



2022 Coaches Information Packet

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Welcome

Welcome to the 2022 Amherst season! Thank you for volunteering to help coach this year. Many hands make light work and it is because of you and other volunteers that we can make this season a success! Over the last few years, we have had some of the largest turnouts ever and want to provide as many resources to you as possible to start the season.

Roster and practice schedules will be provided to coaches on or soon after draft day with season schedule to follow shortly thereafter. Upon receipt, coaches should reach out to parents and provide them details for the season. More information on this can be found in the communication section of this packet.

Your team schedule will include practices and games with most practices occurring before actual games start. Some coaches have found success with scrimmages and joint practices with other teams before actual games begin; please feel free to coordinate with other coaches if that is something that interests you.

Again, thank you for volunteering! Coaching at any level can be difficult, but remember, we are here to help kids improve their baseball skills and knowledges, build confidence and character, and ultimately, have fun!

Executive Summary

- Roster and practice schedules will be provided to coaches on draft day with season schedule to follow shortly thereafter
- A coach's group text will be created to disseminate information from the league and to facilitate coordination amongst coaches
- Establish a communication plan with your teams' parents and communicate early and often
- Equipment will be provided by the league and will need to be returned at the conclusion of the season; details on equipment pickup and return will be provided in the coaches group chat
- All teams will receive uniforms shortly before the season begins, no pants will be provided, and spikes/cleats are required for all levels above Tee Ball
- Rainout notifications will be disseminated by the league as early as possible
- Makeup game rescheduling is the responsibility of the coaches

Communication

Between Coaches and League

The Amherst Athletic Association utilizes several methods of communication throughout the season to include email, phone, and GroupMe. The preferred method is GroupMe which is a communication platform that can be accessed via your phone or computer. Before the season begins, a coach's text group will be created and information on how to join will be provided.

The group will be accessible to all coaches and league officials and provides a centralized place to disseminate information and facilitate questions. However, if you have a question for someone specific in the group, PLEASE GET THEIR NUMBER AND HANDLE OUTSIDE OF THE TEXT GROUP.

Between Coaches and Parents

Communication between coaches and parents is vital to success with your team. Valuable information to send to your parents include your contact information, how you want to communicate throughout the season, your schedule, and general information on what to bring to practices and games.

While the league does not endorse one method over another, some coaches in the past have found success with emails, texts, or a communication platform such as **GroupMe or Game Changer**. A benefit of using a platform like Game Changer is the ability to centrally communicate to all parents and fans at once while also displaying such things as your schedule and roster.

Equipment

The League will provide the following equipment for use throughout the season:

- Tee balls (for Tee Ball only)
- Tee (for Tee Ball only)
- Bat Bag
- 1-2 Bats
- 3-5 Batting helmets

Uniforms

Uniform tops and caps will be provided by the League and will be made available as soon as possible. The uniforms must be ordered and typically arrive shortly before the season begins. No pants will be provided, and spikes/cleats are required for all leagues above Tee Ball.

Rainouts

On days where rain is evident, please stand by and be as patient as possible while waiting for an indication whether your game is going to remain on the schedule. Every effort is made to provide timely rainout alerts, HOWEVER, our MAIN concern is trying to get all games in. What that means is that there are often last-minute notifications on cancellations. That is just the nature of the beast. Communicate as such to your teams' parents as well.

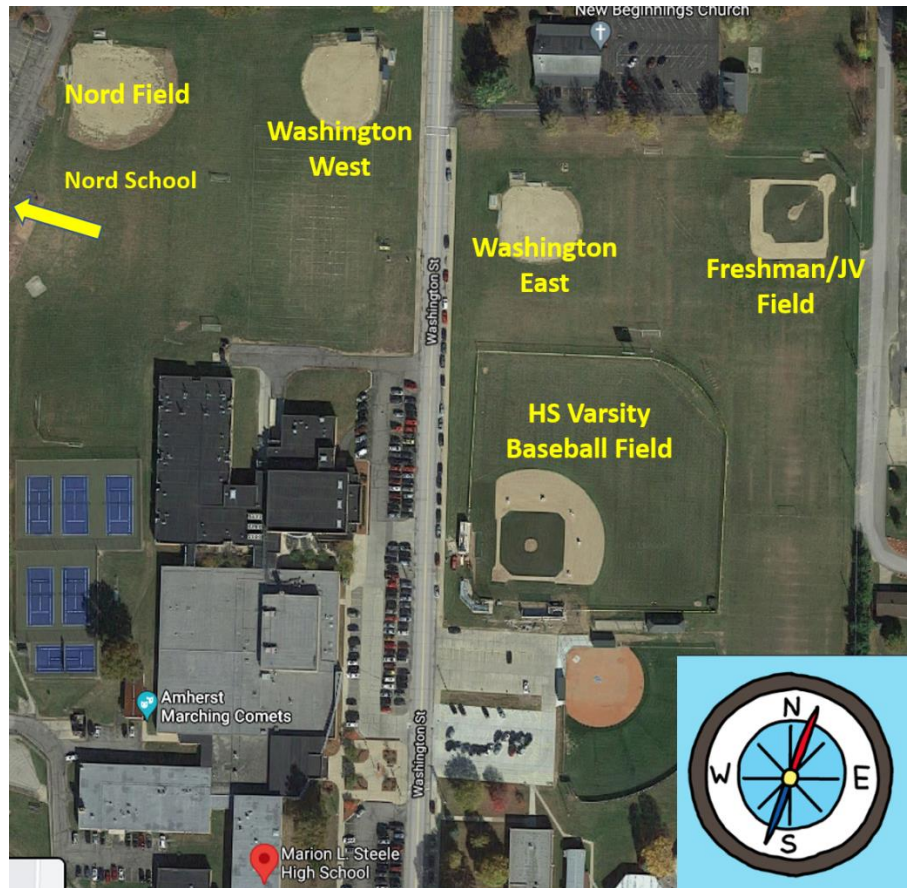
Makeup Games

If a game is rained out, it is the responsibility of the coaches to coordinate a makeup game. Please work with the other coach and review the online master schedule to find a date, time, and field that works for both teams. **Please try to stick to standard start times and the field you normally play on. If another location/date/time is needed, we will work with you on that.** Once agreed upon to, please send an email to amherstball@gmail.com with the following details so the game can be officially added to the master schedule:

- Copy the other coach on the email
- What league you are in
- Date of original rainout game
- Date of rescheduled game
- Start time and finish time
- What field you are requesting to play on

Field Locations

**Amherst Steele
High School
Area Fields**



**Amherst
Junior High
Fields**

Rules

General

- Bases will be placed at 50'
- Games are scheduled for one hour
- Teams should be prepared to start on time
- Since game time is limited, players should be coached to hustle on/off the field at change of inning.

Game Play (Fielding Team)

- All players must remain in their designated position until the ball is hit. The infield will consist of 1B, 2B, SS, 3B and Pitcher.
- The remaining players must reside in the outfield.
- Observe proper positioning of players. There must not be any bunching of players on one side of the infield.
- Players are to be rotated from the infield to the outfield and NOT play in one of those for more than 1 inning in a row. If you have a roster of more than 10 players, rotate the odd number of players to the infield during even numbered innings.
- Players should be rotated as equally as possible to give them opportunities at all positions.

Game Play (Batting Team)

- No swinging bats outside of the playing field.
- Batters must wear batting helmets.
- To avoid game delays, players should be ready to bat (helmet on, bat in hand) and hustle onto the field for their turn.
- All players will bat in each inning but outs still count. If a player is out, they must return to the bench area.
- Players aged 5 or under on the roster (registered as age 5 or under by July 31st) must hit from the Tee. No exceptions.
- Players aged 6 on the roster (registered as age 6 by July 31st) have the option to either hit off the Tee or take up to three pitches from a coach.
 - Players that are to be coach pitched should be grouped together in the batting order to facilitate play.
 - Placement of the group (first or last) is at the coach's discretion.
 - If the player hits or tips a foul ball, it is still considered one of the three pitches.
 - If the ball is not put into play after three pitches, the ball must be placed on the Tee.
 - If a ball is hit into the outfield, the runner can advance until the ball is secured in the infield.
 - Secured means that any infield player has trapped and secured the ball. With this rule, a batter can achieve a double, triple, or even a home run!
 - No bunting is allowed.
- No Stealing Bases or leading off
- Balls hit less than ten feet will be considered a dead ball and another attempt will be made.
- Runner may advance one base on an overthrow.
- Last player up does not get an automatic home run. Played like the rest of the inning

Coaching Tips

As coaches, you are free to run your practices and manage your team as you best see fit. Remember, we are here to help these kids learn the game of baseball, build some confidence, and have fun! With that in mind, below are some general coaching tips that others have found useful in the past. Further, if you have anything to add to this list or have great drills, techniques, or insights to provide, please share with other coaches!

- Organize, plan, and communicate
 - Plan your practices before you get there, stay organized throughout the season, and over communicate to players and parents
- It takes a village
 - Get other coaches and parents involved – the more help you have the better, especially during practices
- Young players have shorter attention spans
 - Consider breaking players into several groups and rotating them during practices with each group concentrating on one skillset, such as throwing, hitting, and fielding – the less time they are standing around, the more engaged and attentive they will be
- Demonstrate as much as possible
 - Players at this age will take everything you say literally and will be learning a lot of new lingo – show them what you mean as much as possible
- Keep expectations realistic
 - These are young kids looking to have fun, teach them what you can and push the basics – nobody has ever turned a double play in tee ball
- Have fun, laugh, and be patient
 - Team cheers, mini challenges, and surprises can be fun and engaging for young players and remember, be patient, they are young kids looking to have fun, have fun with them

Coaching Resources

You may find the following resources helpful when it comes to running practices, preparing for games, and teaching your players the fundamentals of baseball.

- Little League® Tee Ball Curriculum
<https://www.littleleague.org/university/articles/little-league-tee-ball-program/>
- Baseball Positive Tee-Ball
[Tee-Ball Made Easy; A Survival Guide for Adults — Baseball Positive](#)
- Rutgers Youth Sports T-Ball Manual, Drills, and Practice Plans
<https://youthsports.rutgers.edu/wp-content/uploads/T-Ball-Manual-Drills-and-Practice-Plans-Part-1-By-Michael-Paladino.pdf>
- Baseball Boom Fun Tee Ball Drills
<https://baseballboom.com/8-incredibly-fun-tee-ball-drills/>