

# **Club Hardball**



**Coaching Manual**

# **I. Overall Expectations**

- Coaching Expectations
- Practice Planning
- Pre-Game
- Game
- Post-Game
- Tryout Evaluation Form
- 5 Tool Bench Marking
- Communication
- 15 Minute Rule
- 5 Minute Rule
- GroupMe

# Coaching Expectations

1. Club Hardball exists for the **Ballplayers:**
  - To provide a safe environment emotionally and physically.
  - To provide development and fundamental growth.
  - To provide facilities unmatched for this age group.
  - To provide a path to High School Baseball.
    - \* *If done correctly, wins are a bi-product and NOT the leading indicator we look at.*
2. Lead by demonstration of **Timeliness and Organization:**
  - Mandatory - 15 Minute Pre-Practice Rule.
  - Mandatory - Written Team Practice Plans.
  - Mandatory - Consistent Pre-Game Plans.
  - Mandatory - 5 Minute Post-Game Rule.
3. Lead by demonstration of **Strong Ethics, Morals and Calmness:**
  - You are building ballplayers based upon your leadership.
4. Lead by demonstration of your **Knowledge of the Game of Baseball:**
  - You are building ballplayers baseball IQ.
  - You are building ballplayers situational awareness.
5. Lead by demonstration of your **Respect for your Players, Coaches, Parents and Opponent:**
  - "You catch more bees with honey than with vinegar."
  - Our intent is to prepare our ballplayers for high school baseball through good fundamentals, respect for the game, respect for their teammates, respect for their parents/siblings, and most importantly, respect for themselves.
6. Lead by demonstrating the importance of **Baseball Fundamentals.**
  - Allow the ballplayers to fail.
  - Do not verbally correct on every pitch, hit, throw, etc.
  - Spend more time on the steps and fundamentals that deliver the result desired.
  - Every ballplayer is different, and every ballplayer may require different levels of attention.
7. Lead by demonstration of strong **Behavioral Discipline and Consistent Communication.**
  - Your players need to know when to "flip the switch" without being told.
  - Your players need to act and look like baseball players as they represent the Club.
  - Your players need to respect the game, all equipment, all playing fields, and uniforms.
  - Your players need to take care of the Bulldog Baseball Field and maintain the organization of the storage sheds that house the Club equipment.

<p><b>1. EQ   IQ Training</b></p>	<p>Baseball: Emotional Quotient and how it impacts players, parents and coaches?  Baseball: Intelligence Quotient?</p> <ul style="list-style-type: none"> <li>Stay tuned as we have some exciting training coming our way.</li> </ul>
<p><b>2. Communications Point of Contact</b></p>	<p>Who is primary?</p> <ul style="list-style-type: none"> <li>HC/Team Mom/Manager/GroupMe/etc.?</li> <li>Consistency every Sunday afternoon is preferable for the upcoming week.</li> </ul>
<p><b>3. Head Coach   Assistant Coach Setup</b></p>	<p>Who does what?</p> <ul style="list-style-type: none"> <li>Each coach needs a role and provide value.</li> <li>I'd like to start having the HC be a bit more "removed" to the parents and the AC's be more of the relationship contacts.</li> </ul>
<p><b>4. Win "At All Costs" Approach</b></p>	<p>We don't do this so how do we ensure?</p> <ul style="list-style-type: none"> <li>Yes we want to win but not at the expense of player development and team dynamics.</li> <li>Tournaments vs. League approach.</li> </ul>
<p><b>5. Management of Parents</b></p>	<p>Who owns?</p> <ul style="list-style-type: none"> <li>Team Manager</li> <li>Weekly Communication</li> </ul>
<p><b>6. Practice Locations</b></p>	<p>When/where?</p> <ul style="list-style-type: none"> <li>8u – 11u have Primary Access to the Dog Pound.</li> <li>12u – TBD and Secondary Access to the Dog Pound.</li> <li>13u – 14u Hillcrest High School.</li> <li>Others... Cottonwood?</li> </ul>
<p><b>7. Fundamentals   Development</b></p>	<p>How to maximize?</p> <ul style="list-style-type: none"> <li>5 Tools Approach.</li> <li>Friday Night at the Dog Pound.</li> <li>Video Series.</li> </ul>
<p><b>8. Game Routine</b></p>	<p>Roles and responsibilities?</p> <ul style="list-style-type: none"> <li>Very important. Need consistent rhythmic approach.</li> </ul>
<p><b>9. Post-Game Routine</b></p>	<p>Sprints and 5-minute rule?</p> <ul style="list-style-type: none"> <li>Very important. Need consistent rhythmic approach.</li> </ul>