



Greenie League Fall Baseball Coaching Manual



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Section 1: I volunteered to coach...now what?

Listed below are some tips to help coaches for the upcoming season:

1.1 Learn the league specific rules and policies.

- 1.1.1 As the coach, it is essential you attend pre-season organizational meetings and make sure you read and understand the league rules. Be sure your assistant coach understands the rules as well. Pre-season meetings are a great time to get clarification on rules and policies you may not fully understand.

1.2 Understand the value of your assistant.

- 1.2.1 Assistants not only help run practice, but they can also serve as a sounding board for you and the players as well. Be sure to maintain an open line of communication between you and your assistant.

1.3 Have a parent from the team volunteer to be the team parent.

- 1.3.1 Designating someone for this position lets them feel like they are a greater part of the team. The team parent takes on the duties of organizing who will provide snack for each game, plan team activities and so forth. Having another parent focus on these things will allow you to concentrate on coaching.

1.4 Hold a team meeting at/before the very first practice.

- 1.4.1 Use this time to introduce yourself and your assistant. It is also the perfect time for parents of the team to meet and get to know each other. During this meeting you should make the parents aware of the league rules and policies so they will understand your coaching philosophy. At this time you should also let them know your expectations of the players and the parents. Be sure to explain the importance of players and parents exhibiting good sportsmanship. Make sure to find out from parents if their child has any medical conditions you should be aware of in the event of an emergency during a practice or game. Address any potential scheduling conflicts. Do this by finding out what other activities the players are involved in and find out from parents ahead of time what days could potentially be problematic for them regarding practices or games. Make it known to parents it is expected for all players to attend all practices and games, and if they are unable to, you should be notified in advance. Take the time to go over GRPD's Parent's Code of Ethics (located on the following page).



1.5 Build a solid rapport with each player.

- 1.5.1 This is easily accomplished by getting to know everyone's name as quickly as possible. During practice, spend a few minutes with each child. Address them by their name and compliment them when they do something well. Name tags for players during the first few practices can help everyone get acquainted more easily if they are not familiar with one another; remove name tags at the end of practice.

1.6 Coach by walking around.

- 1.6.1 This provides a greater opportunity to bond with each player; the more you do it, the more comfortable they will begin to feel. Also

in doing this, you are more likely to better understand the differences between each child and find specific ways to motivate them.

Section 2: Team Management

2.1 Discipline

2.1.1 It is not necessary to have an extensive set of rules for the team; instead, have a few rules you will emphasize throughout the course of the season.

2.1.1a Examples

- Having players show up at a specified time before practices and games.
- Letting you know ahead of time if a player will not be able to make a practice/game.
- Players and parents are expected to exhibit sportsmanlike behavior at all times.

2.2 Rotating Players / Playing Time

2.2.1 It is beneficial to learning the game of baseball and skill development if all players play different positions throughout the season. Regardless of skill level, all players should have the opportunity to play each position in the field. Players at this age should not solely be focused on learning one position. Each player should also be given the chance to play at least 2 innings in the field.

2.3 Running up the Score

2.3.1 There are times when games can become one-sided and one team scores a much more significant amount of runs than the other. In this instance, do not allow your team to continue to run up the score. Rather than continuously sending runners, let players just take one base at a time.

2.4 Losing Games

2.4.1 Enduring a losing season is one of the greater challenges a coach faces. Rather than dwell on the negativity associated with losing, it is your job as the coach to remain upbeat and positive. Find something the team did well and focus on that. Praise them for the effort they put forth in spite of the loss.

2.5 Have Fun

2.5.1 One of the most important elements in youth sports is to have fun. Keeping players engaged while they are learning and not taking yourself too seriously will lead to a more fun experience for everyone.

2.6 Sportsmanship

2.6.1 Teaching players the value of good sportsmanship is one of the most important aspects of coaching youth sports. Good sportsmanship should be shown to all players, coaches and officials.



2.7 Parents

2.7.1 As a coach you will have to deal with various issues and concerns from parents, ranging from playing time to game strategies. How you handle these things as they come up can affect the course of the season. During your first team meeting, let it be known to parents the best times to approach you. When they come to you with a concern, let them say their piece – uninterrupted – and tell them you will think about their suggestions and find a way to best address their concerns. Always respond in a positive, non-confrontational manner and make sure things do not get out of hand.

Section 3: Parent's Code of Ethics

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports events.
- I will place the emotional and physical well-being of each child ahead of a personal desire to win.
- I will support the coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all Greenville Recreation & Parks Department's youth sports events.
- I will remember the game is for youth—not adults.
- I will do my best to make the youth sports experience fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.
- I will treat other players, coaches, fans and officials with respect.

I hereby pledge to provide positive support, care and encouragement for my child participating in Greenville Recreation & Parks Department's youth sports by following the Parent's Code of Ethics. I understand failure to comply could result in my suspension from youth sports events.

Section 4: Running an Efficient Practice

4.1 An organized and efficiently run practice allows you to get more accomplished than expected. Some tips for running an efficient practice are below:

- 4.1.1 Be organized and have a plan.
 - 4.1.1a** Have a back-up plan just in case some drills are not being picked up as easily by the players.
- 4.1.2 Break down the practice hour into 15 or 20 minute blocks.
 - 4.1.2a** Start and stop each block with a summary of skills learned.
 - 4.1.2b** Include water and bathroom breaks.
- 4.1.3 Keep things moving so the players are engaged and on the go.
 - 4.1.3a** Lessen the number of drills involving players just standing around. This decreases the likelihood of players getting bored and losing focus.
 - 4.1.3b** If you have to stop practice to teach a fundamental, put yourself on the clock. Make your point, keep it short, and keep the action moving.
- 4.1.4 Keep practice interesting and fun.

4.2 Practice Plans

Below are sample practice plans for developing young ball players. Practice material resources can be found using www.littleleaguecoach.org. & Mojo sports app. <https://www.mojo.sport/>. You must register to use this free service.

4-5 & 6-7 Year Olds Practice Drills

1. Throwing Drills
 - a. During warm-ups, make sure players:
 - i. Keep their elbow up; no side arm throws
 - ii. “paint the ceiling” (throwing over the top)
 - iii. Throwing with 4 seams (2 or 3 fingers)
 - iv. Aim for the other players chest
 - v. Catching with two hands
2. Fielding Drills (5-10 minutes before each practice)
 - a. While kneeling, have players work on fielding the ball out front without a glove.
 - i. Have players kneel down with a partner, about 5-8 feet away and toss easy “short hops” to each other. Players should have their throwing hand behind their back, catching the ball with their glove hand. (10-15 tosses)
 - ii. Have players repeat this, but now using both hands (alligator) to catch the ball. (10-15 tosses)
 - b. While kneeling, have players work on fielding the ball out front with a glove.
 - i. Repeat steps one and two above.
 - c. While standing, have players work on fielding the ball out front with or without their glove.
 - i. Repeat steps one and two above.
 - ii. Make sure players are in ready position; glove out, on their toes.
3. Hitting Drills – Telling players “elbow up” is not a proper mechanic.
 - a. Go over batting stance and grip with each player (possibly in a station of 3-4 players).
 - i. Feet shoulder width apart with a slight bend in their knees.
 - ii. Grip – bat should be in their fingers, not hand; “knocking” knuckles should be aligned.
 - iii. Have players get in a good hitting stance and have them grip the bat and place it on their right (right handed batters) shoulder. Have them lift the bat up into proper position (bat at 45 deg. angle) with their hands a few inches from their body.
 - b. Hitting off a tee and Soft Toss
 - i. Work on player hitting the “inside” part of the baseball.
 - ii. Keep eyes on the ball through contact.

- c. Watch for the following during any hitting drill:
 - i. No leaning over the plate while in their stance.
 - ii. Hands or shoulder drop (looking for A to C swing); no “wrapping” around their heads.
 - iii. Head pulling out; not keeping their eye on the ball or closing their eyes.
 - iv. Stepping toward the pitcher.
- 4. Base Running
 - a. Run bases at the end of each practice (5-8 minutes)
 - i. Home to first – running through the bag and looking to the right as runners cross the base.
 - ii. First to second – starting with correct foot on base (left) leave when the ball crosses the plate; make sure runners stop on 2nd and not run through.
 - iii. Second to Third – look for third base coach halfway. Same as above (ii).
 - iv. Third to home – running through and making sure runner touches home plate.
 - v. Home to second – player rounding 1st, touching inside of bag.
 - vi. Second to home – player touching inside corner of 3rd base and making sure runner touches home plate.
 - b. What to look for when players are running:
 - i. Eyes up and looking ahead; listening to coaches
 - ii. Players should be hitting the inside corner of the bag; TOUCHING EACH BASE
 - c. To make the above more advanced, use base coaches and have players learn to pick up the coach and listen to them.

Section 5: Baseball Terms

Below are baseball terms all players in this age group should be learning. Throughout your practices, try to use this terminology so they are familiar with it during games and as they move on to the next level.

Back in the box – move toward the umpire

Back up – when a defensive player not directly involved in a play moves into a position to help if the ball gets by another defender

The Box – batter’s box

Choke up – move the hands (grip) up the bat handle

Dead ball – when the umpire calls time to stop play

Force – when a runner has to advance to the next base because of a runner moving to his/her spot

Force out – when a runner is forced to a base, the defense can tag the base for an out

Lead runner – runner on base closest to home

Pick up your coach – As a base runner, make sure you look and listen for your coach

Tag – when a defensive player with the ball has to touch a runner in order to get them out

Tag up – Base runner “tags” the base they’re currently occupying after a ball is caught by a fielder before advancing to the next base

Up in the box – move toward the pitching machine

Illegal Pitch – a pitch that is thrown above the shoulders, below the knees or whenever the baseball hits the dirt before the plate

Section 6: League Rules

6.1 Each team is allowed one Coach and one Assistant Coach. In addition, we allow two (2) extra dugout coaches (from the team's assigned roster) for a total of four (4) coaches. The two (2) extra coaches must remain in the dugout at all times. During a team's at-bat, a base coach will be allowed at first and third base, along with the two (2) volunteer parents/coaches in the dugout to assist with the batting line up.

6.1.1 International Little League rules will be followed along with the following modifications.

6.2 Equipment:

6.2.1 Athletic shoes must be worn by all participants and must have a one-piece molded bottom. Shoes with metal cleats or hard nylon cleats will not be permitted. Shoes with cleats screwing into the shoe will not be permitted.

6.2.2 No jewelry allowed.

6.2.3 All defensive players must be equipped with a baseball glove.

6.2.4 Bats must be approved by Little League. For a list of approved bats, please visit www.gllbaseball.com.

6.2.5 Proper batting helmets must be worn when batting and running bases.

6.3 GREENIE LEAGUE FALL BASEBALL (Ages 4-5 Small Fry training)

The Small Fry Division is a hybrid of t-ball and baseball. Players who are not able to hit off the pitching machine will use the batting tee. Baseball skills are the sole focus of the league. Score is not kept and competition is not a focus.

6.3.1 League Schedule

6.3.1a Fall baseball will begin Sunday, September 22 and continue through Sunday, October 27th. The following timeline will be used for the season:

- | | |
|------------------------|---|
| ○ Monday, September 8 | Coaches' Meeting/equipment – 6pm |
| ○ Sunday, September 21 | 1 st practice/meet with team |
| ○ Sunday, September 28 | 2 nd Practice |
| ○ Sunday, October 5 | Scrimmages |
| ○ Sunday, October 12 | Scrimmages |
| ○ Sunday, October 19 | Scrimmages |
| ○ Sunday, October 26 | Scrimmages – Costume Day |

6.4.2 Batting

6.4.2a All batters will face live pitching from a pitching machine.

6.4.2a.i Each child will be allowed three (3) strikes or five (5) pitches before the ball is placed on the tee. The tee will be adjusted as needed for each batter. *If a foul ball is hit on the third strike, the tee will be used for that at-bat.*

6.4.2a.ii An umpire will operate the pitching machine. Coaches will be responsible for retrieving missed pitches. Play will end once the **umpire** receives the ball inside the marked circle.

6.4.2b All players will be placed in the batting lineup whether playing defensively or not. Coaches are encouraged to mix up the batting order each game to allow an equal amount of at-bats throughout the season. GRPD will provide lineup cards for each team, these cards must be used throughout the season.

6.4.2c If a batted ball hits the pitching machine, the ball will be deemed dead. Only forced runners can move to next base.

6.4.2d Bunting is not allowed.

- 6.4.2e A batted ball must go at least 15' when hit, which is shown by an arc drawn from foul line to foul line. If the ball does not go past the 15' arc, it is considered a foul ball.
- 6.4.2f There are no strikeouts. If a batter hits part of the ball and part of the tee, it is a fair ball if it goes past the 15' arc.
- 6.4.2g On-deck batters are not allowed on the field nor are they allowed to swing in or near the dugout.

6.4.3 Base Running

- 6.4.3a No stealing or leading off.
- 6.4.3b Players are only allowed to take one (1) extra base on a ball thrown out of play or on an over throw. For example, a ball thrown over the 1st baseman's head will result in the runner advancing to 2nd base, if they choose. Only forced runners will be allowed to advance one (1) extra base, the play will then be called dead by the umpire.
- 6.4.3c Head first slides are not allowed while advancing to the next base. Sliding head first advancing to a base will result in the runner being called out. **Players may slide head first only when going back to a base.**
- 6.4.3d Runners must remain on base until the ball has been batted

6.4.4 Fielding

- 6.4.4a Nine (9) players are on the field at any one time, five (5) infielders and four (4) outfielders. Note: All outfielders must be on the grass to give the team batting a fair chance to reach the bases. If nine (9) players are not available at the start of the game then play as many as you have available. (See "Batting" section 6.4.2b)
- 6.4.4a.i The player in the pitcher's position must be in contact with the pitching rubber until the ball is released. The pitcher must stay behind the machine until the ball is hit. If there is not a pitching rubber available, a line will be created in the dirt to represent the rubber.
- 6.4.4b Time will be called by the umpire when he/she receives the ball from the defensive team or when the play should have come to a natural end. Once the play is completed or called dead, the umpire will decide where the base runners should be.
 - 6.4.4b.i If a base runner is more than half-way with both feet over the white line, they will advance to the next base.
 - 6.4.4b.ii If a base runner is not half-way, then they will return to their original base.
- 6.4.4c Each player must play a minimum of two (2) innings defensively.
- 6.4.4d **2 coach's max** will be allowed on the playing field during defense. They must be along the outfield line and not interfere with game play.

6.4.5 Game Format

- 6.4.5a Base length: 60' bases
- 6.4.5b Type of baseball: Safe-T-Soft Level 3
- 6.4.5c Teams will bat through the lineup each inning.
- 6.4.5d A regulation game is two times through both teams lineups or 50 minutes, whichever comes first.
- 6.4.5f In the event of inclement weather, a game is complete after one inning or 25 minutes.

6.5 GREENIE LEAGUE FALL BASEBALL (Ages 6 & 7 - Big Fry training)

The Fall Baseball Division helps players develop in a more traditional baseball setting, with age-specific modifications. Skill building is the main focus to prepare the players for next seasons Division. All Games will be considered scrimmages and score will not be officially kept.

Fall baseball will begin Sunday, September 24 and continue through Sunday, October 29th. The following timeline will be used for the season:

- | | |
|------------------------|---|
| ○ Monday, September 8 | Coaches' Meeting/equipment – 6pm |
| ○ Sunday, September 21 | 1 st practice/meet with team |
| ○ Sunday, September 28 | 2 nd Practice |
| ○ Sunday, October 5 | Scrimmages |
| ○ Sunday, October 12 | Scrimmages |
| ○ Sunday, October 19 | Scrimmages |
| ○ Sunday, October 26 | Scrimmages – Costume Day |

6.5.1 Batting

- 6.5.1a All players will be pitched to by an umpire operating the pitching machine. A batter will be called out after three (3) strikes or 5 pitches; whichever comes first. There will not be any walks. If a batter is hit by a pitch, they will be awarded first base, and only forced runners may advance one base.
- 6.5.1b If at the discretion of the umpire, the pitching machine has thrown a poor pitch, the pitch will be deemed illegal and will not count against the batter. An illegal pitched is considered anything above the batters shoulders, below their knees or if the ball hits the dirt before the plate. Each player gets 1 “illegal pitch per at bat,” after that any swing at a pitch is deemed a strike.
- 6.5.1c All batters will be placed in the batting line-up. Coaches are encouraged to mix up the batting order each game to allow an equal amount of at-bats throughout the season. GRPD will provide lineup cards for each team, these cards must be used throughout the season.
- 6.5.1c.i Teams playing the **first** game will have a grace period of 10 minutes. If at the end of the grace period, a team has five (5) or fewer players, the game will be considered a forfeit.
- 6.5.1d In the event a batted ball hits the net or pitching machine, the ball will be called dead; the batter will be awarded first base, and only forced runners may advance one base.
- 6.5.1e Bunting is allowed. One (1) batter per team is allowed to bunt each inning. If at the discretion of the umpire the batter attempted to bunt, it will be considered the team's attempt for the inning. A bunt attempt by another batter in the same inning will result in an out and all base runners must return to the last base occupied.
- 6.5.1f Two (2) **team** warnings will be issued for thrown bats by the umpire. After the two (2) warnings, if a player throws a bat they will be called out.
- 6.5.1g On-deck batters will not be allowed on the field nor are they allowed to swing in or near the dugout.
- 6.5.1h Coaches are allowed only one (1) visit/conversation with the batter per at bat. More than one visit is not allowed and will result in a coaches warning. If this continues, coaches will be reduced to zero (0) visits/conversations with batters.

6.5.3 Base Running

- 6.5.3a No stealing or leading off.
- 6.5.3b Head first slides are not allowed while advancing to the next base. Sliding head first advancing to a base will result in the runner being called out. **Players may slide head first only when going back to a base.**
- 6.5.3c Runners must remain on base until the pitch reaches the batter.

- 6.5.3d Runners must stop once time has been called by the umpire. If a team has a runner sent back to the previous base more than twice in the inning, that team must run “base to base” for the remainder of the inning. (See “Fielding” section 6.5.4c)
- 6.5.3e A pinch runner may only be used in the following situations:
- 6.5.3e.i When a team has two (2) outs with their catcher on base, the player who recorded the second out can replace the catcher; or
 - 6.5.3e.ii When an injured player is not able to continue as the base runner, the player who recorded the last out can replace them.
- 6.5.3f Base coaches **cannot** physically assist runners; this includes pushing them to advance to the next base or pulling/grabbing them to prevent them from advancing. Assisting a runner will result in the runner being called out.

6.5.4 Fielding

- 6.5.4a An umpire will operate the pitching machine.
- 6.5.4b Nine (9) players are on the field at any one time. If nine (9) players are not available at the start of the game then play as many as you have available. A minimum of six (6) players will be allowed to play. (See “Batting” section 6.5.2c)
- 6.5.4b.i Catchers are required to be properly equipped with the following: catcher’s mask with dangling throat guard, chest protector, shin guards and protective cup. It is the coaches’ responsibility to ensure the catcher wears the required equipment. Catcher’s equipment, excluding a protective cup, will be provided for each team by GRPD.
 - 6.5.4b.ii The player in the pitcher’s position must be in contact with the rubber until the ball is released. The pitcher must stay behind the machine until the ball is hit. If there is not a rubber available, a line will be created in the dirt to represent the rubber.
- 6.5.4c Time will be called by the umpire when the defensive team returns the ball to the player occupying the pitcher’s position or when the play comes to a natural end. This can include when an infielder has the ball, depending on the particular play. Once the play is completed, the umpire will make a judgment call on where the base runners should be.
- 6.5.4ci The defensive team attempts to get the ball back to the player occupying the pitchers position. *Ex: A successful throw back to the player occupying the pitchers position or an attempted overthrow.*
 - 6.5.4cii The play has come to a natural end. This can include when an infielder has the ball, depending on the particular play. *Ex: A successful out at first base or an unsuccessful out attempt at first base.*
 - 6.5.4ciii Once the play is completed, the umpire will make a judgment call on where the base runners should be.
 - 6.5.4c.iv If a base runner is more than half-way with both feet over the white line, they will advance to the next base.
 - 6.5.4c.v If a base runner is not half-way, then they will return to their original base.
- 6.5.4d Bunting Defense – Players cannot start moving in on a bunt when a player squares around. **Players must play their normal positions and may not move forward of the pitcher’s mound extended until the ball has been pitched.**
- 6.5.4e There is no infield fly rule.
- 6.5.4e Each player must play a minimum of 2 innings defensively.
- 6.5.4f Coaches are **not** allowed on the field during defense.

- 6.5.4g Coaches are allowed only one (1) mound visit per inning. More than one visit is not allowed and will result in a coaches warning. If this continues, coaches will be reduced to zero (0) mound visits for the game.

6.6.5 Game

- 6.6.5a Base length: 60' bases
- 6.6.5b Type of baseball: Regulation baseball
- 6.6.5c An inning will consist of three (3) outs or five (5) runs, whichever comes first. The umpires will be in charge of runs being scored. Once five (5) runs have been scored, the inning is considered complete. Teams **cannot** score more than five (5) runs per inning.
An inning has started when the first pitch has been thrown.
- 6.6.5d A regulation game is six (6) innings or 60 minutes. A new inning cannot begin after 60 minutes of play. It is the umpire's responsibility to monitor the time.
- 6.6.5e In the event of inclement weather, a game is considered complete after three (3) innings or 30 minutes.
- 6.6.5f GRPD Staff will notify coaches of the time, date and location of rescheduled games.

Section 7: Miscellaneous Information

7.1 Time Management

- 7.1.1 There will be one to two minutes allotted in-between innings and half innings. This time is free for huddles and/or infield warm ups. After two minutes the inning will start.

7.2 Inclement Weather

- 7.1.2 The GRPD Weather Hotline, 252.329.4299, will be updated as soon as games are cancelled.
- 7.1.3 Coaches will be contacted as soon as possible, by email only, in the event of game cancellations.

7.3 Pitching Machine Settings (*subject to change*)

- 7.3.1 **6-7 Machine Settings**
- Distance from plate: Approx. 34'
 - Pull Handle: 2
 - Speed: 6
 - Throwing Arm: 4
- 4-5 Machine Settings**
- Distance from plate: Approx. 30'
 - Pull Handle: 3
 - Speed: 3
 - Throwing Arm: 3