

# VPYB COACHES HANDBOOK



# COACHES CERTIFICATION REQUIREMENTS



All coaches will be required to  
complete a background check and  
complete NAYS, CDC Heads Up &  
Safesport certifications

The cost of this training will be  
covered by VPYB

# **Coaches & Parents Signed Waivers**

## **Code of Conduct**

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

## **Anti-Bullying Policy**

## **Privacy Policy**

# IN-HOUSE DIVISIONS

## Instructional

3-4yrs old

Commissioner  
Melvin Robles  
instruc@vpyb.com

## T-Ball

5-6yrs old

Commissioner  
Jordan Peacock  
tball@vpyb.com

## Farm

7-8yrs old

Commissioner  
Jim Bodner  
farm@vpyb.com

## Minor

9-10yrs old

Shannon Jarka  
minor@vpyb.com

## Major

11-12yrs old

Shannon Jarka  
minor@vpyb.com

## Senior

13-14yrs old

Shannon Jarka  
minor@vpyb.com



**COMMISSIONERS ARE YOUR RESOURCE**

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

# Team Communication

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

It is essential to drive a positive team experience for players & families.

## \*RECOMMENDATIONS- BEST PRACTICES

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



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.

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.

# 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. Have multiple ways explain. Every player is different. Learning multiple ways to explain makes us better coaches.



# VPYB PRACTICE



## WARM UP

**LINE THEM UP  
AND GET  
THEM  
RUNNING.**

## THROWING PROGRESSIONS

**SPREAD OUT  
INTO PAIRS,  
STARTING  
WITH WRIST  
FLIPS**

## STATIONS

**USE AS MANY  
COACHES AS YOU  
CAN TO GET. PUT  
PLAYERS INTO  
SMALLER GROUPS.  
REPS. USE THE  
WHOLE FIELD.**

## GAMES

**REMEMBER  
TO LEAVE  
SOME TIME  
FOR FUN  
GAMES THAT  
BUILD SKILLS.**

# THE WARM UP



10-15mins

Line them up the very minute practice is scheduled to begin. Assistant coaches and player captains can also get this started.

This sends a message to players & parents that start time is important to the coach.

## Warm Up Suggested Exercises

### RUN

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

### BACK PEDAL

Running backwards, tell them to stay in line.

### SIDE SHUFFLE

Athletic Stance, no crossing feet & Stay in line.

### HIGH KNEES

Make sure their knees reach high, slow running pace.

### BUTT KICKS

Make sure their heels are touching their butt.

### FRANKENSTEINS

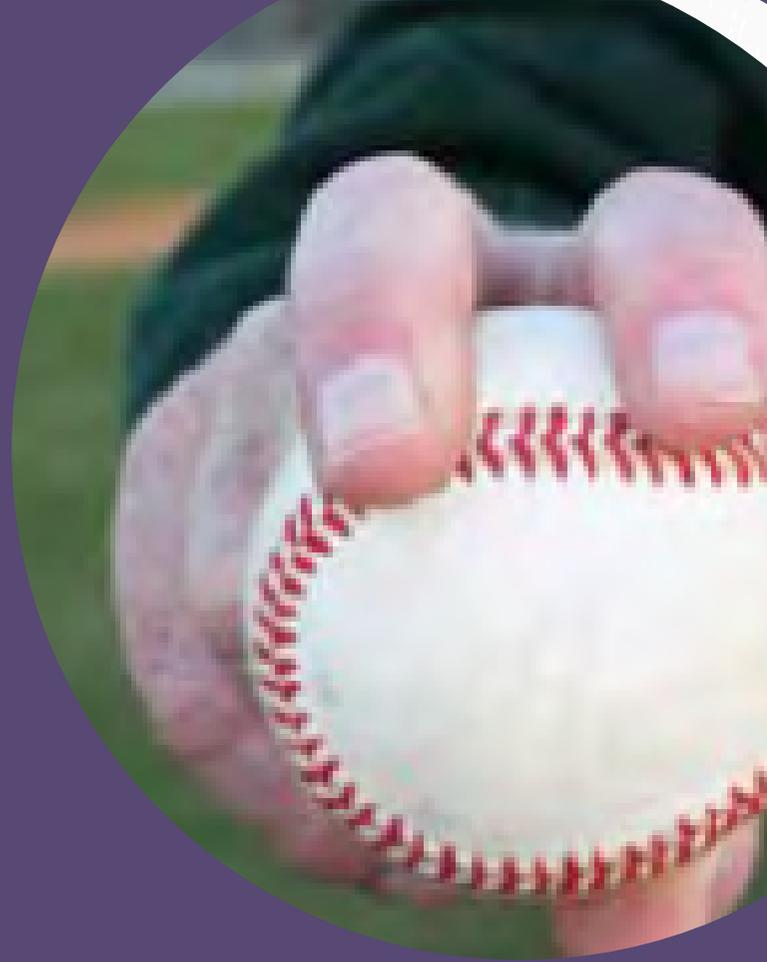
As walking, kick right hand to touch left toe and vice versa.

### KARAOKE

Side shuffle with the back leg crossing in front of lead leg then crossing in back of lead leg.

# 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



# THROWING PROGRESSIONS



10-15mins

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.

## Flips

Two partners kneeling 6 feet apart.

They need to prop their glove under their elbow to restrict their upper arm from moving.

Have them find their 4 seam grip, flip their wrist down at release.

Throwing side knee down and opposite side foot on the ground.

## "T" & Tuck

Have the one row move 6 ft. Stand with their feet together.

Point their glove to the target and throwing arm behind their back. Forming the letter "T".

As the player throws we want them to focus on their glove moving to their chest or tucking to their rib cage.

Again, end with wrist flip

## "L"s

Again, move one row back 6 ft. standing in an athletic position glove side elbow pointed at target.

Throwing side bent elbow ball behind head. Tell them to make L shapes with their arms

Start the throwing motion, glove to chest and flip wrist.

## Rock

Move back 6 more feet. Have them stand in the same position as before with L's.

Now add a rocking motion so they put weight on their hip before they throw.

Make sure they continue with a glove to chest and wrist flip as they release.

## Crow Hop

Make sure players are backed up to a distance that challenges their arm.

Standing sideways, have them take a large step with their lead foot towards their target. Then cross in their back leg behind their lead leg.

Step again with lead leg. Weight should be on back hip before arm throws. Continue through with glove to chest & wrist flip.

# 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.



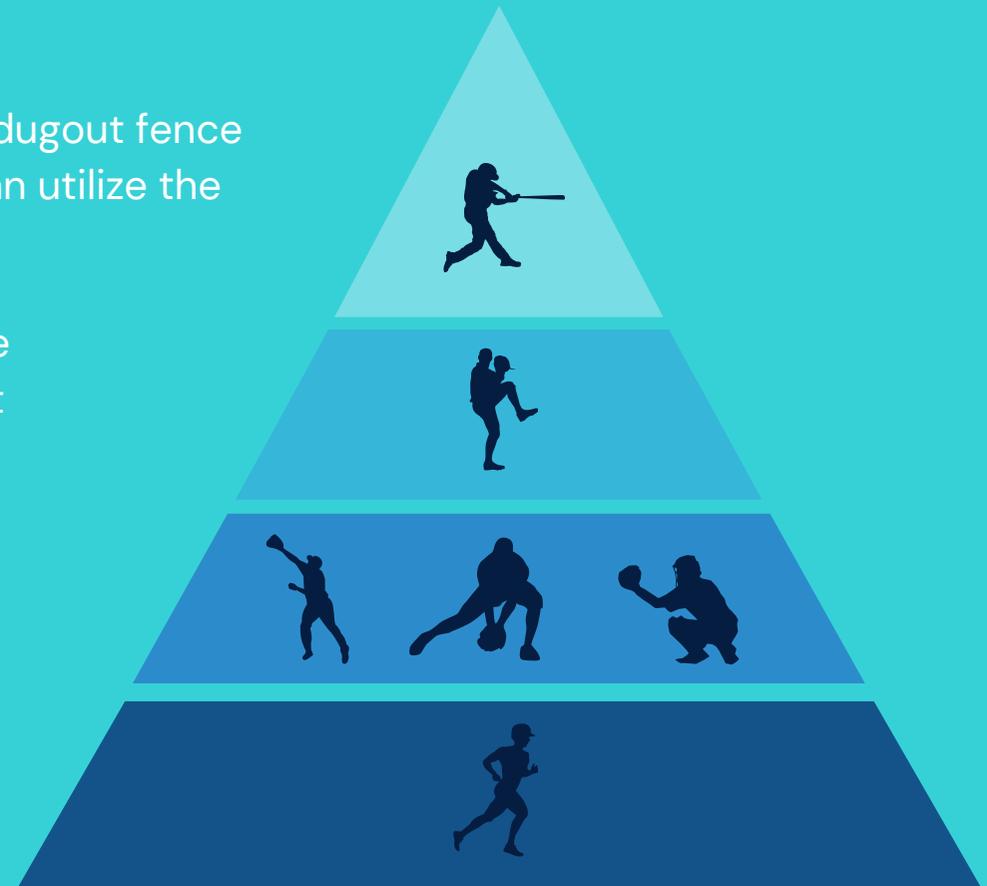
We can make multiple rubber to plate pitching areas in the infield. Don't just use the mound.



We can use anywhere in the infield or outfield.



Use 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.



## 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 DRILLS



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.

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.

## Soft-Toss Fence Drill

## Connection Ball

## PVC

## Fast Pitch

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.

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.

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 and glove.**

**2. Lift knee and balance. Lift just high enough to rest a hat without sliding off.**

**3. Weight on back leg, separate hands out to bent "L"s position and land lead leg shoulder width apart in a straight line to home plate.**

**4. Bring chest to glove and extend chest out to home plate as throwing arm comes around. Follow through with a wrist snap.**

**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. Incorporate some reps later on in practice to work on pitching out of the stretch.**

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

# 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.



## 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 Drills



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.

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

**Batter  
Up**

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

**Towel  
Flip**

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.

**Connection  
Ball**

**Tee  
Target  
Pitch  
Fork**

For Senior division and up. Set up three pitchers all on the rubber one pitcher throws to 3rd, Pitcher in the middle to 2nd & last pitcher to 1st.

Set up baserunners: 1st, 2nd & 3rd with a fielder at each bag. When you clap the baserunners will start to lead off and each pitcher will try to throw their baserunner 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 BE 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 DRILLS



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.

Start 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.

## 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

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.

## Pick Offs

## Double Plays

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 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.

## Drop Steps

# BASERUNNING



**After  
Hit**

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

**Run to  
1st**

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

**Over  
throw 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 DRILLS



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.

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.

**Eyes on  
1st**

**Call them  
Out**

**Stretch**

**Banana  
Route**

**Second to  
Home**

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.

12 & 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.

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.



**301**



**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.

# GAMES

**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.**



**301**

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.

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.

**Javelin**

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.

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.

**Fire  
Race**

**Zig-  
Zag**

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.

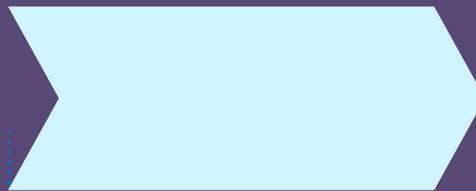
**Relay**

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.

## 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.

## Defend the Castle





# VPYB Practice Plan

Date

Team

## Warm Up

- Run
- Back Pedal
- Side Shuffle
- High Knees
- Butt Kicks
- Frankensteins
- Karaoke

## Throwing Progressions

- Flips
- T & Tuck
- "L"s
- Rock
- Crow Hop

## Attendees

Two vertical lines for writing names.

## Stations

## Games

## Notes