

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