

Buzzword	Player position	Description
get ready position	all players	Athletic position that should be assumed prior to each pitch with knees slightly bent, shoulders squared to home plate, and the glove out in front.
wide base, butt down, hands in front	infielders	Proper ground ball fielding position. Wrist also should be relaxed with fingers of glove pointing down.
shuffle, throw, and follow	infielders	Proper way to throw after fielding a ball.
four-seam grip	all players	A four-seam grip always should be used when throwing to a teammate.
feet	pitchers	First link in the pitching chain. Refers to the first step back, which should be very short, and the pivot foot, which should be parallel to the rubber, but still touching it.
balance position	pitchers	Second link in the pitching chain. Pitcher should lift leg to a point where he or she can maintain balance, gathering energy before going forward.
power position	pitchers	Third link in pitching chain. Pitcher removes the ball from the glove, taking it down, out, and up with the hand on top of the ball to a point where the elbow is above the shoulder and the hand and ball are pointing away from the target. Weight is back and front arm/shoulder are pointing toward target.
rotation	pitchers	Fourth link in pitching chain. Arm comes forward, with elbow above shoulder, forming an L at release point. Hand shifts behind ball. Front foot is pointing toward target and front side pulls down, creating torque.
follow through	pitchers	Fifth link in pitching chain. Pitcher should attempt to end up in proper fielding position. Takes care of itself if first four links are correct.
line up the door-knocking knuckles	batters	Bat should be held loose in the fingers with these knuckles aligned to unlock the wrists and improve bat speed.
plate coverage	batters	Stance should allow the batter to cover the entire plate with the barrel of the bat.
go back to go forward	batters	All good hitters have a weight shift. Gather the energy to the back side before exploding forward. Movement should be straight back and straight forward. "You have to go back to go forward."
short and soft	batters	The stride should be short and soft so that the head and eyes remain on the same plane. Stride should be toward the pitcher.
get to it and through it	batters	Swing should be quick and directly down to the ball. Bat should be speeding up through the hitting zone to create a follow through in which the bat wraps around the front shoulder.

let the ball travel	infielders	When receiving throws for tag plays, infielders should not reach out to catch the ball. It will get there quicker if the fielder lets the ball get all the way to him or her.
ball, eyes, glove	all players	Eyes are our most important tools in baseball. All balls should be caught so that the eyes can see the ball actually go into the glove. Ground balls and throws are caught out in front of the body. Fly balls are caught with two hands above the head so that the glove does not block vision.
pick it up with the bare hand the first time	all players	When a ball has been dropped or is stationary on the field, players should take the time to make sure that they pick it up successfully with their bare hand the first time.
don't stretch too soon	first basemen	See where the throw is going before taking the glove and glove-side foot toward the throw.
be a big target	first basemen	Stand up tall with only a slight bend in the knees to be a bigger target for teammates.
best pitch in baseball is strike one	pitchers	Always try to work ahead in the count.
flip and follow	infielders	Players always should generate momentum toward their target and follow the ball when executing an underhand flip.
perfect practice makes perfect	all players	You won't get better unless you try to practice skills exactly the way you are supposed to do them in games.
point the front shoulder	all players	When throwing, the front shoulder should always point directly toward the target.
step toward the target	all players	When throwing, the foot opposite the throwing side should always step directly toward the target.
give a target	all players	Players receiving throws should always present a target with two hands, fingers up, in front of the body.
catch the ball on the bat	batters	When bunting, players should think about giving with the pitch as if they are trying to catch the ball on the bat to help deaden the bunt.
elbow above the shoulder	all players	When throwing, the elbow should always be above the shoulder at the release point.

My Coaching Objectives

Use the space below to write your coaching objectives for winning, fun, and player development. Then write a statement that summarizes how you are going to prioritize these objectives.

Winning

Fun

Player Development

Priority Statement

My Coaching Strengths and Weaknesses

Rate yourself according to the six basic responsibilities of coaching.

Responsibilities	Novice	Below average	Average	Above average	Strong
Provide a safe physical environment					
Communicate in a positive way					
Teach the tactics and skills of baseball					
Teach the rules of baseball					
Direct players in competition					
Help players become fit and value fitness for a lifetime					

Emergency Response Card

Information for Emergency Call

(be prepared to give this information to the EMS dispatcher)

1. Location _____

Street address _____

Directions (cross streets, landmarks, etc.) _____

2. Telephone number from which the call is being made _____

3. Caller's name _____

4. What happened _____

5. How many persons injured _____

6. Condition of victim(s) _____

7. Help (first aid) being given _____

Note: Do not hang up first. Let the EMS dispatcher hang up first.

Game-Day Checklist

Date _____ Location _____

Pregame

- Decide team tactics and strategies.
- Discuss pregame particulars: pregame meal and water/sport drink; player clothing and equipment; time to arrive.
- Bring first aid kit.
- Check field and facilities.
- Meet with game officials.
- Greet players as they arrive.
- Warm up players.
- _____
- _____

During the Game

- Keep winning in perspective.
- Make substitutions.
- Adjust team tactics and strategies as necessary.
- Correct players' performance errors appropriately.
- Note learning errors to correct in the next practice.
- Support players.
- Remain calm.
- Monitor players' conduct and safety.
- Respect opponents and officials.
- _____
- _____

Postgame

- Compliment opponents and thank officials.
- Hold a team circle and recognize good team performance.
- Don't criticize individual players.
- Avoid discussing tactical and strategic problems.
- Keep wins and losses in perspective.
- Encourage players and leave on a positive note.
- _____
- _____

Injury Report

Name of athlete _____

Date _____

Time _____

Firstaider (name) _____

Cause of injury _____

Type of injury _____

Anatomical area involved _____

Extent of injury _____

First aid administered _____

Other treatment administered _____

Referral action _____

First aider (signature)

Playing It Safe—Baseball Safety Checklist

Preseason

- Be trained in CPR and sport first aid.
- Discuss risk of injury.
- Obtain participation agreement forms, signed by parents.
- Obtain release forms, signed by parents (allowing child to be treated in case of an emergency).
- Obtain medical release forms if required by your league.
- Prepare season plan and initial practice plans.
- Have blank injury report forms on hand to take to practice.
- Evaluate the field or fields you'll be practicing on and report any safety concerns that need to be addressed before the first practice.

Before Practice

- Plan practices with players' physical condition, skill level, and tactical understanding in mind.
- Inspect the field for safety hazards; remove hazards and report conditions you can't remedy.
- Have a well-stocked first aid kit on hand.
- Have an emergency plan in place and be prepared to enact it.
- Be prepared to respond to minor injuries.

In Practice and Postpractice

- Use warm-ups and cool-downs.
- Use appropriate practice plans; adjust them as necessary, especially in terms of players' conditioning and high heat or humidity.
- Take drink breaks every 20 minutes.
- Match athletes appropriately.
- Supervise athletes closely.
- Keep adequate records.

Skills Correction Checklist

Date: _____

Game vs. _____

Technical Skills

Hitting

	Team	Players: _____	Notes:
Preparation	Team	Players: _____	
Stance	Team	Players: _____	
Weight shift	Team	Players: _____	
Stride	Team	Players: _____	
Swing and follow-through	Team	Players: _____	
Mental approach	Team	Players: _____	

Bunting

Approach	Team	Players: _____
Sacrifice mechanics	Team	Players: _____
Sacrifice bunt baserunning	Team	Players: _____
Bunt for a hit	Team	Players: _____

Running

Effort	Team	Players: _____
Home to first	Team	Players: _____
Rounding bases	Team	Players: _____
Instincts	Team	Players: _____
Listening to coaches	Team	Players: _____
Reading the pitcher	Team	Players: _____
Secondary lead	Team	Players: _____
Stealing second	Team	Players: _____

Stealing third **Team** **Players:** _____

Sliding

Bent-leg/pop-up **Team** **Players:** _____

Hook slide **Team** **Players:** _____

Throwing

Basic mechanics **Team** **Players:** _____

Catcher

Calling pitches **Team** **Players:** _____

Receiving **Team** **Players:** _____

Blocking **Team** **Players:** _____

Throwing **Team** **Players:** _____

Fielding bunts **Team** **Players:** _____

Catching pop-ups **Team** **Players:** _____

Pitcher

Basics **Team** **Players:** _____

Wind-up mechanics **Team** **Players:** _____

Feet **Team** **Players:** _____

Balance position **Team** **Players:** _____

Power position **Team** **Players:** _____

Rotation **Team** **Players:** _____

Follow-through **Team** **Players:** _____

Stretch mechanics **Team** **Players:** _____

Two-seam fastball **Team** **Players:** _____

Four-seam fastball **Team** **Players:** _____

Curve ball **Team** **Players:** _____

Change-up **Team** **Players:** _____

Fielding the position **Team** **Players:** _____

Outfield

Positioning **Team** **Players:** _____

Routine ground balls **Team** **Players:** _____

Throwing to proper bases **Team** **Players:** _____

Throwing accuracy **Team** **Players:** _____

Throwing mechanics **Team** **Players:** _____

Routine fly balls **Team** **Players:** _____

Break on fly balls/crossover **Team** **Players:** _____

Break on fly balls/drop step **Team** **Players:** _____

Infield

Positioning **Team** **Players:** _____

Routine ground balls **Team** **Players:** _____

Backhands **Team** **Players:** _____

Force outs/lead runner **Team** **Players:** _____

Pop-ups **Team** **Players:** _____

Throwing after the catch **Team** **Players:** _____

First-base play **Team** **Players:** _____

Tactical and Team Fundamental Skills

Offensive

Aggressive baserunning **Team** **Players:** _____

Baserunning from second **Team** **Players:** _____

Baserunning from third **Team** **Players:** _____

First and third offense **Team** **Players:** _____

Executing the bunt **Team** **Players:** _____

Taking proper leads **Team** **Players:** _____

Secondary leads **Team** **Players:** _____

Steal jumps/mechanics **Team** **Players:** _____

Hit and run **Team** **Players:** _____

Situational hitting **Team** **Players:** _____

Delayed steal **Team** **Players:** _____

Tag-up situations **Team** **Players:** _____

Defensive

Defensive positioning **Team** **Players:** _____

First and third defense **Team** **Players:** _____

Defending bunt situations **Team** **Players:** _____

Pitcher pickoffs **Team** **Players:** _____

Catcher pickoffs **Team** **Players:** _____

Covering on tag plays **Team** **Players:** _____

Holding runners **Team** **Players:** _____

Rundowns **Team** **Players:** _____

Wild pitches/passed balls **Team** **Players:** _____

Executing cutoffs **Team** **Players:** _____

Executing relays **Team** **Players:** _____

Communication **Team** **Players:** _____