

# Farmingdale Farm 7-8 Coaches Guide

## Rules

- Games Consist of 6 innings or closest to 1:40 (finish the inning)
- Bases at 60 feet.
- 11" (Hard) Softball
- Mound is 30' (Back of Home Plate to Front of Pitching Rubber)
  - All teams will be provided with a 30' string so no measuring is required.
- Kids throw up to 5 pitches (Strikeouts are live and count as an OUT)
  - Exception - If the kid pitcher throws 4 balls in a row, coach relieves the kid.
- If the Kid pitcher does not record an out after 5 pitches, the count remains as is and the coach relieves the kid pitcher.
  - IE.. If the coach comes in and the batter has a 3-2 count and the batter swings and misses at the first pitch, the batter is out on strikes.
- The coach can throw a maximum of 4 pitches. If the player does not put the ball in play after 4 pitches, the batter is out. If the batter hits a foul ball on the 4th pitch, she will be awarded one additional pitch. Failure to put the ball in play is an OUT.
- No Walks
- Hit by Pitch
  - If a kid pitcher hits a batter the coach automatically relieves the kid pitcher for that batter only.
    - A hit by pitch is defined as ball thrown by a kid pitcher that hits the batter on a fly.
- Coach Pitcher must start with a plant foot on the pitching rubber. If there is a coach pitcher that cannot effectively throw strikes from that distance, coaches can agree to BOTH pitch from closer.
  - Please be adults about this!!!
- Coach of Defense is the umpire
  - Do not squeeze the pitcher.. We want to reward hittable pitches.
- Catchers are encouraged but are not required. If you are short girls, you do not need a catcher.
- One half inning is considered complete when either the batting team goes once through the order OR 3 outs OR 4 run rule.
- Last full inning for both teams are 3 outs only. (Run rules - 12/3, 10/4, 8/5)
- No Bunting
- No Leading
- No Tagging Up
- No Stealing
- No Infield fly rule
- Batted ball hits baserunner = dead ball runner out, other runners gets the next closest base
- No dropped 3rd strike, however if catcher catches 3rd strike foul tip it's an out
- 1 base on an infield overthrow to 1st base only.
- If the ball is hit to the outfield, the batter can get all she can.
  - Once the ball reaches the infield (regardless of being caught) the baserunners must go back to the base they came from.

- Baserunners should only advance if earned after 2nd base. (no running if realistically they would be thrown out in higher divisions)
- Batting team coach behind pitcher, defensive coach behind plate. (Limit the up and down from the catchers and for efficiency throwback to coach to coach Let kids throw- back to each other if pitch is fielded clean by catcher)

### **Teaching Points**

- Object of game
  - Scoring more runs (points) than your opponent
- Teach them the following:
  - Whats a RUN
  - What's an OUT
  - What is a Foul Ball
  - 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.
- Outs
  - Force Out
  - Fly/Pop Out
  - Tag Out
  - Strike 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
- Strike Zone
  - Help girls understand the strike zone. Encourage them to swing at pitches that are close.
    - Do NOT encourage them to NOT swing at pitches thrown from the kid pitcher simply to get to the coach's pitched balls.