



VPYB COACHES HANDBOOK



NAYS Requirement

National Alliance for Youth Sports



Head Coaches & Commissioners will be required to complete a background check and NAYS training for their respective age group.

The cost of this training will be covered by VPYB

NAYS



NAYS CODE OF ETHICS

I will place the emotional and physical well being of my players ahead of a personal desire to win.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

I will do my best to provide a safe playing situation for my players. I will promise to review and practice basic first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players I will lead by example in demonstrating fair play and sportsmanship to all my players

I will not cheat or engage in any form of unethical behavior that violates league rules. I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events

I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players

I will use those coaching techniques appropriate for all of the skills that I teach

I will remember that I am a youth sports coach, and that the game is for the children and not the adults

SIGNING THE CODE OF CONDUCT IS REQUIRED FOR COMPLETION OF NAYS TRAINING

Code of Conduct

Villa Park Youth Baseball Association, Inc. - Parent Code of Ethics

I will always remember the game is for the kids, not for the adults.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and game umpires.

I will place the physical and emotional well being of my child and the other children ahead of any personal desire to win.

If I feel that my child is not playing in a safe and positive environment, I will address my concerns with: 1) the coach, 2) the Division Commissioner, 3) the Board President. This includes but is not limited to concerns of: facility/equipment safety, coaches actions, players actions, umpires actions, other parents actions.

I will provide only positive support for the coaches working with my child to ensure a positive, enjoyable, and fun experience.

I promise to help my child enjoy the youth sports experience within my personal constraints by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will encourage ask my child to treat other players, coaches, fans, and umpires with respect regardless of race, sex, creed, or ability.

I will support the team rules and regulations set forth by the team manager at the beginning of the season dealing with missed practices and games.

I understand that our coaches are volunteers and are out there for the kids. If I feel that things are being handled incorrectly, I will notify the: 1) the coach, 2) the Division Commissioner, 3) the Board President, and let them investigate my concerns.

I understand that our coaches are volunteers and are out there for the kids. If I feel that things are being handled incorrectly, I will notify the: 1) the coach, 2) the Division Commissioner, 3) the Board President, and let them investigate my concerns. I understand that umpires generally make the correct call even when I see the incident differently. If an error is made, I will remember that: 1) no one is perfect, 2) the number of incorrect calls usually balance out for both teams, 3) the umpires have a different viewpoint than mine, 4) the occasional incorrect call seldom affects the outcome of the game, 5) there are lessons to be learned from these occurrences that are often more important than winning/losing.

Any and all comments that come out of my mouth to the coaches, umpires, players, or other parents will be only positive ones. I will notify the: 1) the coach, 2) the Division Commissioner, 3) the Board President of any situations that I feel are negative for the program and allow them to handle them.

I will familiarize myself with the rules of the sport so that I might help my child learn and that I might better appreciate and enjoy the game.

I will not force my child to participate in sports, but support their desires to play and have fun. I will not embarrass my child, team, or coaches by yelling in a negative manner at other players, coaches, parents, or umpires.

I will demand a sports environment for my child that is free from drugs and alcohol and will refrain from their use at all practices and games.

I agree with these rules and understand that Villa Park Youth Baseball has adopted a Zero-Tolerance policy and that not abiding by these basic rules will restrict me from attending future practices and games.

Participant(s) Name(s):

Parent(s)/Guardian(s) Name(s):

Parent(s)/Guardian(s) Signature(s):

Relationship to Participant:

DIVISIONS

Instructional

3-4yrs old

Commissioner Jim Bodner
tball@vpyb.com

T-Ball

5-6yrs old

Commissioner Jim Bodner
tball@vpyb.com

Farm

7-8yrs old

Commissioner
Greg Sebesta
farm@vpyb.com

Minor

9-10yrs old

Commissioner
Brian Greenwald
minor@vpyb.com

Bronco

11-12yrs old

Commissioner
Jeremy Hunter
bronco@vpyb.com

Pony

13-14yrs old

Colt

15-16yrs old

Palomino

17-18yrs old

Commissioner
George Kosmach
pony@vpyb.com



SKILL / DIVISION	TBALL 5 – 6 years	FARM 7 – 8 years	MINOR 9 – 10 years	BRONCO 11 – 12 years	PONY 13 – 14 years
CONCEPTS / RULES	Direction around bases, touch bases, recording outs, running thru 1 st , scoring runs, 3 outs/inning	ADD Force outs, base running (when to run & why, tag up,), sliding, balls & strikes	ADD stealing	ADD primary/secondary leadoffs, infield fly, drop 3K, balks	SAME
THROWING / PITCHING	Body position (point shoulder @ target, elbow above shoulder, step @ target, release)	How to grip ball, body position (point, step, throw), introduce pitching (TEACH STRETCH vs WINDUP)	4 seam grip; pitching & throwing mechanics, generate momentum to target, throwing to bases	Change-up, slide step pitching from windup, holding on runners, directional pitching, pick-offs, long toss	ADD Curve ball
FIELDING	Eyes track ball to glove, use 2 hands, catch ball in front of body	ADD basic footwork (move to & get around baseball), transition to throwing position, underhand flips	ADD outfield footwork, tracking fly balls, cutoff throws, OF communication, backup other outfielders & infielders on throws	ADD. Double plays, relays & cutoffs to 2 nd , 3 rd & home; dropped 3 rd strikes, bunt defense	SAME
BASERUNNING	Direction around bases, station to station, run thru 1 st , look for base coaches	ADD. How to stand on bases, pick up coaches, rounding & proper path around, sliding	ADD. Extra base hits, lead offs, basic stealing, read other runners & ball	ADD Secondary leadoffs, reading pitchers, stealing, situational base running	ADD. Situational base stealing, running counts, 1 st & 3 rd situations
HITTING	CONSISTENT Stance & set up, How to grip & swing bat, hitting off tee, introduce hitting pitches.	Reinforce consistent stance & set up. ADD positioning in batters' box, proper grip & hitting pitches, drill work (tee, soft toss, short toss) LOTS OF TEE WORK	ADD. Mental approach, hitting for power; weight transfer (focus on bottom half), introduce bunting	Reinforce mental approach & bunting. ADD. Bunting for base hits, situational hitting & working accounts	ADD. Hitting off-speed pitches, hit & run, protecting runners, hitting behind runners (productive outs)
POSITIONAL PLAY	Stay home, only field ball hit to player	Learn positions & coverage areas, covering bases, introduce cutoffs & relays	Proper rotations for each position, backup responsibilities, communication	ADD. Positional adjustments based on outs, count, L/R, anticipation of bunting,	SAME
CATCHING		Receiving, stance & setup	Add blocking, framing, primary/secondary position, throwing to bases	Add directional pitching, pickoffs, dropped 3 rd strikes, cutoffs, foul balls	SAME

COMMISSIONERS ARE YOUR RESOURCE

**Communicate with your Commissioner
All feedback is constructive**

Team Communication

GameChanger is mandatory to keep score for all games from Farm and up.

EFFECTIVE COMMUNICATION is essential to drive a positive team experience for players & families. It is mandatory that we use GameChanger to schedule practices and games as well as all other team communication.

RECOMMENDATIONS / BEST PRACTICES Host a pre-season team meeting (introductions, discuss goals, expectations, solicit volunteers, practice schedules - use ZOOM)

Ask parents to RSVP to games and practices. If RSVPs have not been confirmed send out reminders for parents to RSVP a day before any games.



With an early team meeting you can assign someone who can run GameChanger during games. This will allow the head coach to focus on game play.



COACHING



Introduce

Take the time to introduce yourself. Make up name tags for each player and ask them what their favorite food is. Don't underestimate the importance of establishing an early relationship with every player.



Punctual

Be on time. If you are running late notify an assistant coach to get practice started on time. We have to adhere to the same rules we ask the players to.



Observe

Make sure you are taking visual cues to see if your players understand what you are trying to communicate to them. Try explaining in another way or have another coach try to communicate. Every player is different. Learning multiple ways to explain every element of practice makes us better coaches.



VPYB PRACTICE



WARM UP

LINE THEM UP AND GET THEM RUNNING.



THROWING PROGRESSION

SPREAD OUT INTO PAIRS, STARTING WITH WRIST FLIPS AND ENDING WITH A CROW HOP.



STATIONS

USE AS MANY COACHES AS YOU CAN TO GET PLAYERS INTO SMALLER GROUPS. TRY TO COVER HITTING, FIELDING AND PITCHING WHILE USING THE WHOLE FIELD.



GAMES

REMEMBER TO LEAVE SOME TIME FOR FUN GAMES THAT BUILD SKILL.

THE WARM UP



How we start...

A good start to practice sets the table for the entire routine. Making it routine to start running as a group sets the pace for attentive practice.



We recommend to use to cones or disc markers to help establish lines so they do not run into each other. As your team gains more experience, we suggest allowing players to rotate as captains to direct this warmup. This will teach a responsibility to each other.



Mark about 50ft from the group's starting line and direct the players to go after a signal such as a clap. We like for all the players in the front row to clap with the coach before they start running. This helps to speed up this warmup so they are all moving as a group.

Have your players form a line, arms length apart. If there are multiple teams make a line with rows. Less players in each row will help to avoid any distraction. This should happen at the very minute practice was planned to start which builds a habit of players of arriving on time.

THE WARM UP



Line them up quickly at the very minute practice was to begin. Assistant coaches and player captains can also get this started. Go through all warm ups. 5-10 mins.

RUN

These are all down, back and to the end of the line...

BACK PEDAL

Bent knees good stance

SIDE SHUFFLE

Stay low, no clicking feet, all face the same direction

HIGH KNEES

Make sure they stretching their knees as high as they can

BUTT KICKS

Make sure they are reaching to kick as far as they can in back

FRANKENSTEINS

As walking, kick right hand to touch left toe and vice versa

KARAOKE

Side shuffle with the back leg crossing in front of lead leg then crossing in back of lead leg. Explain it once for first timers, they will learn it as they go

THROWING PROGRESSION



Once again, form lines quickly. You can use assistant coaches and/or team captains to help run this. This works as both a warm up, arm strengthening and skill building.

10-15mins

Flips

Two partners kneeling 6 feet apart. Have them find their 4 seam grip, flip their wrist and lower arm to release the ball. They need to prop their glove under their elbow to restrict their upper arm from moving.

As players get used to this they can have their throwing side knee down and opposite side foot on the ground.

"T" & Tuck

Have the throwing row back up 3 feet. They should stand with their feet shoulder width apart. Point their glove to the target and throwing arm behind their back. Forming the letter "T". As the player throws the ball we want them to focus on their glove moving to their chest or tucking to their rib cage. This allows them to keep the ball straight.

Have players focus on accuracy. Aim for chest and make sure they a following through with their flip.

"L"s

Again, move the throwing row back up 3 feet. They should stand with feet shoulder width apart. Glove arm horizontal, chest high, bent like an "L" and elbow pointed at target. With their throwing arm position ball in line with their ear, vertical and bent like an "L". Start the throwing motion, glove to chest and flip wrist.

Rock

Throwing row move back 3 more feet. Have them stand shoulder width apart with their lead foot facing the target. Have them start with "L's" position. Now add a rocking motion so they put weight on their hip before they throw. Make sure they continue with a tuck and wrist flip as they throw.

Crow Hop

Make sure players are backed up to a distance that challenges their arm strength. Standing sideways, have them take a large step with their lead foot towards their target. All in one motion, hop with their back leg crossing in front of their lead leg. Move lead leg to plant at larger than shoulder width apart to start throw. Weight should be on back hip before arm starts to throw. Continue through to tuck and wrist flip.

Accuracy is not the focus here. We want our players to grow their arm strength.

Four Seam Fastball

- This can be taught as early as t-ball
- The straightest fastest pitch
- Have them locate where the seams form a "C"
- Have them place their first two fingers on the top seam of the "C"
- If their hands are too small they can use three fingers on the top seam



STATIONS



Players can get more repetitions while rotating in smaller groups. We can use various places on the field to set up these stations to work drills. We achieve this with the help of multiple assistant coaches or by combining two teams to practice on the same field. This paramount for VPYB practices. As Coaches and Commissioners, we need to always be recruiting new assistant coaches.



Safest to work hitting drills along the dugout fence with hitting into the fence or a net. Can utilize the outfield with a net.



Can make multiple rubber to plate pitching areas in the infield. Don't just use the mound.



Can use anywhere in the infield or outfield.



Usually need bases to drill base-running . Save this for later in practice.





HITTING



On Time

Most importantly, hitters need to be on time. Have them set-up at the plate in a relaxed position. Once we start to pitch they should wind up their hands back and load. They should start to load when the pitching hand comes up. Have them practice this without releasing the ball.



Balanced

It is important to stay balanced, not only at the start, but throughout the duration of the swing.



Approach

Noticing how their approach should change as the count progresses, will increase their success.



HITTING



Soft-Toss

Soft-Toss with baseballs. Underhand toss from the side of the plate or behind the batter to increase timing. Can use weighted balls to increase balance to add power to their swing. They should load when your hand moves.

Fence Drill

Set the hitter up perpendicular to the fence. Have them push the knob of the bat on their stomach and end of the barrel to the fence. This establishes a close distance to the fence. While maintaining that distance have them hit a ball off a tee without hitting the bat on the fence. The correct bat path will not hit fence. This is used to correct casting.

Connection Ball

Grab a 6-10" playground ball and have them prop it between their lead lower and upper arm. As they swing the bat, the ball should stay attached throughout the swing. This is used to correct turning over.

PVC

Have them get in their batting stance next to a tee. Hold a small PVC pipe from the tee out at an angle towards the pitchers mound. Hold this slightly upwards. This PVC line represents the ball path. Have them swing just above the PVC to try to maximize how long they can keep the bat in the ball path.

Fast Pitch

Pitch tennis, whiffle or mush balls from 10 feet away and at a higher speed than they are used to. Make sure they keep the same swing. They need to start sooner not, swing faster. This will build game confidence and timing.

Pitching



1. Come set with back foot in line with pitching rubber, ball in hand in glove.
2. Lift knee and balance. Lift just high enough to rest a hat without sliding off.
3. Lower lead leg, weight on back leg, separate hands out to bent "L" position and land lead leg larger than shoulder width apart in a straight line to home plate.
4. Tuck glove to chest and extend chest out to home plate as throwing arm comes around.
5. Wrist flip to and extend back to follow through to the plate.



Our throwing progressions in the start of practice will increase strength and accuracy. We will just have to incorporate some stations later on in practice to work on pitching out of the stretch, and with applying game like pressure.

Every player must pitch a few innings per year until they reach the Bronco Division. Even if they don't have interest as a pitcher it will help them to become a better thrower.



Pitch Count Limits and Required Rest Recommendations

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so. See required rest recommendations below.

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-60	61-75	76+	N/A
17-18	105	1-30	31-45	46-60	61-80	81+	N/A
19-22	120	1-30	31-45	46-60	61-80	81-105	106+

Pitching



Observe

Encourage players to advise coach of any arm pain. Know your players & signs of fatigue.



Prevention

Determine daily limits in compliance with pitch count recommendations and VPYB league rules.



Develop

Training the whole team to pitch will eliminate any concern about any pitch count. Remember this is youth baseball; they are too young to have their fate predetermined.

Pitching



Batter Up

Have your pitchers throw to home with a batter up. Use both righty and lefty hitters. Call balls and strikes.

Give them a rag or a shirt tied in a knot to hold in their throwing hand. Have them throw and place a chair or tee just out of reach of their extension. Have them try to extend out as far as they can at the end of their throw to hit the target with the towel.

Towel Flip

Connection Ball

Have them place a 6-10" ball in the the elbow of their throwing arm. Have them throw to a target without dropping ball behind them. This will help with throwers that short arm or lower their upper arm when they throw.

Set up several tees with balls or various targets in a line. Get multiple pitchers working at the same time to hit these targets.

Tee Target

Pitch Fork

For Bronco division and up. Set up three pitchers all on the rubber. From facing home, the pitcher on the right throws to 3rd, Pitcher in the middle to 2nd and Pitcher on the left to 1st. Set up baserunners on 1st, 2nd and 3rd with a fielder at each bag. When you clap the baserunner will start to lead off and each pitcher will try to throw their baseruuner out.

FIELDING



CREATE A WIDE BASE WITH FEET, TOES FACING FORWARD.

BEND AT THE KNEES, BUTT STAYS DOWN.

HANDS OUT IN FRONT OF BODY. RELAX IN A READY POSITION & EXPECT THE BALL WILL BE HIT TO YOU ON EVERY PITCH

BE IN A READY POSITION & EXPECT THE BALL WILL BE HIT TO YOU ON EVERY PITCH



FIELDING



Two partners 6 feet apart in triangle fielding position. They should roll the baseball to each other and tilt their glove so the ball goes into it easily. They should alligator with other hand to trap the ball. They should force themselves to see the ball into their glove and hold for a second after.

Triangle

Position three markers down. Two markers designating each foot placement shoulder width apart. The last is placed to form a triangle. As feet are positioned by the two markers the glove needs to go in front of the third marker. This forces proper back position.

Glove Flips

Form lines behind shortstop, secondbase, and first base. Coach switches off hitting fungos to secondbase and shortstop to start the double play. Players should rotate lines to get reps at every position. Seeing the ball into the glove and smooth hand movement makes this come together easier.

Pick Offs

Have the catcher practice throwing to all bases for Minor division and up. Make sure catcher stays on their feet before the ball is received. Then, Hop to both feet shoulder width apart pointing lead foot to face target with bent "L"s.

Double Plays

Drop Steps

Form a line in the outfield and demonstrate an athletic outfield stance. It should be slightly raised from an infielders stance. As the ball is hit to a side of the player they should open up the leg and hip on the side the ball was hit to. The trailing leg crosses over and then they can begin to run on an angle towards the ball. Eyes remain on the ball until after the catch is made.

BASERUNNING



After Hit

Run hard out of the box, think extra bases and look to the 1st base coach.

Running to 1st

Hit the front of the base take 2 strides. Turn right and return to base.

Overthrow to 1st

On go command from coach push off base with right leg and go to 2nd base.

Rounding 1st

Hit inside corner of 1st base and run hard to 2nd base. Listen to basecoaches to stop or continue.



BASERUNNING



Eyes on 1st

Have baserunners run through 1st base, stop and turn to their right to await instruction from the first base coach. Make sure they touch 1st base and then look for the base coach. Rotate from sending them back to 1st and sending them to 2nd.

For T-Ball and Farm. Have them run the bases, look down as their foot hits the bag and call out which base it is.

Call them Out

Stretch

Bronco division and up. Have a player lead off from base and get back when there is a pickoff attempt from the pitcher. Have a coach throw the pick off. Ask the baserunners to see how far they can get off the base without getting thrown out. Have a coach mark each distance when it is a successful return to the base.

Explain and demonstrate the importance of bending the running angle across the inside of 1st base to get the 2nd. Then have them try. Make sure they touch 1st base and 2nd base.

Banana Route

Second to Home

Place a runner on 2nd and one on home plate. Have them race 2 bases to swap positions. Give a clap when they are both ready. Call out the winner.



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Javelin



Fire Race



Zig-Zag



Relay



Eraser Ball



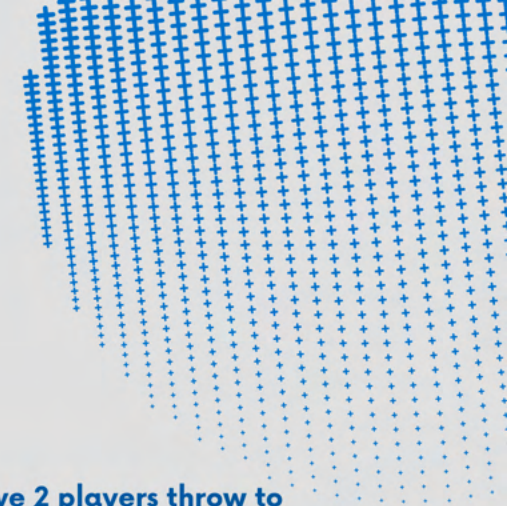
**Defend the
Castle**

More to be added
please Feel free to
email your
commissioners or
president to add more
games to the list.

These are a few of the games
players have enjoyed over the
past years. We are looking to add
many more. Please let us know if
you have one you would like to
add.

GAMES





301

15-20 feet apart. Have 2 players throw to each other. A throw to the chest is 2 points, to the body is 1 point. If they drop the ball their score resets.

Long toss distance. Two players throw to each other. If the receiver is allowed one step to catch the ball. If more the pair is out.

Javelin

Fire Race

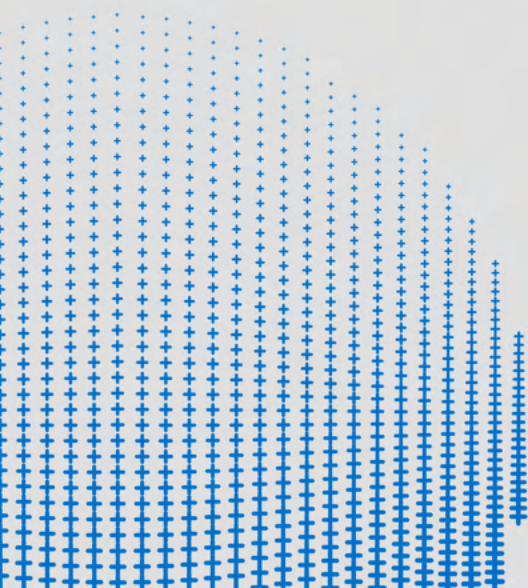
Line up two players 10 feet apart. Throw them each a ball away from them so they have to run to pick it up. As soon as they pick up the ball they must throw to a target. Player who hit the target first wins.

Zig-Zag

Line up cones to form three adjacent diagonal lines. Fielders will drop step and run to catch all three pop flies. 1 point per catch.

Relay

Set up 2 or more lines of four players each around 40 feet apart. Have them throw to each player in the line. The line that get the ball to the last player first wins.

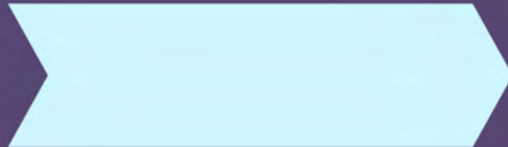


Eraser Ball

Need two cages each with a tee with a ball set on it, a "L" screen and a coach throwing. A third coach to judge. Split team into 2 half's between the 2 cages. Hitters from both cages hit at the same time. Judge scores a point to the team with the best ball hit. If either team's batters hit the ball off the tee they erase the other team's score.

Set up 2 cones 20 feet apart. Have them stand in the middle as a coach rolls balls quickly. They need to shuffle and grab each ball with their glove before tossing it aside.

Defend the Castle





VPYB Practice Plan

Date

Team

Warm Up

- Run
 - Back Pedal
 - Side Shuffle
 - High Knees
 - Butt Kicks
 - Frankensteins
 - Karaoke
-
- Flips
 - "T" & Tuck
 - "L"s
 - Rock
 - Crow Hop

Throwing Progressions

Attendees

Stations

Games

Notes