

Farmingdale Farm 5-6 Coaches Guide

Rules

- The games will be based on an instructional platform, where proper batting, running, fielding, and throwing techniques will be taught and reinforced throughout the game.
- Universal Batting – everyone bats. The inning is over after every player takes a turn at bat. Last batter of the inning hits a “home-run.”
- Coach pitch. After 5 swings, a tee will be used.
 - Do NOT get in the habit of giving extra pitches!! Try to keep it to 5 and then Tee.
- All players will play in the field with the intent to spread out the players resembling a typical defense alignment. Rotate positions each inning.
- Coaches can assist on the field defensively as needed maximum of 2 defensive coaches in field
- Bases at 60 feet.
- 10” (Squishy) Softball
- Each game tends to be 3 innings due to the attention span of the players.
- If a defensive player makes an out, remove the runner that is out and have her join in celebrating the nice defensive play.. (everyone is still going to bat)
- Player safety is paramount. Players are not to swing the bat without the supervision of an adult.

Teaching Points

- Object of game
 - Scoring more runs (points) than your opponent
- Teach them the following:
 - Whats a RUN
 - What's an OUT
 - Where are all of the bases and what are they called
 - Where are all of the defensive positions and what are they called.
 - Take them for a tour of the field and call them out and eventually make them call them out.
- Types of Outs
 - Force Out
 - Fly/Pop Out
 - Tag Out
- Basic Mechanics & Techniques
 - DO NOT FLOOD THESE KIDS WITH TECHNICAL TALK
 - CONSISTENCY WILL ACCELERATE LEARNING
 - Make sure all coaches are using the same terms.
 - URGENCY - Everything in this game happens fast
 - Transition Speed (Glove to Hand)
 - Hand to Target

- Outfield to Infield
- Baserunning at full speed at all times.
- The play is NOT OVER
 - Encourage them to ALWAYS know where the ball is.
- We teach the following techniques:
 - Tip of the Glove on the ground with your wrist forward. Try to discourage scooping/shoveling
 - Butt Low - Bend at Knees
 - Promote Athletic Posture in all aspects of the game.
 - At the plate
 - Encourage the rotation of hips
 - Terms like fire the rear hip or squish the bug with back leg
 - Discourage leaning forward over the front leg.
 - Most importantly - SWING HARD and USE YOUR WHOLE BODY
 - Throwing
 - Point front shoulder at target
 - When arm is cocked to throw their knuckles should be facing up and glove hand or elbow pointing toward target
 - Follow Through across body

In-Game Best Practices

Defense

- Keep track of who plays pitcher
 - The pitcher will wind up getting the brunt of the ground balls during the game.
 - After the pitcher gets the ground ball and throws it to first, rotate each kid one position clockwise.
 - This has worked out well in the past
- Encourage force outs at OTHER bases.
- Dedicate one inning where you ONLY try to tag runners.

Hitting

- Keep track of who gets the homeruns so you can try to keep that as even as possible.