop both the individual and team skills of your players.

POSITIONING DRILL

Basics:

Nine or 10 players are placed in fielding positions. A runner with a helmet is placed at home plate. Coach hits the ball indiscriminately to any fielding position. Runner goes to first on hit ball. Runner remaining at first, Coach hits ball to another position. Runner advances. Fielder attempts to make play on runner throwing to appropriate base. Regardless, if runner is out or safe, the runner remains at next base. Drill continues until runner reaches home.

Object:

This drill trains players to react to runner movement. Excellent for 8U and 10U Leagues, where players are unsure as to where to make the play. Good fundamentals drill for older leagues as well.

CATCHING DRILL

Basics:

Two players are placed about six feet apart. The players are back to back. The first player says "Ball" to alert their teammate that they are throwing the ball. They then toss the ball backward over their head towards the partner. The partner looking up then has to adjust to the ball and make the catch. The second player then calls 'ball' and returns it.

Object:

This drill trains players to work together. It gives them work finding 'fly' balls, as well as catching balls hit over their heads.

NOTE: Good drill to keep players' minds on the game. Good to use when other games are running late. It is fun to watch and if done well, it's impressive to the opposing team.

BLIND TOSS

Basics:

Player lines up approximately 20-25 feet from Coach, with back toward Coach. Coach yells "Ball, throwing ball high into air toward player. The player should turn around upon hearing "Ball." locate ball, move under it, and catch it.

Object:

This drill trains players to react quickly, and builds confidence that they can get to a ball faster than they thought.

CATCHER'S DRILL

Basics:

Infielders stand at fielding positions. Catcher in catching position, behind the plate. Coach tosses ball behind catcher against backstop, as if an errant throw or wild pitch has been made. As Catcher reaches ball, Coach indicates base to be thrown to. Catcher makes throw to base indicated.

Object:

Catchers rarely get practice on throws other than throws back to pitcher and steals at second base. This drill allows the catcher to simulate game situations where unexpected throws require the catcher to react quickly and accurately.

PLAYING PEPPER

Basics:

A hitter awaits the thrown ball. Two or more fielders stand in a line, arms-length apart, about six to eight feet away facing the hitter. One of the fielders tosses the ball to the hitter, who then hits the ball, preferably on the ground, to one of the fielders. The fielder who catches the ball tosses it back at the hitter who then hits the ball to another fielder. The idea is for the hitter to move the ball around so that all the fielders are involved. After the hitter has hit for awhile, the hitter will change places with one of the fielders.

Object:

This drill will improve bat control of hitters, as well as being a good drill to improve hand/eye coordination needed to hit. This also gives the fielders hitting practice.

BATTING DRILL

Basics:

Coach purchases two dozen 'WHIFFLE' ball golf balls at the local golf store. Batter stands in batting position with bat at ready position. Coach stands approximately three feet to the side and slightly in front of batter (safely out of bat swing) Coach feeds or tosses golf balls toward batter who must hit the ball to score a point. Coach keeps score of how many balls were hit. Next player attempts drill. Coach announces best score after all have done exercise.

Object:

Improving hand to eye coordination. Adds a little diversity and competition to practice.

HINT: Have batter retrieve golf balls. This can be an exhausting exercise for the Coach, as it is.

INFIELD DRILL

Basics:

Four infielders plus the pitcher in the fielding position. A runner at home plate and other runners on base as desired. Before hitting the ball, all infielders call out where they will throw the ball if it is hit to them. Hit the ball randomly to any of the infielders or pitchers.

Object:

Good drill for making all types of plays required during the course of a game. It also forces the infielders to think about the position of the runners and possible options for plays BEFORE the ball is hit.

GROUND BALL DRILL

Basics:

Place all players (except a catcher for the hitter) in two lines about 15 feet apart on either side of the shortstop's normal position. Have a coach stand between the two lines (or a coach for each line if available.) Coach stands at home plate with catcher to side, ready to hit ground balls. Hit ground balls alternately to each line. (Hit the ball to one line while the fielder from one line is returning the ball to the catcher.)

Object:

Rapid-fire nature of the drill is very efficient, as each fielder gets a lot of ground balls in a relatively short amount of practice time. Also, the coach in the field can devote time as required to instruct on proper fielding and throwing techniques.

PIVOT ROTATION DRILL

Basics:

Place bat behind your back and hook your elbows around the bat to hold it in place. Assume normal batting stance. Rotate hips quickly while pivoting on back foot. This can be done indoors or outdoors with coach present for instruction or without coach as source of practice.

Object:

Good drill for practicing lower body movements to get a good normal swing.

GROUND BALL DRILL # 2

Basics

Each of the infielders will get five grounders to play at her specific position: field a bunt or slap, field a grounder and turn to field three grounders hit to inside and outside her position, and then make the throws to first base. Watch their feet, do they shuffle or cross over to make the throws to first base? If they drop or juggle the ball, they start over. If it's a bad throw, they start over. If the ball is thrown wild, start over. They soon find out what is expected of them. Outfielders will get fly balls on the run from left field running to center field to right field, with a proper throw to third, second and first (watch how they set their feet). Catchers in full gear in their ready position, balls are rolled from behind; make plays at first, second and third. Pitchers field bunts, turn and pivot to make plays at first, second and third.

Object:

This drill is for infielders and outfielders, including pitchers and catchers, to improve fielding abilities.

3-2-RUN DRILL

Basics:

Split the team up, with approximately half the team at third base and the other half at home plate. Have one player at second base to receive throws from third base. Set three balls down the third base line an equal distance apart, covering approximately 3/4 of the distance to home plate. The first player is in the batter's box in her batting stance with a helmet on. When the coach says "Go" the batter swings and runs like the wind to reach second base before the player at third base fields each ball and throws to second base. The goal is to make all the throws cleanly from third to second before the runner gets to second. Players rotate after each play, home to second to third base. Once your players become efficient at your set distance, increase the distance.

Object:

The drill works arm strength, direction, foot position and body awareness. Also checks for runners' speed and quickness out of the batter's box.

THROWING DRILL

Basics:

Take a bucket of balls about ten feet behind where the shortstop or second baseman would normally line up. Then scatter the balls across the ground. Have the fielder, with her back to the infield, jog to the balls one at a time, pick them up and throw them to home plate. Have them pick up the balls with their gloves one time and with their bare hands the next. If there is no catcher to help, set a bucket about five feet away from home plate along the third base line. If the ball does not go to home plate, at least make sure it goes in between home plate and the bucket. This is the out zone.

Object:

This drill is aimed at the fielder who is most often the cut-off person. This gives them practice at getting the ball with their backs to the infield, then turning and finding home plate and making the throw to home.

NOTE: *The placement of the bucket is a target for the fielder to throw. It reinforces the idea that if the fielder can't hit home plate, at least miss on the third base side so the catcher still has a chance of getting the out. This drill is used primarily for short stops and second basemen and sometimes outfielders.*

CHARGING GROUND BALLS DRILL

Basics:

As the fielder is set up in a ready position, have her imagine a line about six feet in front of her. Actually drawing a line can help. As the ball is hit, she needs to try to field it before it crosses the line. They

may not always get to it before it does, but it does get them to approach the ball. This is better than waiting for the ball to come to them. Being in position and charging the ball will do no good at all if the fielder does not put the glove where the ball is. To get the fielder used to keeping her glove down, have her drag it in the dirt. This means they will be bending over more than needed to pick up the ball. It will teach them to move while in a bent-over position. It also teaches them to keep their gloves at the lowest point. After they do this for awhile, bending over and getting the glove down will become a habit. Some may need to do this more than others. Digging some dirt with the glove is a good thing to practice.

Object:

Improve fielding. A fielder in position to field the ball off the ground is in a better position to adjust to a ball that might take a hop. It is easier to bring the glove up then it is to take it down. Bringing the glove up is a natural reflex. When working on these techniques you may just want to try them one at a time.

FLY BALL DRILL

BASICS:

Start with the fielder facing a thrower about ten feet away. This distance can be increased or decreased depending on the surroundings. The fielder will need room to run backwards. The thrower will toss the ball over the fielder's head at an eight-to-ten foot arc. The ball needs to be thrown so the fielder is forced to run backward to catch it. The fielder returns the ball to the thrower, and then returns to her starting point. The thrower should toss the ball left and right, as well as directly over the fielder's head. Try to get it so they catch the ball over their shoulders. The height should be varied.

Object:

This drill is good for getting the fielder used to running backwards. It is good for practicing catching the ball while moving backward, or while running left or right. It can help with footwork. It also provides practice on turning and catching the ball.

ADVANCED

Another variation is with the fielder having her back to the thrower. The thrower will say "Ball" to alert the fielder the ball is being thrown, and then toss the ball over the fielder's head at an eight-to-ten foot arc. The fielder has to look up, find the ball, adjust to the ball and then catch it. The fielder returns the ball to the thrower, and then returns to her starting point. The thrower should toss the ball left and right, as well as directly over the fielder's head. This is very good for building confidence on turning and running after the ball, yet not giving up on the idea of catching it.

Object:

Doing this drill lets fielders work on how they should hold their gloves. It gives the fielder a chance to decide the best way to find, follow and look at a ball that is going over her head. This is really important because balls that are hit like this are usually really hit hard. That can mean extra bases for the base runners.

THROWING & CATCHING ACCURACY DRILL

Basics:

Players line up in pairs in two parallel lines about 20 feet apart. Coach calls out the signal to throw. Each pair throws back and forth to each other at the Coach's call. A missed ball eliminates the team from competition. After 10 throws, the pairs move 30 feet apart. Repeat the process until there is only one pair left: they are the winners.

Object:

This drill is good for teaching players to focus on throwing accurately and catching the ball. Adjust distance between players depending on age group.

THROWING AND CATCHING ACCURACY, QUICKNESS & SPEED DRILL

Basics:

Players line up in pairs in two parallel lines about 20 feet apart. Players throw the ball back and forth, shouting out the number of completed throws. With a missed ball, the pair must start again at zero. Coach times the drill and calls out “Stop” after two minutes. The pair with the highest number of successful throws wins.

Object:

This drill is good for teaching players to focus on throwing accurately and catching the ball. By applying a time factor, players must react quickly and accurately. Adjust distance between players depending on age group.

ROUND THE DIAMOND THROWING AND CATCHING DRILL

Basics:

One player stands at each of the four bases. Player at home plate throws to player at first base. Player at first base catches the ball, gets in throwing position, and hurls the ball to the player at second base, who then throws to third base, then to catcher at home. When the ball arrives at home, direction is reversed. Catcher throws to third base who throws to second base who throws to first, then home. Coach times the complete circuit and announces the time. A dropped ball delays the round; an errant throw stops the round. Best done by having sets of four players competing against each other; however, one foursome can compete against itself to determine best time.

Object:

This drill is good for teaching players to focus on throwing accurately and catching the ball. By applying a time factor, players must react quickly and accurately. A caution is that alternating groups of players should be watchful of errant throws.

SOFT HANDS & SOFT TOSS FIELDING & THROWING DRILL FOR SS / 2B

Basics:

Position a shortstop and second baseman on the field. Coach can be positioned at home plate or closer to the fielders. Coach throws or bats ball to the left or right of the shortstop, who fields the ball, sets up and tosses it to the second baseman, who runs to cover second base and fields the ball. (Tosses can be overhand or underhand and alternated.) Drill can be reversed by Coach, hitting or throwing the ball to the second baseman, who throws to the shortstop to cover second.

Object:

This drill emphasizes how to throw the ball to another player when the distance between players is extremely close.

THE SNOW WHITE PITCHING DRILL

Basics:

Pitcher winds up in front of a full-length mirror. In this way she can observe her motion and make the necessary corrections.

Object:

This drill is best practiced at home. Player should work on hips and body motion.

WRIST SNAP PITCHING DRILL

Basics:

Position pitcher five feet from coach or other player. With the fielding hand, pitcher holds the pitching arm in place against the leg. While holding the pitching arm still, throw the ball to the coach or other player by snapping the wrist. After 10 throws, increase the distance to 10 feet and do 10 more, then to 20 feet, if possible.

Object:

This drill is designed to improve wrist snapping action.

WINDMILL TOSSING DRILL

Basics:

Position pitcher 20 feet from coach or other player. In the open or “Leap” position, the player will have both feet at a 45 degree angle to the pitcher's mound. Player rotates arm in 360 degree circle and releases ball at hip, not moving feet, but swiveling hips to simulate the “closing the door” motion. Increase the distance by 10 feet after the pitcher is comfortable with the shorter distance. A variant on this is to have the player perform the 360 degree arm rotation but deliver the ball into her glove which is positioned outstretched at her waist. Once she becomes proficient at delivering the ball into her glove, have her throw under the outstretched glove to the catcher.

Object:

This drill is designed to improve motion and delivery of the ball.

WINDMILL RUNNING PITCH DRILL

Basics:

Pitcher runs two or three steps, and while running, performs 360 degree rotary arm swing, releasing the ball at the back of the leg. Catcher should be positioned 30 to 40 feet from the pitcher. Pitchers line up in a line to deliver the ball.

Object:

This drill works on delivery of windmill pitch

IV. PITCHING DEVELOPMENT

WHAT IS THE SLINGSHOT DELIVERY?

The Slingshot style of pitching is the beginning delivery for Fast Pitch. Facing the batter with both feet on the pitching rubber, the pitcher makes a “T” by pointing the glove toward the batter and bringing the ball back behind her 90 degrees. As she steps forward off the rubber, the pitcher powers the ball to the batter like a slingshot. This delivery is the first taught at the younger ages and will be covered at the pitching clinics.

HOW DO YOU LEARN THE WINDMILL PITCH?

At first glance, the WindMill Pitch appears to be a complicated, hard-to-understand delivery. It frustrates both coaches and players. But if understood, it is really a very simple and effective pitching style. The question often asked by parents and players is: “If I go to pitching clinics will you teach me how to pitch?” The answer is NO. What we can teach you are the basic mechanics to become a pitcher. We can show you drills that will help you develop your mechanics. We will identify flaws in your current windup and suggest ways to correct these flaws. Finally we can recommend a regimen to apply these drills. But only the player, herself, can learn to be a pitcher. To become a pitcher requires a combination of dedication, attitude and ego. The tide of a game will ebb and flow on the capabilities of the pitcher. In Fast Pitch softball, the pitcher controls the game more than any other player in any other team sport.

HOW MUCH WORK IS INVOLVED IN BECOMING A PITCHER?

As a coach you must advise your players that if they want to be a pitcher they will have to work harder and longer than any other player on the team. There are simply no shortcuts. It is estimated that tournament quality pitchers throw an average of a hundred balls a day, seven hundred a week and twenty five thousand pitches a year. Coaches are advised to tell pitchers to come early or stay late after practice to work on their skills. There is just not enough time in a regular practice to work on pitching. Some coaches have alternative practice schedules for pitchers. Others just have the pitchers come an hour before practice to work on their delivery. Whatever way you do it, you must communicate to those players who want to be pitchers that it takes work.

SHOULD I ALLOW ANY PLAYER TO TRY TO BECOME A PITCHER?

Sure, but remember the player must first make the commitment to develop her skills. What we do strongly recommend against is allowing a player who has not had any training to pitch in a game. We all fall victim at times to the player who sees the “glory” others get from pitching and wears us down asking to pitch to the point where we finally give in and let her pitch. Believe us, she will not enjoy it. Two things are likely to happen. The umpire will continually declare her pitch illegal, and she will not be able to find the strike zone. In either case, no one gains. It is better to tell any player who asks to pitch, “Sure you can pitch, but first you have to demonstrate to me as the Coach that you are willing to understand the basics of how to become a pitcher.”

HOW TO DO A “LEGAL” WINDMILL PITCH, ACCORDING TO THE RULES

FIRST, the pitcher must stand with both feet positioned on the “rubber.” The “rubber” is the commonly used reference to the rectangular step placed in the center of the pitching circle, which is the eight-foot diameter circle between home plate and second base. There may be as many as three rubbers within any one pitching circle. Each is used for particular league or age groups.

NOTE: The rule that both feet must be in contact with the pitching rubber is an Amateur Softball League (ASA) rule. We abide by this rule. However, Virginia high schools require only one foot to be placed on the rubber.

SECOND, before beginning her motion the pitcher must “present the ball” to the batter. The pitcher faces the batter with both feet in contact with the rubber, comes to a full stop with arms separated and the softball visible in one hand, for at least one second, before beginning her pitching motion.

THIRD, once stopped and conceivably acknowledging the pitch sign from the catcher, the pitcher can begin the 360-degree circular motion of the WindMill.

FOURTH, as the pitcher begins the WindMill, she can make only one full-circle arm motion with the ball. Any more than that is considered a “double pump” or illegal pitch.

FINALLY, as the pitcher delivers the ball, the back (power) foot or pivot (right) foot must remain in contact with the ground (interpreted as ground level). Any skip or hop that results in the foot leaving ground level is considered an illegal “Crow Hop pitch.”

WHAT’S AN ILLEGAL PITCH?

At times an umpire may call an illegal pitch, usually for:

- Not coming to a full stop and presenting the ball for pitching
- Not having both feet in contact with the rubber
- Double pumping or making more than one counter-circular revolution to deliver the ball
- Skipping or jumping off the pitching rubber during the delivery of the pitch, resulting in the back foot leaving contact with the ground
- Pitching in a "side arm" motion rather than underhand

The penalty is usually a warning, and the call of illegal pitch, resulting in a “ball” being called on the batter. At the 10U and 12U Intramural level, the umpires will usually be very helpful and patient with pitchers who are learning to pitch. Often some leniency will be allowed unless the pitcher is getting an advantage.

THE MENTAL AND EMOTIONAL ASPECTS OF PITCHING

To pitch the WindMill, your players must have the proper ego. It is highly unlikely that your player will have very much success her first outing as a WindMill pitcher. In fact, the norm is that it takes practice, practice and more practice under game conditions before your player becomes a WindMill pitcher.

Your player will throw more wild pitches; hit more players with pitched balls and walk more batters than throw strikes and get players out. Understand that, and make sure that your player and their teammates understand that.

If you have a player who becomes easily flustered and upset over walking batters and throwing wild pitches, then she's probably not ready to pitch. In fact, she may never be a pitcher until she can control her emotions. Explain that it will take time and practice to learn to pitch and to build the confidence that she can, indeed, master the WindMill.

THE WINDMILL PITCHER AND HER COACH

You as the Coach must have patience. Give your potential pitchers every opportunity to learn to pitch. But do it at your pace. Don't let a player pitch who has not pitched before or is not ready from your perspective. The absolute worse thing you can do is to embarrass a potential pitcher. Despite her protestations that "I can pitch," you need to see her pitch firsthand and NOT in a game situation.

When you are ready to let your player pitch, do it in moderation. Watch her closely. If she begins to become upset from too many walks or wild pitches, or just is too wild, call time and try to calm her down. Use your new pitchers sparingly and if at all possible in situations where the game decision is not at stake. This would be when you have a huge lead or huge run deficit or if it's a scrimmage game.

PROVIDING THE RIGHT AMOUNT OF GUIDANCE AT THE RIGHT TIME

When an experienced pitcher begins to have control problems, the one common refrain heard from coaches is, "JUST THROW STRIKES." Well, don't you think that is what your player is trying to do? It's just not happening. She doesn't know why. Your job as the coach is to give her the consulting advice she desperately needs.

The worst advice you can give as a coach is to have your pitcher slow down her delivery and aim the ball. Yes, she will probably throw more strikes, but you will do irreparable damage to her. Instead, encourage her to continue to throw hard, but to remember the fundamentals of how to position and deliver the pitch.

Try to refrain from calling out advice after every pitch. Develop some hand signals that cover some of the basic correcting advice you would normally give verbally. This avoids drawing too much attention to what may already be an embarrassing situation to your pitcher.

At the end of a half inning, take your pitcher aside and talk to her privately, a non-emotional, restrained voice. If it's during an inning, ask for time from the umpire and go out to talk to your pitcher. Most likely she is doing something fundamentally wrong. Suggest she reflect back on her training, specifically, with regard as to how to stand, how to leap, how to pivot, how to rotate her arm and release the ball.

Sometimes, your pitcher will be doing everything right, but she can't get a strike called. A basic rule to remember is that the strike zone, regardless of what the rulebook states, is "**WHATEVER THE UMPIRE WANTS IT TO BE.**" Given that, advise your pitcher where you think the umpire is calling strikes and suggest that she try throwing the ball toward that location.

The bottom line is that she is already under enough pressure. Your job is to calm and guide her. If that doesn't work, take her out as pitcher. Remember there's always another day to pitch, but not always another pitcher if your player loses her confidence.

Finally, you have a responsibility to know as much as your pitcher does about pitching. Therefore it is essential that you make every effort to attend the pre-season pitching clinics, secure a pitching video, watch the video and finally, ask questions as to how best to teach the motion. Don't feel ashamed of not knowing how to do this, we all had to learn this delivery. It takes time and effort. **The worst thing you can do as a coach is not to ask.**

V. THREE IMPORTANT RULES - KNOW THEM AND LOVE THEM

THE INFIELD FLY RULE

In the LUYAA, the Infield Fly Rule applies only in the 12U and 15U Leagues. Its purpose is to prevent infielders from intentionally dropping a pop-up to get a double play. The Amateur Softball Association defines it in the Official Rules of Softball:

“Infield Fly: An infield fly is a fair fly ball (not including a line drive or an attempted bunt) which can be caught by an infielder with ordinary effort when first and second bases or first, second, and third bases are occupied before two are out. Any defensive player who positions herself in the infield at the start of a pitch shall be considered an infielder for the purpose of the rule. The infield fly is ruled when the ball reaches the highest point based on the position of the closest fielder, regardless who makes the play. When it seems apparent that a batted ball will be an infield fly, the umpire shall immediately declare, ‘Infield fly. The batter is out,’ for the benefit of the runners. If the ball is near a foul line, the umpire shall declare, ‘Infield fly. The batter is out if fair.’ ”

“The ball is alive and runners may advance at the risk of the ball being caught. The runner can tag up and advance once the batted ball is touched (prior to catching), the same as on any fly ball. If a declared infield fly becomes a foul ball, it is treated the same as any foul.”

Here are some things to remember about the rule:

- It must be called by the umpire, and when called, the batter is automatically out
- The ball is NOT dead
- It applies only when there are fewer than two outs and only when there are runners on first and second bases; or when there are runners on first, second and third bases
- An infield fly is treated as a regular fly ball. Base runners are not forced to run, but they must tag up before advancing with the risk of being thrown out.

THE DROPPED THIRD STRIKE

In the 12U and 15U Leagues, a batter has the ability to reach first base, if the catcher should drop the pitched ball and if first base is not occupied. Once dropped, the catcher must either tag or throw out the runner. Should the runner reach first base without being tagged or thrown out the runner is considered safe and no out is recorded.

However, if there are two outs in the inning, the batter can advance to first on a dropped third strike even if there is a runner on first (who must try to advance to second, and if second is occupied, that runner must also try to advance, and so on). This one rule is the most commonly forgotten and overlooked rule in softball. Coaches should continually remind their catchers of this rule during game situations where the ball/strike count is at two strikes and first base is unoccupied or there are two outs.

THE MODIFIED “LOOK BACK” RULE ... AKA NO PICKLES

In the 10U and 12U intramural levels, there is a little-known rule for baserunners. Here’s the scenario: You have a rally developing. Your player has just hit a double and she at first races to second, turns toward third base and stops. The ball is thrown to the pitcher who is standing in the pitcher's circle. The pitcher faces your runner and “looks her back” ... your runner must make an immediate decision on which direction to go and get there. If she does not go or goes and changes direction (i.e., attempts to start a “pickle”) the runner is out. So ends the rally. What happened? Any base runner can try to advance to any base they wish. But they cannot stop and then give any indication that they will again advance, while the ball is in the control of the pitcher within the pitcher's circle, without being declared as out.

V. KEEPING THE SCOREBOOK - HOW TO WIN BY USING THE NUMBERS

LUYAA rules provide that the home team is responsible for keeping track of the number of runs scored each inning, as well as the number of innings each player pitches. It's a good idea for the away team to keep score also, and check the score with the home team after each inning. This will help to avoid confusion and misunderstanding. Each team is responsible for keeping its batting order straight.

It is courteous to give the other team your batting order, with players' numbers, at least five minutes before the game time. Few things are more hectic than a coach trying to get his or her team on the field, or ready to bat, while also having to write the opposing team's order during the pitcher's warm-up!

If you want to do so, you can keep your scorebook in a way that allows you to keep track of what each player did, and, if you are so inclined, keep a set of batting and pitching statistics. If you are really so inclined, fielding statistics can be kept too! There is no one official method of keeping score. What follows is a simple approach. There are usually additional instructions or variants in the scorebooks.

EACH FIELDER HAS A NUMBER:

- | | |
|-------------------------|--|
| • Pitcher=1 | Shortstop=6 |
| • Catcher=2 | Left Fielder=7 |
| • First Base=3 | Center Fielder=8 |
| • Second Base=4 | Right Field=9 |
| • Third Base = 5 | Short Fielder(10U and 12U Intramural League) = 10 |

USE LETTERS OR ABBREVIATIONS TO DESCRIBE GAME OCCURRENCES

- | | |
|--|-------------------------------|
| • BB =Walk (base on balls) | SB =Stolen Base |
| • KS =Strike out swinging | CS =Caught Stealing |
| • K (backwards) =Strike out looking | FO =Foul Out |
| • HBP =Hit By Pitch | DP =Double Play |
| • E =Error | PB =Passed Ball |
| • 1B =Single | RBI =Runs Batted In |
| • 2B =Double | SF =Sacrifice Fly Ball |
| • 3B =Triple | G =Ground Ball |
| • HR =Home Run | LD =Line Drive |
| • WP =Wild Pitch | FB =Fly Ball |

Combining the numbers and letters tells a lot about each play. For example, *E-4* means that the second base person made an error. *E-4g* would add the information that a ground ball was "flubbed."

Mark a batter's progress around the base paths by drawing a line from base to base on the template printed in your scorebook (LUYAA will provide the scorebook). If a batter reaches home safely and scores, lightly color the diamond in. Why lightly? Otherwise, you may obscure information written inside the diamond.

It helps to record outs (first out=1, second out=2, and third out=3) and then circle the out number so that you can easily keep track of the outs.

For the brave of heart, a scorebook can provide the basic data you need to keep a set of statistics for your team. Stats can be handy in making decisions about the batting order and in helping your pitchers develop.

They can hold surprises, too: For example, your quiet sixth hitter may steadily and unobtrusively be poking singles through the infield and piling up a lot of runs batted in (RBIs).

Batting statistics are easy to generate from the scorebook. To develop pitching statistics, you'll need to consult the score you have kept for the other team.

A FEW TIPS ON KEEPING SCORE IF YOU WANT TO DEVELOP PITCHING STATISTICS:

- ✓ As noted above, keep a detailed account of the other team's batting.
- ✓ Remember that "earned runs" are not charged to a pitcher when the runner reached base because of an error or passed ball, or whose "career" on the base paths is prolonged by an error.
- ✓ Errors made by the pitcher are treated like other errors: runs stemming from them are not charged to the pitcher. Wild pitches are charged to the pitcher.
- ✓ Be sure to indicate clearly in the scorebook when pitchers are relieved.

CONCLUSION:

There you have it - the 1-2-3's of keeping the scorebook. It's worth the effort and time to keep the book. Your players will like to see how they are doing and what progress they are making. This is a good job for a parent who wants to help but does not want the burden of having to coach.

VI. COACHES' TOOL KIT

TEAM ROSTER DIRECTORY:

<u>PLAYER #1</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED
MEDICAL / TRANSPORTATION NOTES:			
<u>PLAYER #2</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED
MEDICAL / TRANSPORTATION NOTES:			
<u>PLAYER #3</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED
MEDICAL / TRANSPORTATION NOTES:			
<u>PLAYER #4</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED
MEDICAL / TRANSPORTATION NOTES:			
<u>PLAYER #5</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED
MEDICAL / TRANSPORTATION NOTES:			
<u>PLAYER #6</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED
MEDICAL / TRANSPORTATION NOTES:			
<u>PLAYER #7</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED
MEDICAL / TRANSPORTATION NOTES:			

LUYAA SOFTBALL - A COACHES GUIDE

<u>PLAYER #8</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED

MEDICAL / TRANSPORTATION NOTES:

<u>PLAYER #9</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED

MEDICAL / TRANSPORTATION NOTES:

<u>PLAYER #10</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED

MEDICAL / TRANSPORTATION NOTES:

<u>PLAYER #11</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED

MEDICAL / TRANSPORTATION NOTES:

<u>PLAYER #12</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED

MEDICAL / TRANSPORTATION NOTES:

<u>PLAYER #13</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED

MEDICAL / TRANSPORTATION NOTES:

<u>PLAYER #14</u>	ADDRESS	TELEPHONE	E-MAIL
PARENT / GUARDIAN	PHONE	PLAYER BIRTH DATE	REGISTERED

MEDICAL / TRANSPORTATION NOTES:

EQUIPMENT INVENTORY / PRACTICE SCHEDULE:

Catchers Equipment:

HELMET

Size	Condition	Notes

CHEST PROTECTOR

Size	Condition	Notes

LEG PROTECTORS/SHIN GUARDS

Size	Condition	Notes

KNEE SAVERS

Size	Condition	Notes

Batters' Equipment:

BATS:

Size	Condition	Notes

BAT BAG:

OTHER: (EXPLAIN)

PRE-SEASON PRACTICE TIMES AND SITES: (MARCH):

DAY	TIME	PLACE

REGULAR SEASON PRACTICE TIMES AND SITES: (APRIL- JUNE):

DAY	TIME	PLACE

Coaches Registration Form:

See website