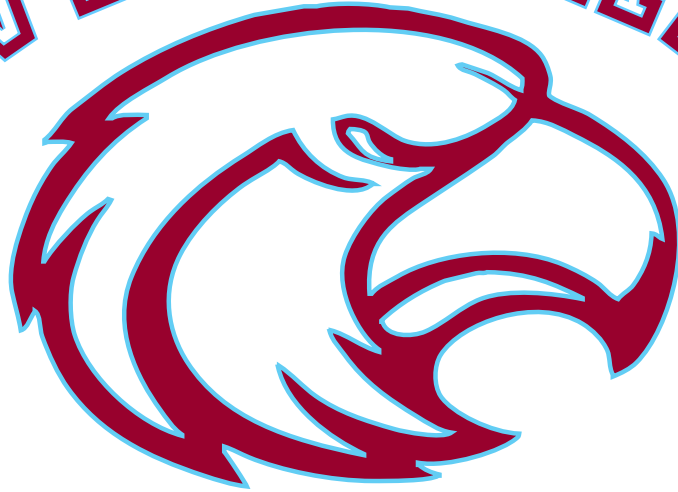


WINDHAM



LITTLE LEAGUE

COACH'S HANDBOOK



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Purpose

Windham Little League currently offers adequate resources for every boy and girl in the town to enjoy the opportunity to play baseball and softball.

We want this program to offer every coach, board member and community member the training and tools required to consistently deliver the kind of experience we can all be proud of.

We are all very fortunate to have the league provide us the opportunity to develop a program that we can all shape for the future of this community and its' children.

Developing baseball players is **NOT** our sole objective. Developing baseball players into healthy people **IS**.

Our vision is to combine the resources of all the stakeholders in this organization to create **ONE TEAM**. This one team approach will benefit from the mutual resources and energy provided through volunteers like you. From a closely held relationship with all aspects of the program to the volunteer league board of directors, we will join forces for the sake of developing the youth of our community. We must remember to focus our energies on the core values and deliver these by improving through our experiences.

A measure of objectivity can be assessed in a formalized program such as this. We can clarify our values over time. We can improve our ability to deliver our values by improving through our experiences.

We have the opportunity to design our culture: **“How we do things here.”**



League Over View / Contact Information

Windham Little League serves the town of Windham to offer baseball and softball programs to children ages 5-12 years of age.

Windham Little League is a non-profit organization affiliated with Little League Baseball Inc.

Windham Little League offers divisions from Tee-ball to Majors in both baseball and softball.

Current Windham Little League Board of Directors:

Travis Demmons - President
Jason Farley - Vice President
Dan Hancock - Treasurer
Jill Mathieu - Secretary
Brianna Johnston - Safety Officer
Fred Wilcox - VP Softball
Mike Butterfield - VP Tee-Ball
Michael Flibbert - VP Majors
Shaun Morrison - VP Minors
Jim Mello - Player Agent
Matt Shardlow - Player Development Officer
Scott Raynor - VP Equipment
Natalie Wilcox - Uniform Mgr.
Amy Bilodeau - Sponsorship
Caleb Davenport - Webmaster
Melissa Shardlow - Concessions
David Field - Umpire in Chief
Jason Elder - VP Field Operations
Bill Ciccarone - Lowell Farm

Windham Little League supports a “zero tolerance” policy with respect to the conduct of coaches, parents and spectators alike. No alcohol or tobacco is allowed anywhere near the playing fields or Windham Little League activities at any time.



Mission

We will strive to attain a standard of excellence, one that aspires to be an outstanding educational and athletic organization.

We will strive to develop a community of individuals committed to developing our youth by having fun through baseball/softball.

We recognize that the opportunity to involve and influence every athlete is a gift for which we are grateful.

We are committed, first and foremost, to teaching life lessons that have value beyond the playing field to every player.

We will support our coaches with the resources to deliver a consistent, high-quality experience to all players regardless of performance.



Windham Little League Coaching Philosophy

A “win-at-all-costs” approach has only one goal: to win. A positive coach also wants to win. Make no mistake - we are not anti-competitive. Competition provides the opportunity for many good things to happen. However, a positive coach has an additional goal: to teach players life lessons, which is ultimately more important than winning. The goals of teaching life lessons and building character typically reinforce each other and lead to better performance.

Winning = important

Teaching Life Lessons = MORE important

Core Principles of Coaching

- The coach is the key to making the student-athlete experience both positive and educational.
- The coach promotes the connection between sports and academic learning, sports and character development, and sports and life-long learning.
- The coach offers positive communication and motivation and assists athletes to make good decisions.
- The coach is a role model at all times, recognizing his/her profound influence on players.
- A coach maintains the flexibility required to work successfully with a diverse group of students. Each coach supports the complex needs of maturing adolescents, assisting athletes to develop physically, mentally, socially, and emotionally.
- A coach is sensitive to the fact that different approaches will be needed for different individuals according to their needs and backgrounds.
- A coach must master the fundamentals of the game and continue to learn, using professional development and mentor relationships. This learning goes beyond techniques and strategies to include teaching of ethics and sportsmanship, as well as effective communication with parents and the public.
- Coaches will recognize the need for balance in the lives of student athletes and respects the needs of the family.



Windham Little League Principles of Coaching

1. Coaches are **teachers first**. We will model the role for the community to follow. Athletic participation must be healthful, positive and safe for everyone involved, conducted in an environment that teaches values and ethics, strengthens the community, promotes competition without conflict and enriches the lives of the athletes.

2. **Honor the Game** - Respecting our “ROOTS”

Respect for: **Rules**
 Opponents
 Officials
 Teammates
 Self

Coaches should have a thorough knowledge of the **rules** of baseball and softball and show respect for them. Allow the **rules** to govern the game. Allow the coach to govern the learning from the game.

Without **opponents**, competitive sports make no sense, and it accomplishes nothing to beat up on team that is significantly weaker. We aren't challenged to do our best unless we have a worthy **opponent**, one who challenges us to do our best. Therefore, a worthy **opponent** is a gift that brings out our best and should be seen as such by all.

Honoring the game involves each team member committing to hard work, playing his or her hardest to help the team become the best it can be, and behaving in a way that would make one's **teammates**, family and **officials** proud. It's not enough to only honor the game when our opponents do. We need coaches, players and spectators to honor the game no matter what the other team or it's fans do. We want your team to honor the game even when others do not because **you set your own personal standards**, and the best example we can set is by living up to our own standards **no matter what**. If you and your athletes have respect for **yourselves**, you will never do anything to dishonor the game.

The “s” in ROOTS provides coaches with many “teachable moments” to encourage athletes to develop their own commitment to honoring the game. You can tell your players, “I don't want you to honor the game just because it's important to me. I want you to honor the game because it is important to you!”



Tools for Honoring the Game

You can introduce Honoring the Game to your parents through a letter outlining what it means, and you can let them know how you want them to behave at games. The letter describes Honoring the Game and the other principles for positive coaching. It also suggests specific things parents can do to help their children succeed, and provides them with ways to help you establish a positive coaching culture for your team (see example letter provided in your resources section).

It is not enough for a coach to be a good role model because sometimes good behavior can be misinterpreted. Coaches need to narrate their behavior to players and parents so there is no chance that behavior that Honors the Game can be misinterpreted as weakness or lack of intensity.

Here is a sample way to address your players after a game:

“You know that call near the end of the game? I really thought that was an incorrect call, but it’s important to me that we Honor the Game on this team. Part of Honoring the Game is to show respect for an official even when we disagree, and even when we are convinced that he or she made a mistake. So I didn’t yell at them. I waited until a time-out and then I went up to him and respectfully asked about the call.”

If we want children to develop technical skills, we must develop drills in practice that teach these skills. The same holds true for positive behavior and the development of character. If we want players to Honor the Game under the pressure of competition, we need to create situations in practice in which players can role-play these scenarios. As the coach, you can incorporate these situations into practice by intentionally making a bad call. If players lose their cool over the call, you can use this as a teachable moment to ask them if officials ever make bad calls in games, and if they are going to lose their focus in games when this happens. Be sure to go back and explain the proper call to your team. Also, have your players officiate at practice. They will quickly learn how tough it is and will be more likely to respect officials in the future.



3. Redefine what it means to be a **WINNER**.
 - a. Teach players to value effort, and to bounce back from mistakes.
 - b. Use a “**Team Mistake Ritual**” to help players quickly rebound from their mistakes.
 - c. Reward effort, not just good outcomes. Look to recognize players for unsuccessful efforts.
 - d. Encourage players to set “**effort goals**” that are tied to how hard they try.
 - e. Use “**targeted symbolic rewards**” to reinforce effort and team play.

Tools for Redefining a “Winner”

We encourage coaches to set **goals** with their athletes and teams. A goal is, by definition, something that you can't do right away. If you could, it wouldn't force you to improve. Goals go a little beyond what individuals think they can do, but are reachable with effort over time. Encouraging players to set goals will give them a tangible target. It will excite players about their own learning and improvement. Goals should be revisited regularly to ensure that they are not so ambitious that they discourage players. If they are, they can be adjusted to make them more motivating.

Reward effort, especially “unsuccessful” effort. When a player tries really hard and makes the play, it is natural for a coach to reward that effort. What about when a player gives their best effort, but doesn't make the play? If you say that effort is important to you then reward it. Recognize your players when they give effort - regardless of the outcome. This will encourage the player to make continued and greater efforts in the future. This tool gives coaches a wonderful way to transform the negativity that often results around a mistake. When you realize that you can get increased effort from your players through recognition of that effort when things do not go well, you can actually look forward to these situations as teachable moments.

A **Team Mistake Ritual** symbolizes to the entire team (players and coaches) that the mistake is over and that it is time to move on. “Flushing” is an excellent example. When one player makes a mistake, the others make the motion of flushing a toilet. A mistake is something we don't want, so we flush it and it's gone! A coach can use the “flushing” motion as well, as players often look to the coach after making a mistake. Flush it. Now it's gone. Now, on to the next play! Coaches who have used



a Mistake Ritual have reported that their athletes are more aggressive and relaxed, have more fun competing, and do better on the scoreboard than they did before the concept was introduced. Too many kids never develop aggressiveness because they are afraid of making a mistake. We don't want players to allow mistakes (or a fear of making one) to inhibit them. We can help them by providing a tool that reminds them to bounce back and focus on the next play.

Emotional Security is something that every player needs and should expect from coaches and parents. Giving criticism to young children can be tricky. Here are some techniques that are effective to handling these situations.

- **If/Then Statements:** The way a coach gives directions to an athlete can make a huge difference in how receptive the athlete is to taking the direction. One way of stressing the information component is through the use of "If/Then Statements". Ex. "Hey Joe, if you pull your glove into your side when you throw then it will be easier to follow through all the way."

- **Criticism Sandwich:** Using positive statements to cushion the blow of criticism is a highly effective technique that can make accepting the comment easier for the player. Ex. "Hey Michelle, I can see that you are really working hard to get better at this. Maybe you could try moving back in the batter's box and you will find things are easier. I know that if you keep putting in this kind of effort and be patient, you will start to see better results."

- **Positive Charting:** As coaches we sometimes think that we add value by finding things that are done incorrectly and improving them. However, it is equally important to find things that are being done correctly and to reinforce those things so players will continue them. "Positive Charting" is a method for increasing the number of "right things" that your players do. (See chart in the coach's reference section)

- **Praise in public/criticize in private:** As a general rule it is always preferable to praise children in front of their peers to improve self-confidence, and to address any issues of significance in private to ensure that the player continues to feel emotional secure and trusting of their coach.



Behavior Policy

Windham Little League will adhere to a zero tolerance policy with regard to conduct.

Coach's Conduct: (See Coaching Philosophy section; core principles.) Failure to comply will result in disciplinary action by game officials and the WLL Board.

Player Conduct: Players will display the respect outlined in ROOTS. Learn to lose with grace and win with dignity, displayed good sportsmanship at all times. Players who fail to comply will be subject to disciplinary action by the coach and the WLL Board.

Parent Conduct: It is the responsibility of the parent/guardian to uphold the standards of Honoring the Game, Redefining winning, and the emotional security of players. Failure to comply will result in disciplinary action by the coach and the WLL Board.

Official, Spectator and Community: Strive to uphold the mission of WLL, honor the game, re-define winning and emotional security. Windham Little League will not tolerate behavior that brings the league or any of its' members into disrepute. Failure to comply will result in disciplinary action by game officials, coaches and the WLL Board.



Safety

In the case of serious or life threatening medical emergencies, first aid is the treatment given to the victim while awaiting the arrival of emergency medical systems. When the need for emergency medical treatment arises, maintain the following:

- Avoid excitement. Stay **CALM**.
- If the emergency is life-threatening (the victim is not breathing, bleeding uncontrollably, experiencing shock) take action immediately.
- Never move a badly injured person, unless remaining there endangers lives.
- Check vital signs (breathing, pulse) and ascertain if the victim is bleeding.
- Activate the EMS (Emergency Medical Systems) immediately. **Call 911**.

A proactive safety plan is a must for every coach. Coaches are responsible for the health and well being of their players, officials and spectators during Windham Little League events. Please take this responsibility seriously and take any proactive action you deem necessary to avoid potential injury or harm to a player or other person present. First aid kits will be supplied at all fields.

In the event of inclement weather, please exercise caution. If lightening is seen in the area, or is expected, all activities should be immediately suspended and sufficient shelter should be sought. Be prepared **ahead of time** in the event that weather may strike suddenly.

Always carry emergency contact information and player medical release forms.

It should be the coach's goal to have at least one other adult present at all team practices and gatherings, in the event of an injury or emergency. Coaches should never leave a child unattended. Please take care in avoiding unnecessary time alone with a child as well.

Field safety is also the coach's responsibility. Please take adequate measures to ensure that the field is safe for all participants and spectators. On-deck batters are prohibited. Helmets are worn at all times while players are out of the dugout while batting (this includes base coaches). All other protective equipment (throat guards, cups, etc.) is **mandatory**, even while warming up pitchers. Bats and other gear should be inspected daily for signs of excess wear which may render it unsafe. When in doubt, discontinue use of the equipment.

Make sure that players stay adequately **hydrated**. Even in cool weather, children of all ages may become dehydrated during activity. Water is the default fluid of choice. In warmer weather, watch players for signs of over heating. Make sure that cold fluid intake is started early and maintained regularly throughout the activity.

* Please feel free to bring your safety concerns **immediately** to any board member or field maintenance director.



Coaching Certification Initiative

In 2016, Windham Little League will be working toward the designing of a coaching certification process. This initiative will constitute an objective measure of an individual's commitment to coaching youth in this organization. Furthermore, it will be used as a component of a comprehensive Coach Selection Process that will further strengthen the quality of youth coaching.

Beginning in 2016, Windham Little League is asking all coaches to successfully complete the following:

1. The annual Little League Coach Clinic, along with thorough review and critique of the Windham Little League Coach's Manual.
2. Complete all required First Aid/CPR training.
3. Post season player/parent evaluation forms.

Guidelines for Honoring the Game

The key to preventing adult misbehavior in youth sports is a youth sports culture in which all involved “Honor the Game”. Honoring the Game involves respect for the rules, opponents, officials, teammates, and one’s self. You don’t bend the rules to win. You understand that a worthy opponent is a gift that forces you to play to your highest potential. You show respect for officials even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don’t. Here are ways that parents can create a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

Before the Game:

1. Make a commitment to Honor the Game in action and language no matter what others might do.
2. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

1. Don’t give instructions to your child during the game. Let the coach correct player mistakes.
2. Cheer good plays by both teams (this is advanced behavior).
3. Mention good calls by the official to other parents.
4. If an official makes a “bad” call against your team - Honor the Game - BE SILENT!
5. If another parent on your team yells at an official, gently remind them to Honor the Game.
6. Don’t do anything in the heat of the moment that you will regret after the game. Ask yourself, “Will this embarrass my child or the team?”
7. Remember to have fun! Enjoy the game.

After the Game:

1. Thank the officials for doing a difficult job for very little (if any) pay.
2. Thank the coaches for their commitment and effort.
3. Don’t give advice. Instead, ask your child what he or she thought about the game and then LISTEN.
4. Tell your child again that you are proud of him or her, whether the team won or lost.

Sample Parent Meeting Agenda

Windham Little League embraces open dialogue between coaches, team parents and players. Parents and community are actively involved in creating and supporting an environment that fosters positive athletic experiences for players. We strongly recommend that every coach have a parent meeting at the beginning of the season. Most importantly in this meeting, coaches should discuss their coaching philosophy. The following sample can be used as a template for a parent meeting agenda.

Coaches are responsible for the conduct of players, parents and spectators.

1. Welcome and Introductions - Coach's background as athlete, parent, coach, etc.

2. Coaching Philosophy - Our team values

Honoring the Game

Redefining Winner

Emotional Security

Dealing with mistakes in competition - Team Mistake Ritual Policy on playing time, practices, etc.

3. Goals and Hopes

Coach's Goals

Parent's Goals

4. Logistics About the Season

Required Equipment

Practice Schedule

Contacts Lists

5. Volunteers

Snack Shack Schedule

Keeping pitch count/scoring

Rides/car pooling

6. Q & A/Meeting Adjourns

Parent Meeting Agenda Notes

A pre-season meeting is a wise investment. People tend to live up expectations *if* they know them. A meeting can help mold the behavior of your athletes' parents. The most effective way to have your pre-season meeting is in a private setting where you can have the full attention of the group. If this is not possible, then the meeting could be scheduled before one of the first practices or games when the parents would need to be delivering their children anyway.

Welcome and Introduction: Share how excited you are about the upcoming season and having their children on your team. Share some of your relevant background as an athlete, coach, parent, etc.

Coaching Philosophy: Ask for their support in building a team culture ("the way we do things here") that will reinforce those principles. Ask a "What-If" question: "What is an official makes a bad call against our team? Will you be able to set a good example for the players and Honor the Game?" Because mistakes are such a motivational problem, share the Mistake Ritual you intend to use with your team and ask them to reinforce it from the sidelines. Share the policy on playing time, missing practices or games, etc. Future problems can be avoided by being clear in advance. If missing practice means less playing time, for example, let parents know that. Let them know when they can contact you (at work, during the day, only in the evenings, etc.)

Goals and Hopes for the Season: In addition to goals such as winning games, some goals you may want to consider:

- Every player will love the sport at least as much at the end of the season as at the beginning.
- Every player's skill and tactical knowledge of the game will improve.
- Every player will get the chance to test himself/herself in game situations.
- Every player will want to play the sport again next year.
- The parents will enjoy the season as much as the players.

Ask the parents about their goals and hopes for the season. This may give insight into the players' motivation. You don't have to respond to everything right then - you can think about it and talk to with parents later if they express goals that are inconsistent with your values.

Logistics: Make sure everyone has practice and game schedules. Hand out a phone list (or get people to sign up on a list for distribution later). Make sure they understand what equipment their children will need, etc. Leave plenty of time for questions.

Ask for Volunteers: Your parent meeting is a good time to ask parents to volunteer for any duties you need help with such as: snack coordinator, scorekeeper, helpers for practices, etc.

Hitting Resources

Common Denominators of Good Hitting:

Pick a bat that is an appropriate size and weight for the hitter. Generally, it is better to choose a bat that is **too light than too heavy**. For the purposes of bat speed/control this is preferable, and a bat that is too heavy can lead to mechanical issues with the player.

Stance

- 60/40 (back to front) to 40/60
- weight on balls of feet
- balance
- feet a little wider than shoulders

Stride

- timing mechanism
- limit length
- land soft (on ball of foot) short, soft, straight
- "thin ice"
- **Separate stride and swing!**

Mid-section

- turn hips
- "squish the bug"
- belly button the pitch

Hands

- grip bat in finger tips
- hands 6 inches from arm pit
- path of hands - straight route to the ball
- hands inside ball
- barrel up

Head

- head steady, center of body
- shoulder-to-shoulder swing
- chin finish on back shoulder

Watch the Window

- pitchers release point
- timing for stride

Identifying and Correcting Hitting Problems

Fault #1 - No flex in stance

Indicators:

- Loose balance in stance
- Problem sighting ball (poor balance can affect your ability to track the ball)
- Late reaction/late swing
- Trouble handling low strikes

Correction:

Bend the knees until you cannot see the knots in your laces

Fault #2 - Hot “Happy” feet

Indicators:

- Feet are moving as the ball is being delivered
- Jumping at pitches
- Poor sense of timing
- Failing to get stride foot down in time
- Chasing balls out of the strike zone
- Difficulty catching up to fastballs

Correction:

Try flexing knees more. Make sure at least 60% of your weight is on the back foot pre-stride.

Fault #3 - Stance too broad/too narrow

Indicators stance is too broad:

- Difficulty rotating hips
- Too much upper cut on swing

Indicators stance is too narrow:

- Poor balance
- Often causes batter to over stride
- Creates tension with the hitter

Correction:

Set feet a little wider than your shoulders. Stride should be no more than 6 inches for a fully grown man. 3-4 inches for the average minors or majors player.

Fault #4 - Poor position in relation to the plate

Indicators:

- Hitter cannot reach outside strikes (too far back)
- Hitter is generally jammed on inside pitches (too close)
- Hitting or swinging at breaking pitches that are too low (too deep)

Correction:

Start with your front foot opposite the middle of the plate. Hold your bat out and touch the outside of the plate. Take a dry swing and freeze at the point of contact. The barrel should be over the center of the plate.

Fault #5 - Incorrect length or weight of bat

Indicators:

- Slinging the bat instead of swinging it (too heavy)
- Poor bat speed (too heavy)
- A bat that is too light with diminish power
- Difficulty covering the strike zone (too short)

Correction:

Grasp the bat with both hands as if you were going to swing. Take off the top hand and slide it down to the knob. Lift the bat and extend the arm in front of you until the bat is parallel to the ground. If you can hold it easily in place for 3 seconds in this horizontal position, you can swing it easily too.

Fault #6 - Improper grip

Indicators:

- Pulling too many pitches
- Hitting with a lot of top spin
- Pulling strikes foul
- Cutting the swing short
- Poor bat speed
- Releasing top hand off the bat

Correction:

Never lay the bat in your palms. Lay the bat across the line created by the first set of knuckles on the hitter's hand. Think of gripping an axe to chop wood.

Fault #7 - Improper bat angle

Indicators:

- Late to the hitting zone
- Foul pop-ups to the opposite field
- Fouling back good pitches
- Large number of choppers

Correction:

Take your grip and lay the bat flat on your rear shoulder. Slowly raise the bat up, hinging your wrists away from your body. As the bat nears the verticle position, stop and find a position that is comfortable.

Fault #8 - Seeing the pitch with one eye

Indicators:

Swinging through a lot of pitches
Failing to pick up rotation of the pitch
A lot of hesitation with swing

Correction:

Reposition hitters head until it faces the pitcher. A coach should be able to stand directly in front of the batter and see both eyes of the batter. The batter's dominant eye will take over (regardless of whether it is front or back) and get the message to the brain properly.

Fault #9 - No coil in torso (majors players only)

Correction:

As the pitcher begins to move forward, hitter turns front knee in slightly as they stride. The hitter should ride their hands and weight back slightly.

Fault #10 - Over-striding

Indicators:

Many fouled balls straight back
Long swing
Slow or stiff hips
Many balls hit off the handle

Correction:

Place a glove in front of the hitter about 4-6 inches during drills and BP and don't allow the hitter to make contact with the glove.

Fault #11 - Failing to get the stride foot down in time

Indicators:

Head is still moving during swing (difficulty making consistent contact)
Leads to poor balance and loss of power

Correction:

Clap drill. Have the hitter take dry swings. Clap twice, a half second apart. Have the hitter stride on the first clap, keeping their weight back and swinging on the second clap.

Fault #12 - Hitching before the swing

Indicators:

- A hitch can cause a hitter to be late on most fastballs
- Makes it more difficult to adjust to off-speed pitches
- Causes a hitter to be jammed often

Correction:

Walk up tee drill. Set a ball on a tee. Have the hitter take 3-4 steps back away from the stance position. Have the hitter take slow steps up to the tee. Stride and swing in one continuous motion.

Fault #13 - Little or no weight transfer

Indicators:

- Limited power
- frequent pop-ups
- Poor balance
- Hitter has trouble tracking the ball

Correction:

Have the hitter take batting practice into a screen or net. Have them rock back when the ball is flipped, and rock forward with the swing.

Fault #14 - Little or no hip rotation

Indicators:

- Belly button points to opposite field at the finish of the swing
- The follow through of the bat almost stops

Correction:

Hold the bat behind your back a few inches above your waist. Take a short stride and rotate your hips. Rotate quickly until the batter's belly button is facing the pitcher.

Fault #15 - Uppercutting or dropping the back shoulder

Indicators:

- Frequent misses
- Towering pop-ups
- Late getting the bat around
- Trouble hitting fastballs up in the strike zone

Correction:

Place the tee in the center of the plate and work the tee at all heights of the strike zone. Find the angle where the hitter consistently hits line drives to center field or back to the pitcher.

Fault #16 - Casting hands/hitting around the ball/hands outside the ball

Indicators:

Hitter will lose force. Any movement that takes your power source away from your body is a loss of energy.

Correction:

Wall drill. Have the batter stand the bat length away from a wall or net. Have the hitter swing without hitting the wall or net.

Fault #17 - Inside/outside swing

Indicators:

Occurs when hands consistently are out in front of the barrel at the point of contact.

Correction:

Play soft toss with balls flipped toward the middle of the hitter and emphasize with the hitter that the barrel be even with the hands at the point of contact. The result should be drives to the middle of the net if done correctly. Next, flip the ball at the front hip with the emphasis on getting the barrel out in front of the hands to turn on the ball or pull the ball.

Fault #18 - Pulling the head off the ball

Indicators:

The hitter needs to keep their head still in order to track the ball when thrown.

Correction:

No matter what the drill, always emphasize the need for the head to remain still, start at the front shoulder and finishes at the back shoulder. Also, during drills have the hitter keep their head down and still after contact to exaggerate and emphasize the importance of keeping their head still.

Fault #19 - Lack of confidence

Correction:

Nobody can hit consistently well without confidence. Confidence is developed through **hard work, massive repetition of doing things the right way** with constant positive re-enforcement from coaches!

Form Throwing Drills

Wrist Flip

Set up: sit cross legged, elbow up in front of body, sitting up straight

Emphasis:

4 seam grip, loose and whipping wrist action without moving arm

Two Knee

Set up: sitting up straight on two knees, off butt

Emphasis:

Turning at waist and pointing front shoulder at target

Hands start in center of body

T position

Check: throwing hand (ball pointed to shortstop for RHP), elbow as high as shoulder, front elbow pointed at target

Follow through with waist

One Knee

Set up: glove side foot in front, foot under knee, sitting up straight

Emphasis:

Same as two knee

Finish with arm outside knee

Chest over front leg

Stride Drill

Set up: feet wider than shoulder width, weight on balls of feet, knees bent

Emphasis:

Breaking hands together

Feet, waist, shoulder, and elbow all pointed toward target in T position

Back leg finishes high

Complete follow through

Balance position (pitchers only)

Set up: have player stand in a "set position" already aligned with target, hands in center of the body

Emphasis:

Left knee (no swinging)

Toe pointed toward ground

Land soft on ball of front foot

Pull glove into side, pulling down (not around)

Pitching Resources

Common Denominators of a Successful Pitcher

Physical Components:

- Consistency in regiment - muscle memory
- Well balanced throughout mechanics
- Appropriate rhythm and tempo in mechanics and between pitches
- Good arm speed/Explosiveness
- Consistent release points
- Grip/pitch rotation
- Full Follow Through

Strategic Components:

- Dedication through preparation breeds confidence in success
- 65-75% (**first pitch**) strikes, 0-1 BA .199 vs. 1-0 BA .386
- The BIG 3 - first pitch, first out, first inning
- Keeps hitters off balance by changing speeds/location (up/down, in/out)
- Pitch sequence (reading swings/planning ahead)
- The ability to throw off speed pitches in fastball counts
- Holding runners

Mental Components:

- Focused (makes adjustments, coachable)
- Composure (never too high, never too low)
- Recovery from bad pitches/innings
- Playing the game one pitch at a time
- Thinks between pitches - positive self talk

Evaluate pitching mechanics from the bottom up. Watch the feet, alignment (waist, front side, step toward plate), breaking of hands, landing, glove side (strong or soft?), head, and follow through.

Little League Pitch Count Standards: See current Little League rule book for current pitch count standards and limitations!

Catching Resources

Positioning:

Signals - balls of feet

No one on - low crouch (right hand behind glove or back)

runners on - high crouch, thighs parallel to ground

Signals:

Signal hand - right side of groin, against thigh

Glove position - in front of left knee

Give locations - in/out, up/down

Sequences with man on 2nd base

Targets:

Set up inside/outside, shift foot to middle of plate

Glove below batter's knee level

Positions for off plate, high, and waste pitches

Blocking:

In front - knees down, glove turned between legs, angle chest over plate

Practice moving left and right

Practice short hops and backhands

Foul Balls:

Mask off, held in hand

Turn right with right handed batter, left with left handed batter

Back towards the infield

Don't camp under ball, keep ball angled in front

Toss mask away, make catch above head

Bunts:

Mask stays on

Field ball with both hands

Square and step before throw

4-1 DP Footwork:

Both heels on home plate

Stride to throw, left foot to infield

Receive with both hands

Cross under step w/ right foot, throw to inside of first base

Steal Footwork: *Glove and throwing hand come together, shoulder turn, load

2B - Up and load, jab step right, low throw or one hop

3B - w/ righty batter, jab step right and throw

3B - w/ lefty batter, jab step left and right foot cross under, and throw

Outfield Resources

Stance:

Set-ready position on pitch
Weight on balls of feet
Hands waist high

Jump:

Drop step, open hips to ball
Avoid bouncing as it makes tracking difficult
When in doubt, first step is back

Catch:

Above head, thumbs together

Ground balls:

No one on base: one knee down
Runners on base: glove inside leg, nose down

Throw:

Overhand with crow hop

Priorities:

Know who calls off who, and yell "I got it" early and often
Whoever gets called off curls behind as back up

Attitude:

Take pride in being ready to react to the ball

Infield Resources

Fly Ball Priorities - CF, LF, RF, SS, 2B, 3B, 1B, C, P

- Set, Ready position upon every pitch
- Get low with knees, not waist
- Triangle, feet and glove
- Palm of glove open and facing hitter
- Weight on balls of feet

- Field ball out in front of body, not between legs
- Field ball into belly button
- Pivot feet after fielding ball so that feet make a line toward throwing target
- Momentum should follow throw

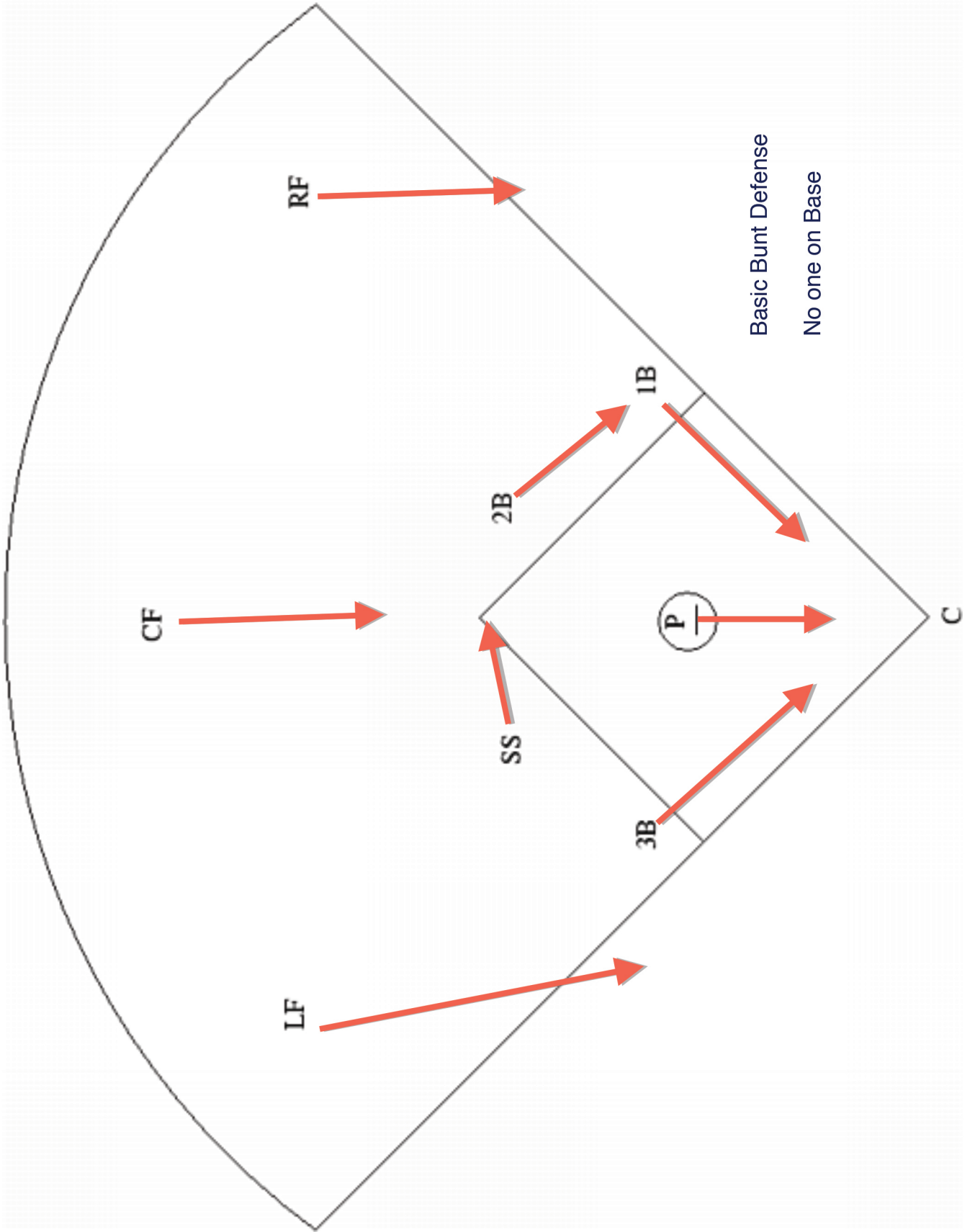
Windham Little League Coach Evaluation Form

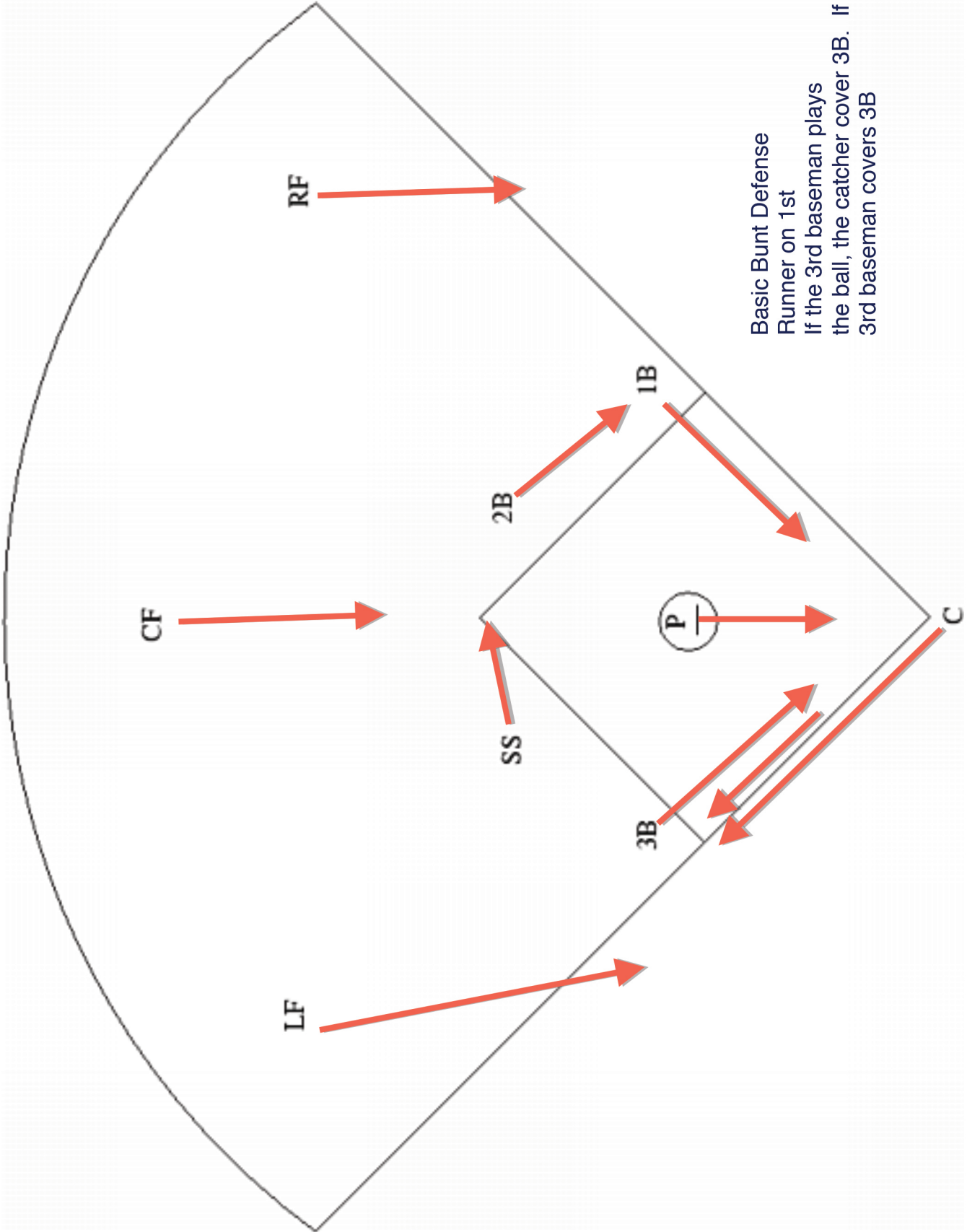
HEAD COACH'S NAME: _____

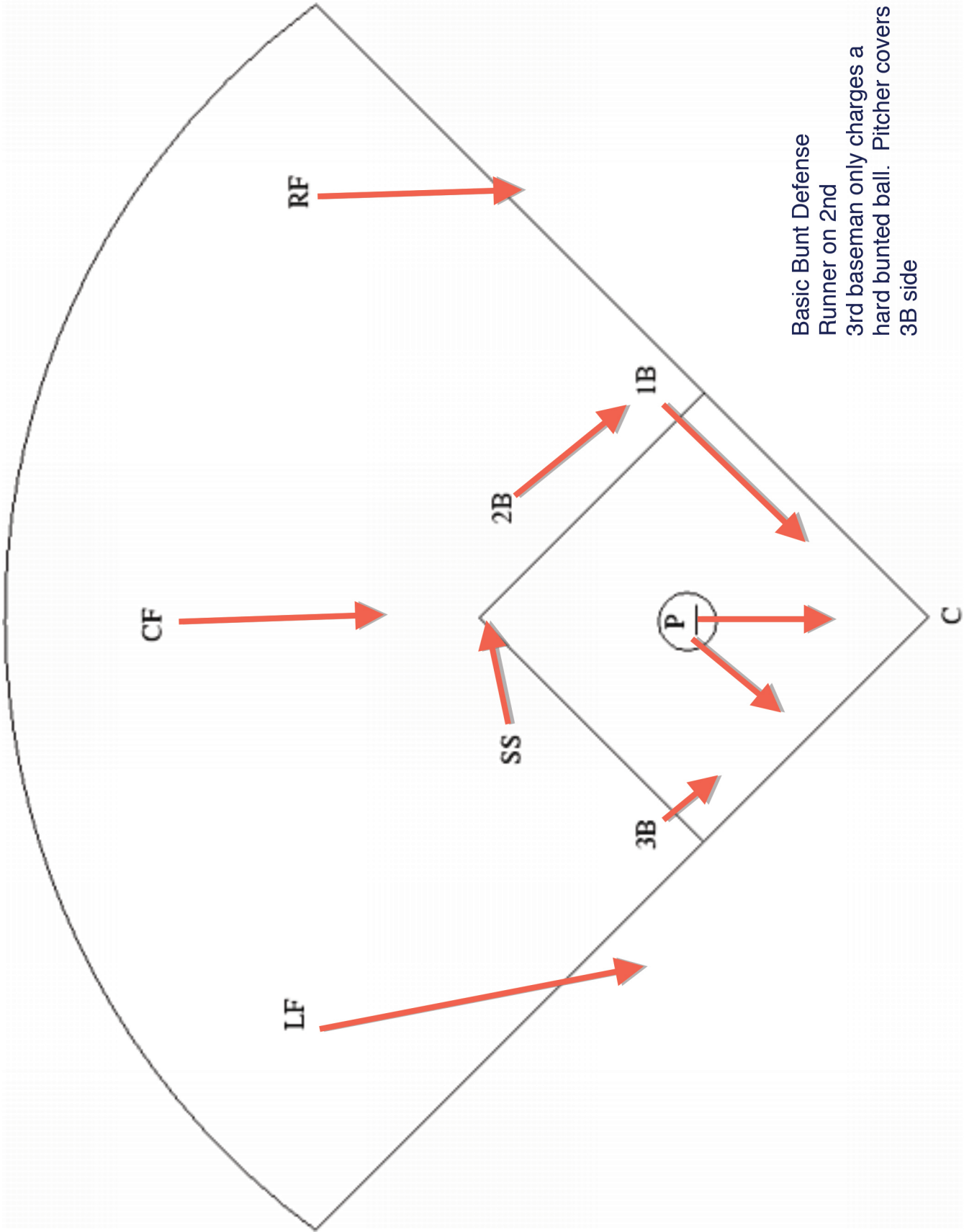
TEAM NAME: _____ DIVISION: _____

Please indicate your experience: How did the coach perform on the following?

	Not at all			Very much	
a) Made participation fun, interesting	1	2	3	4	5
b) Used positive reinforcement	1	2	3	4	5
c) Playing time was distributed fairly	1	2	3	4	5
d) Provided Instruction/Learning Opportunitites	1	2	3	4	5
e) Was organized	1	2	3	4	5
f) Communicated effectively	1	2	3	4	5

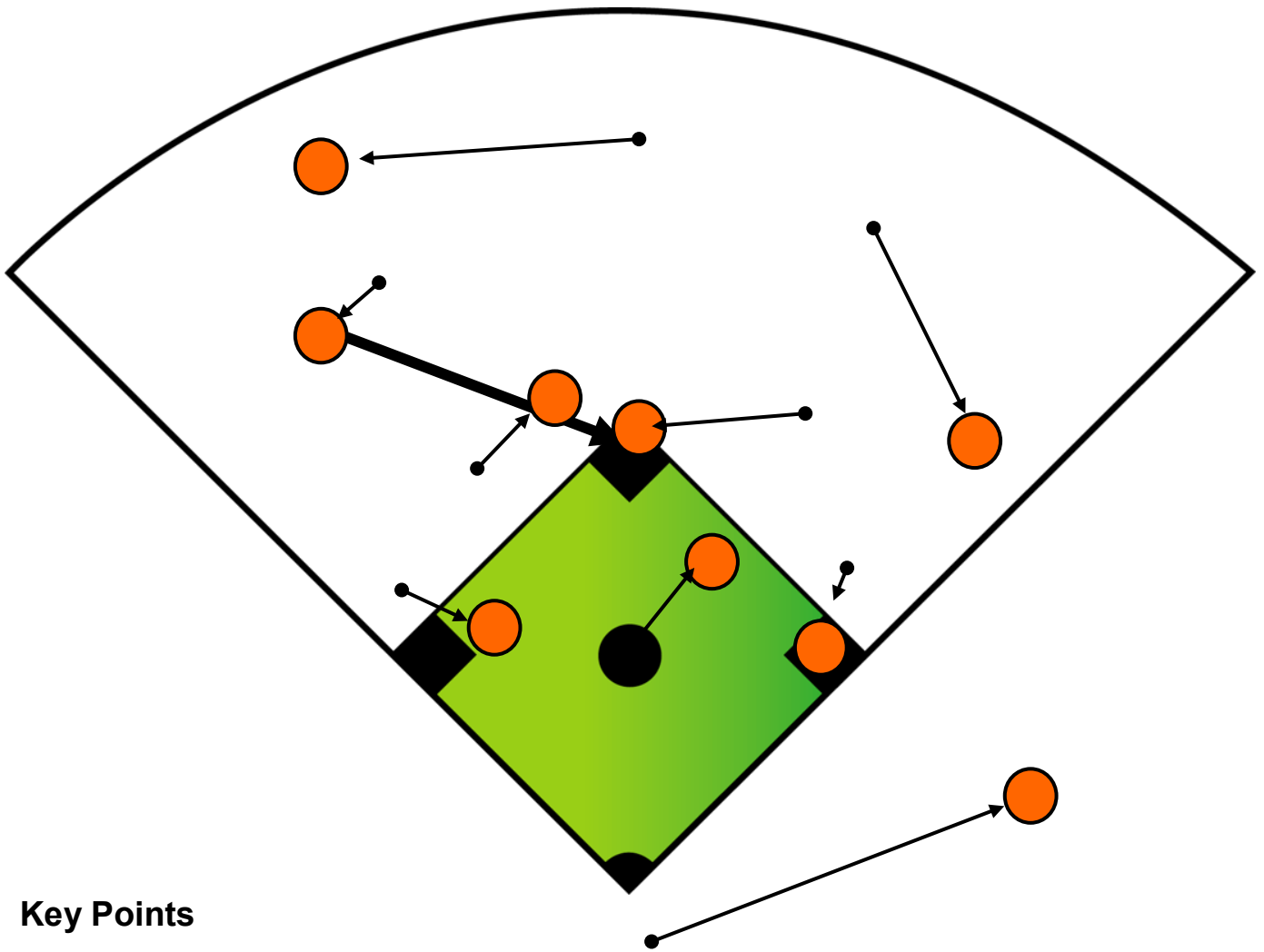






Basic Bunt Defense
 Runner on 2nd
 3rd baseman only charges a
 hard bunted ball. Pitcher covers
 3B side

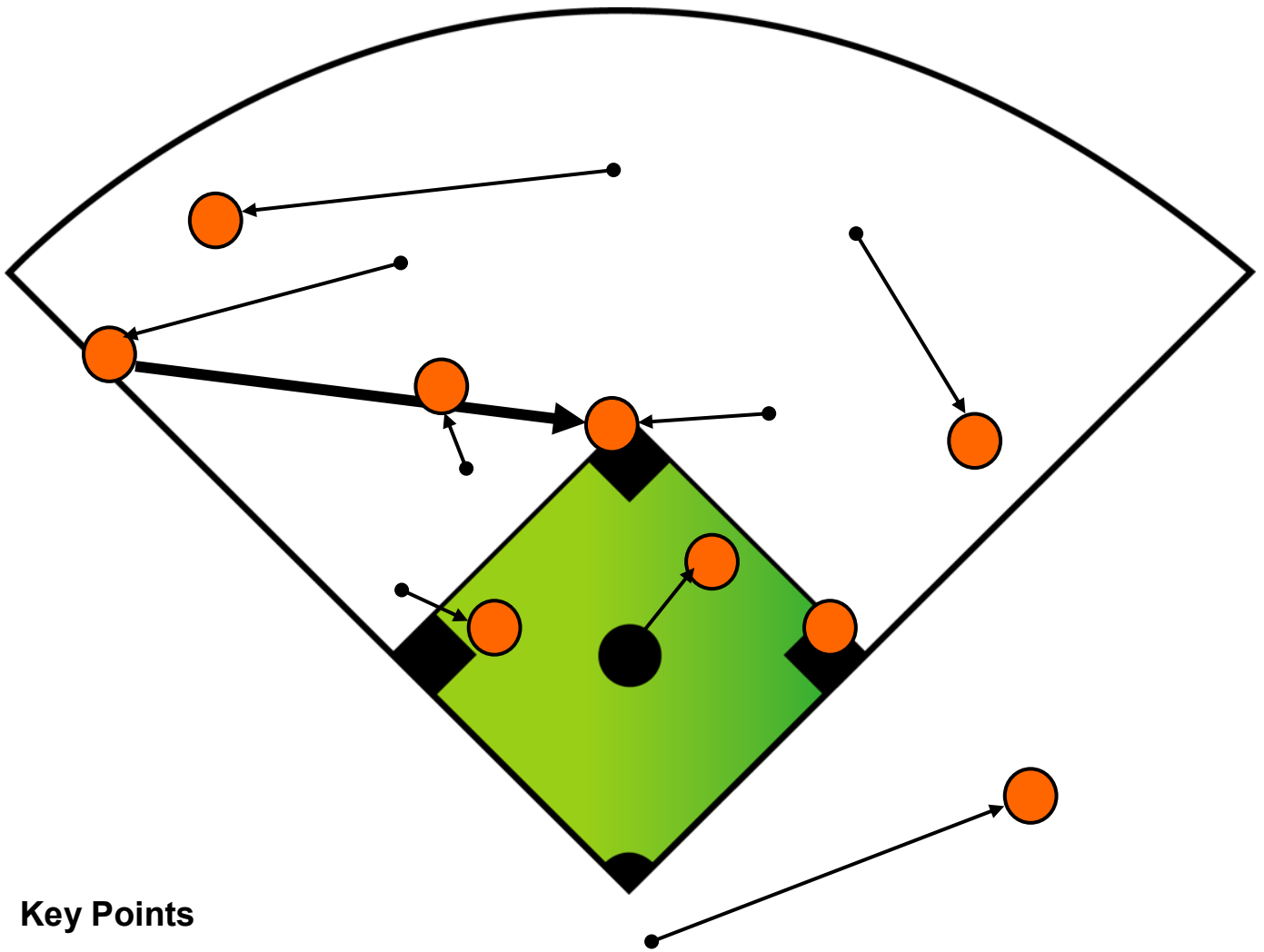
Situation: **Short single to left field. No one on base.**



Key Points

Pitcher:	Move into a backup position behind second base. Do not get in runners way.
Catcher:	Follow runner to first base. Be ready to cover first if 1Bman leaves the bag to back up an over throw
First Baseman:	See runner touch first base. Cover first, and be ready to field an overthrow by left fielder
Second Baseman:	Cover second base
Third Baseman:	Remain in the area of third base. Be ready for possible deflection
Shortstop:	Move into position to be the cutoff man to second base. Assume the runner will attempt to go to second
Left Fielder:	Get to the ball quickly. Field it cleanly, read the way the play is evolving and either get the ball to the cutoff man or make a firm one-hop throw to second base
Centre Fielder:	Back up left fielder
Right Fielder:	Move into back up position behind second base. Give yourself enough room to field an overthrow

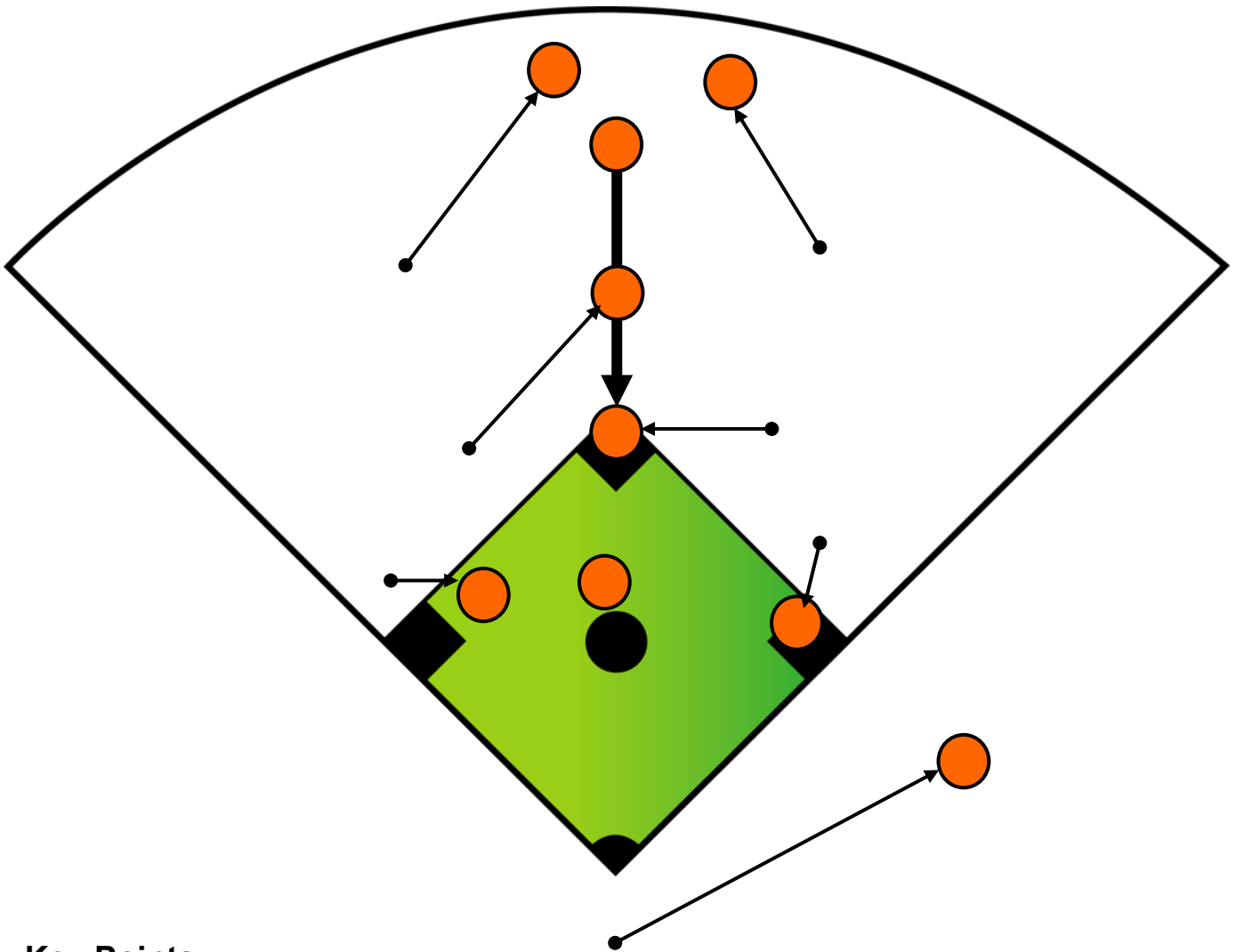
Situation: **Long single to left field. No one on base.**



Key Points

Pitcher:	Move into a backup position behind second base. Do not get in runners way.
Catcher:	Follow runner to first base. Be ready to cover first if 1Bman leaves the bag to back up an over throw
First Baseman:	See runner touch first base. Cover first, and be ready to field an over throw by left fielder
Second Baseman:	Cover second base
Third Baseman:	Remain in the area of third base. Be ready for possible deflection
Shortstop:	Move into position to be the cutoff man to second base. Assume the runner will attempt to go to second
Left Fielder:	Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to second base
Centre Fielder:	Back up left fielder
Right Fielder:	Move into back up position behind second base. Give yourself enough room to field an overthrow

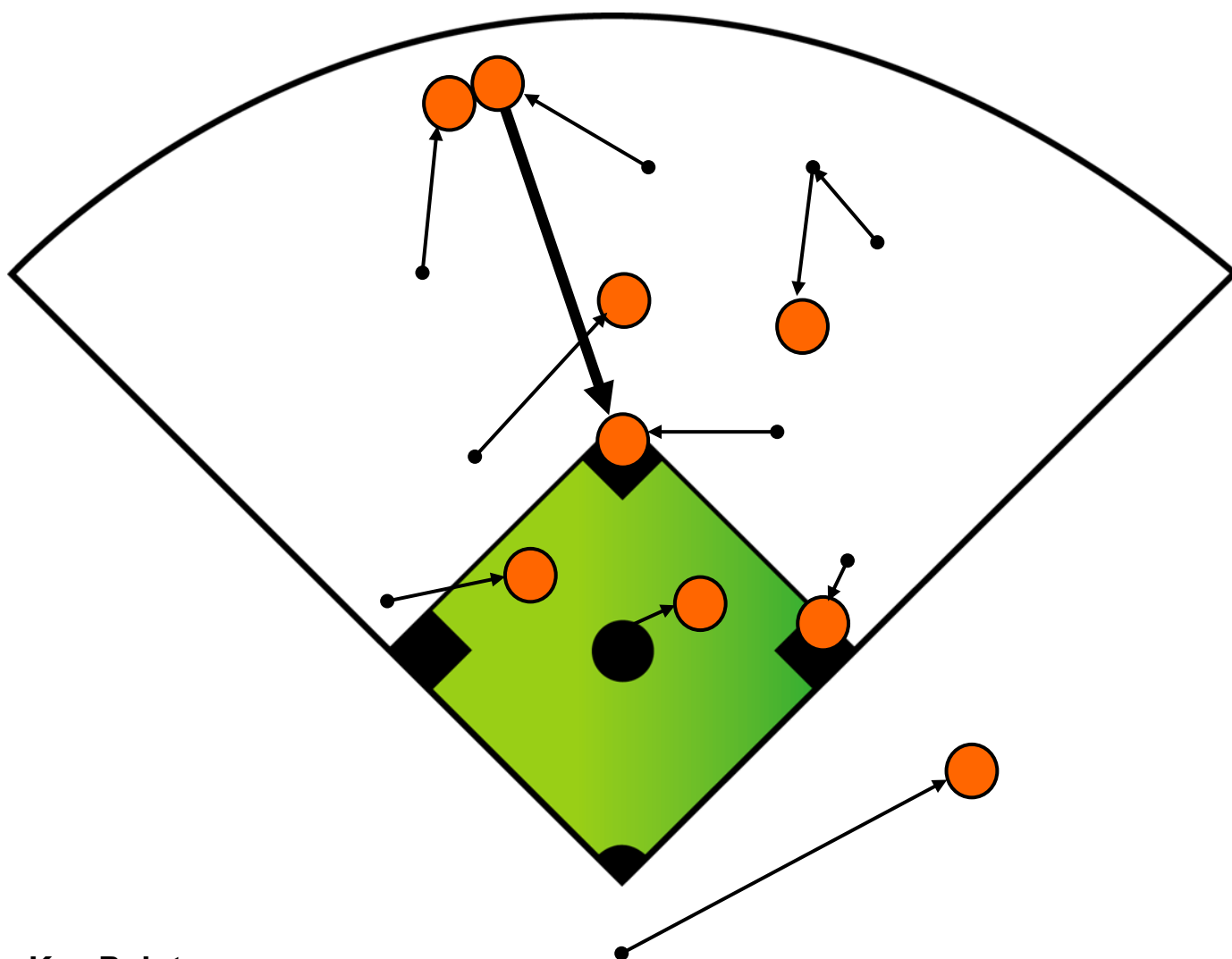
Situation: **Short single to centre field. No one on base.**



Key Points

Pitcher:	Move into back up position between the mound and second base
Catcher:	Follow runner to first base. Back up first baseman. Be ready for the middle infielders to throw behind the runner at first, and also to get back to home once runner is clearly safe at 2B
First Baseman:	See runner touch first base. Cover first
Second Baseman:	Cover second base
Third Baseman:	Remain in the area of third base. Be ready for possible deflection
Shortstop:	Move into position to be the cutoff man to second base.
Left Fielder:	Back up centre fielder
Centre Fielder:	Get to the ball quickly. Field it cleanly, read the way the play is evolving and either get the ball to the cutoff man or make a firm one-hop throw to second base
Right Fielder:	Back up centre fielder

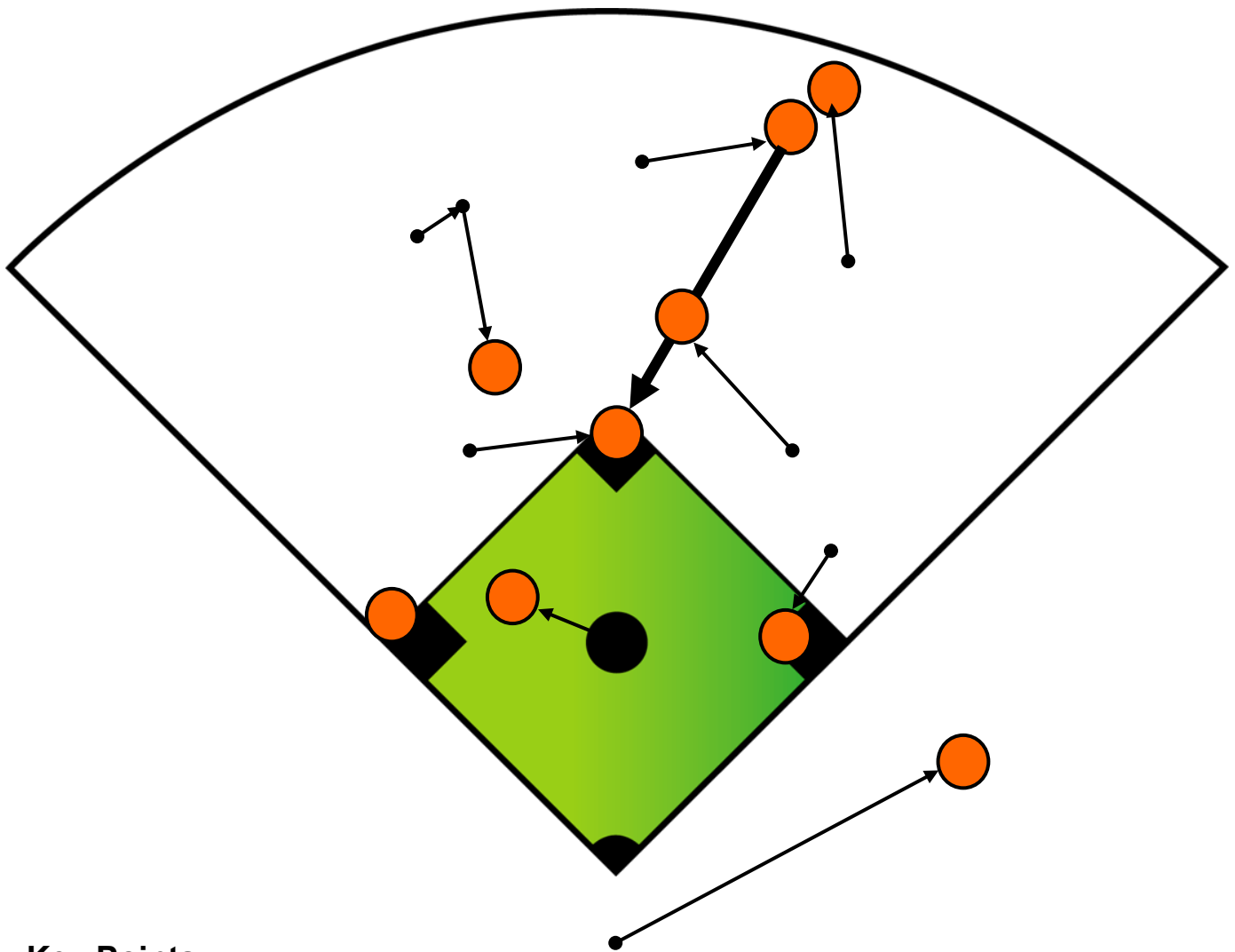
Situation: **Long single to left-centre field. No one on base.**



Key Points

Pitcher:	Move into back up position between the mound and second base
Catcher:	Follow runner to first base. Back up first baseman. Be ready for the middle infielders to throw behind the runner at first, and also to get back to home once runner is clearly safe at 2B
First Baseman:	See runner touch first base. Cover first
Second Baseman:	Cover second base
Third Baseman:	Remain in the area of third base. Be ready for possible deflection
Shortstop:	Move into position to be the cutoff man to second base. Assume the runner will attempt to go to second
Left Fielder:	Field the ball or back up centre fielder
Centre Fielder:	Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to second base
Right Fielder:	Once you read that the ball is on the left-field side, back up in the vicinity of 2 nd base, for a possible deflection.

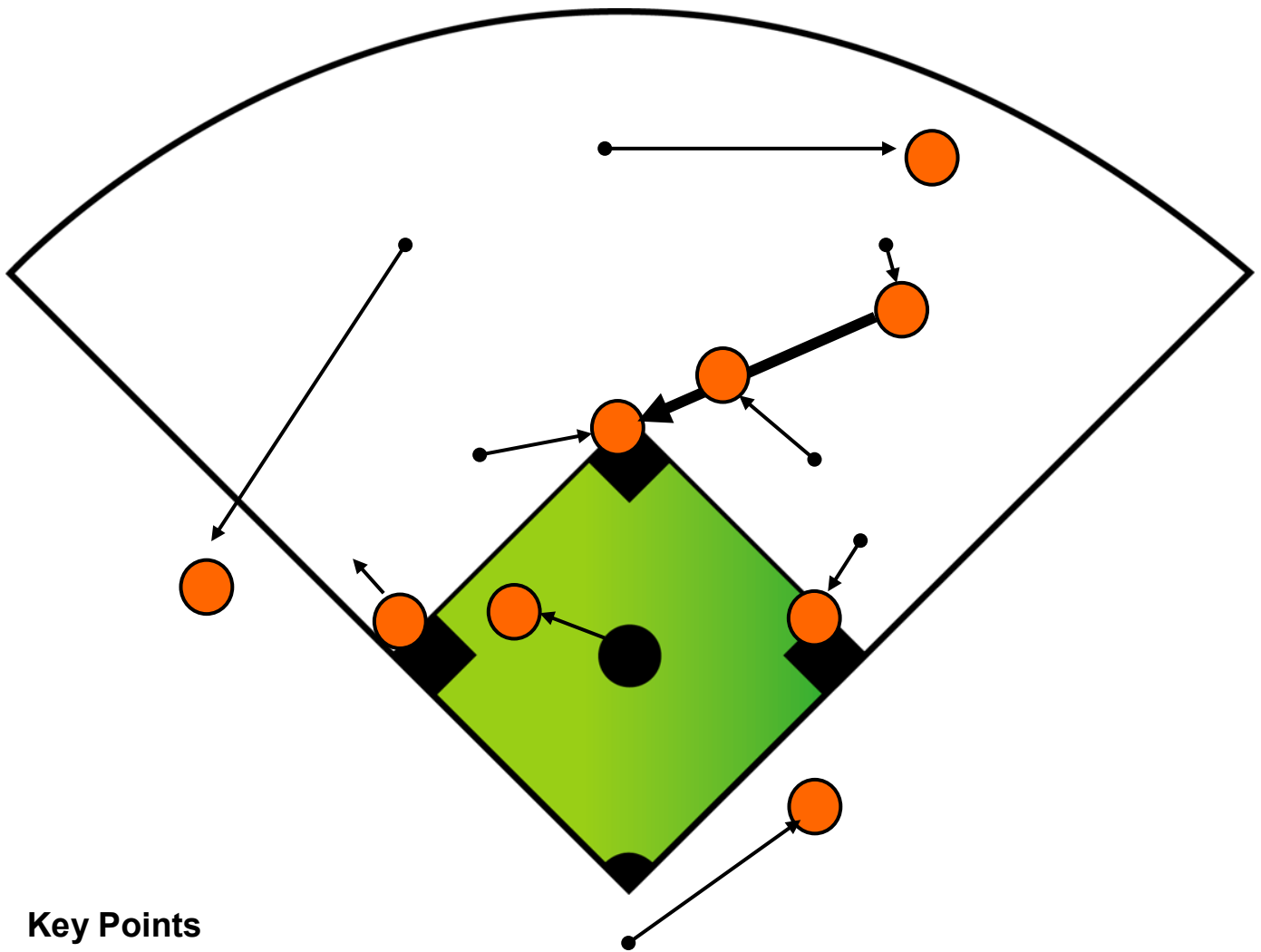
Situation: **Long single to right-centre field. No one on base.**



Key Points

- Pitcher:** Move into back up position between the mound and second base
- Catcher:** Follow runner to first base. Back up first baseman. Be ready for the middle infielders to throw behind the runner at first, and also to get back to home once runner is clearly safe at 2B
- First Baseman:** See runner touch first base. Cover first
- Second Baseman:** Move into position to be the cutoff man to second base. Assume the runner will attempt to go to second
- Third Baseman:** Remain in the area of third base. Be ready for possible deflection
- Shortstop:** Cover second base
- Left Fielder:** Once you read that the ball is on the right-field side, back up in the vicinity of 2nd base, for a possible deflection.
- Centre Fielder:** Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to second base
- Right Fielder:** Field the ball or back up centre fielder

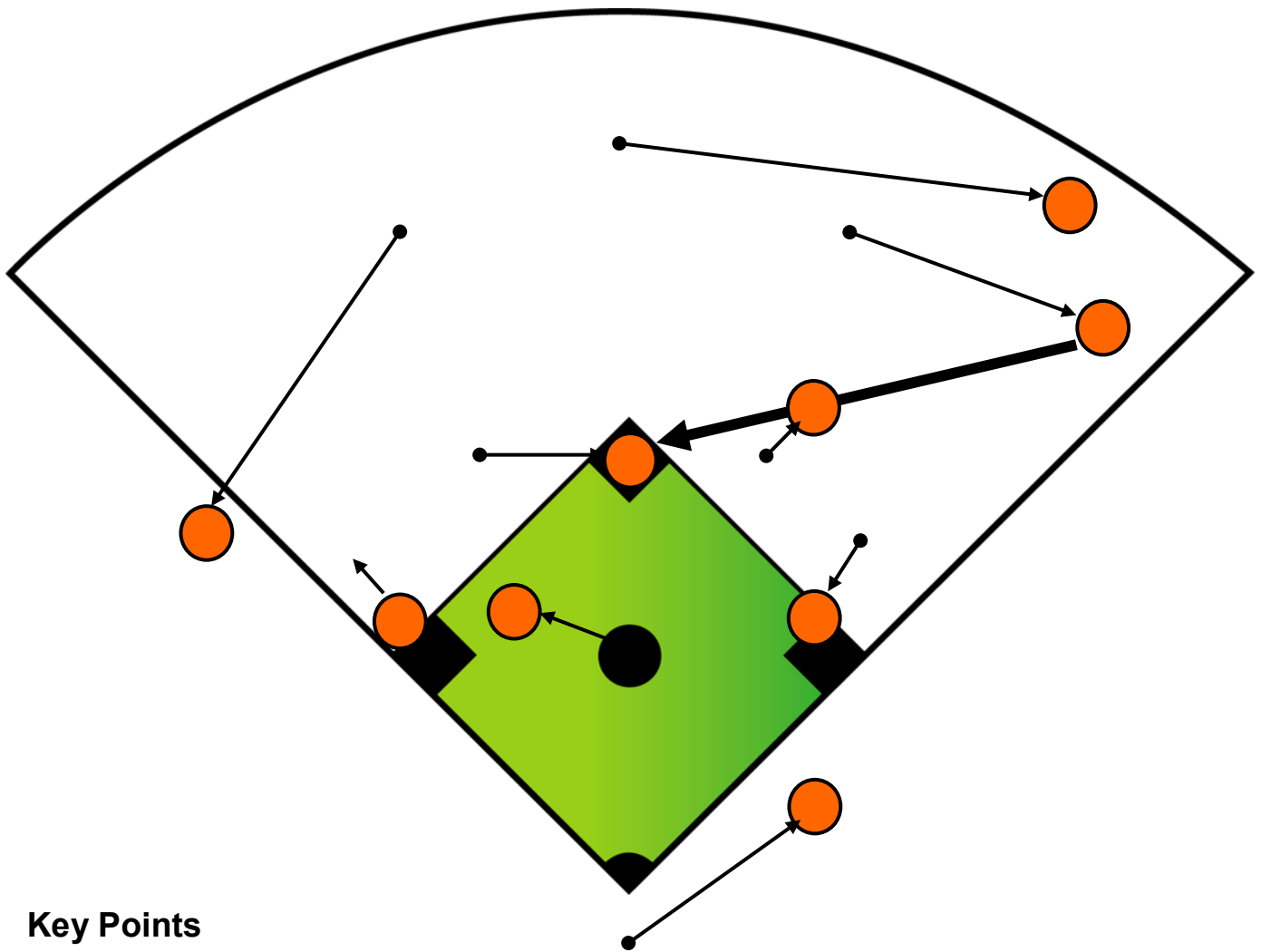
Situation: **Short single to right field. No one on base.**



Key Points

- Pitcher:** Move into a position on the to back up the throw from the right fielder; be aware of a possible deflection
- Catcher:** Follows runner toward first base. Give yourself room to back up the first baseman if the right fielder throws behind the runner at first.
- First Baseman:** See runner touch first base. Cover first
- Second Baseman:** Move into position to be the cutoff man to second base. Assume the runner will attempt to go to second
- Third Baseman:** Remain in the area of third base. Be ready for possible deflection / back up pitcher.
- Shortstop:** Cover second base
- Left Fielder:** Move into possible back up position toward third base in line with throw.
- Centre Fielder:** Back up right fielder
- Right Fielder:** Get to the ball quickly. Field it cleanly, read the way the play is evolving and either get the ball to the cutoff man or make a firm one-hop throw to second base

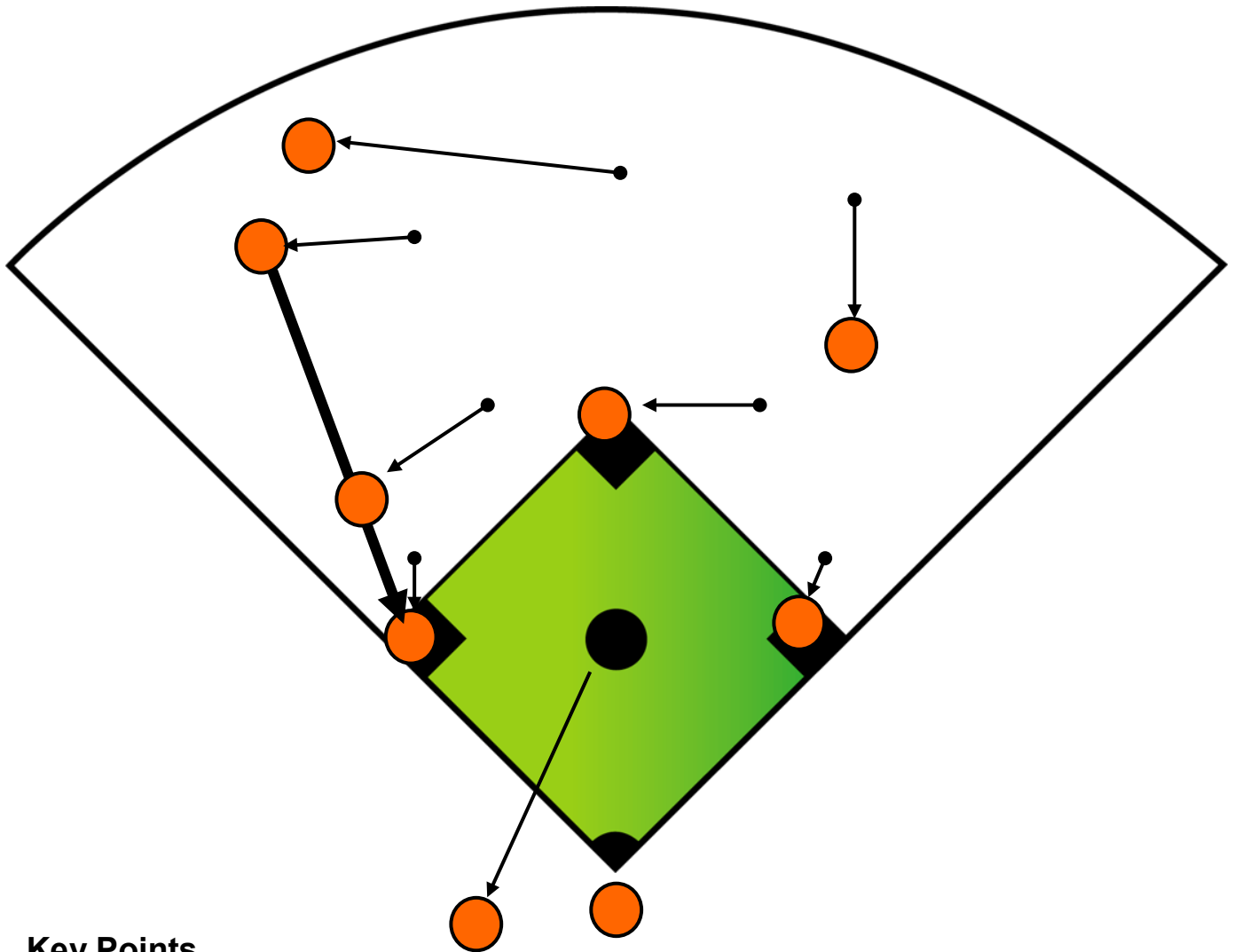
Situation: **Long single to right field. No one on base.**



Key Points

- Pitcher:** Move into a position on the to back up the throw from the right fielder; be aware of a possible deflection
- Catcher:** Follows runner toward first base. Give yourself room to back up the first baseman if the right fielder throws behind the runner at first.
- First Baseman:** See runner touch first base. Cover first
- Second Baseman:** Move into position to be the cutoff man to second base. Assume the runner will attempt to go to second
- Third Baseman:** Remain in the area of third base. Be ready for possible deflection / back up pitcher.
- Shortstop:** Cover second base
- Left Fielder:** Move into possible back up position toward third base in line with throw.
- Centre Fielder:** Back up right fielder
- Right Fielder:** Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to second base

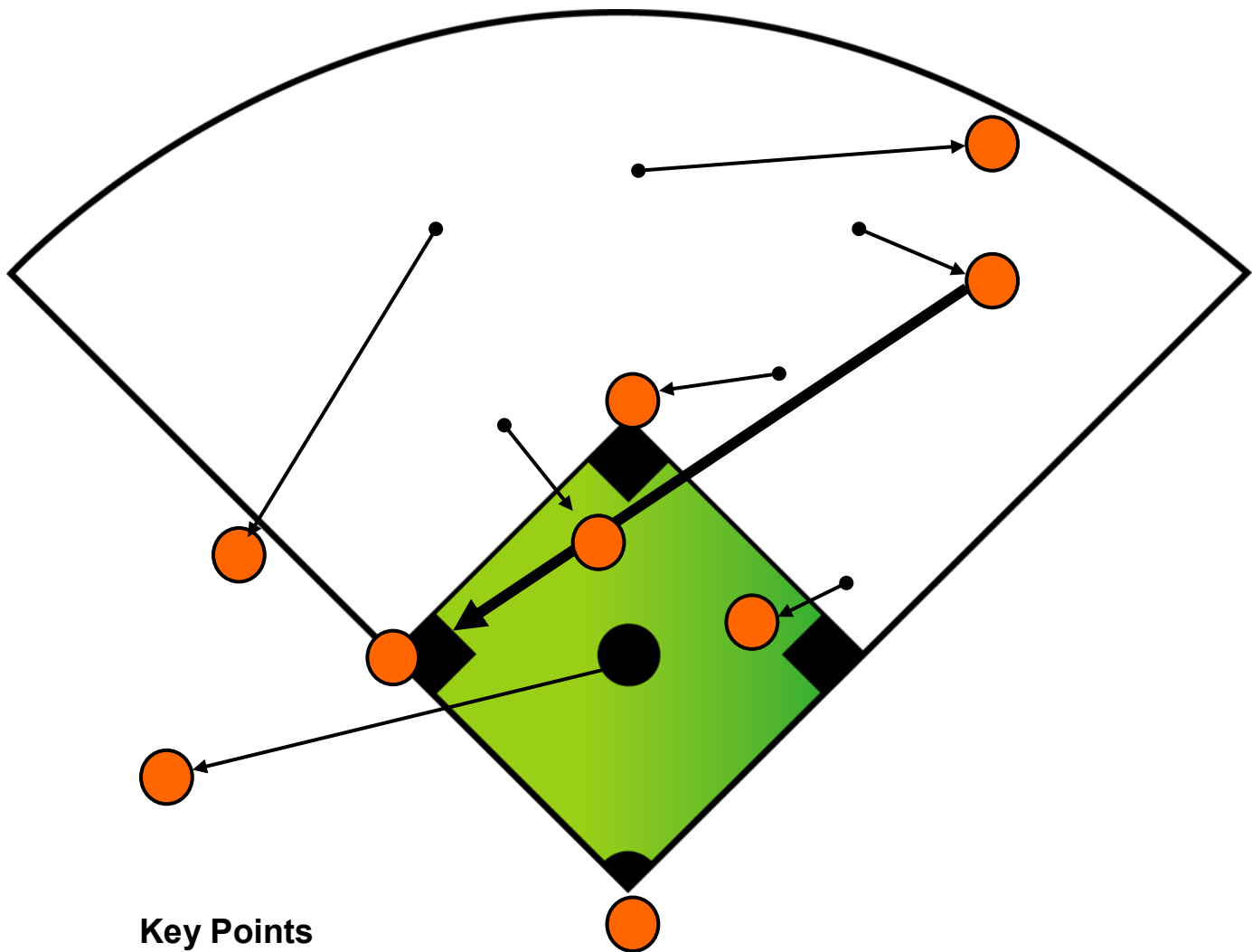
Situation: **Single to left field. Runner on first.**



Key Points

- Pitcher:** Move into a position to back up the throw from the left fielder to third base. Anticipate errant throw.
- Catcher:** Remain in the home plate area
- First Baseman:** See the runner touch first base. Cover first in case of wide turn by batter runner
- Second Baseman:** Cover second base. Be prepared for a throw behind the runner at second base from the left fielder or infielder.
- Third Baseman:** Covers third base
- Shortstop:** Move into a position to be the cutoff man to third base. Assume the 1B runner will attempt to go to third.
- Left Fielder:** Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to 3rd base
- Centre Fielder:** Back up left fielder
- Right Fielder:** Move into possible back up position toward second base.

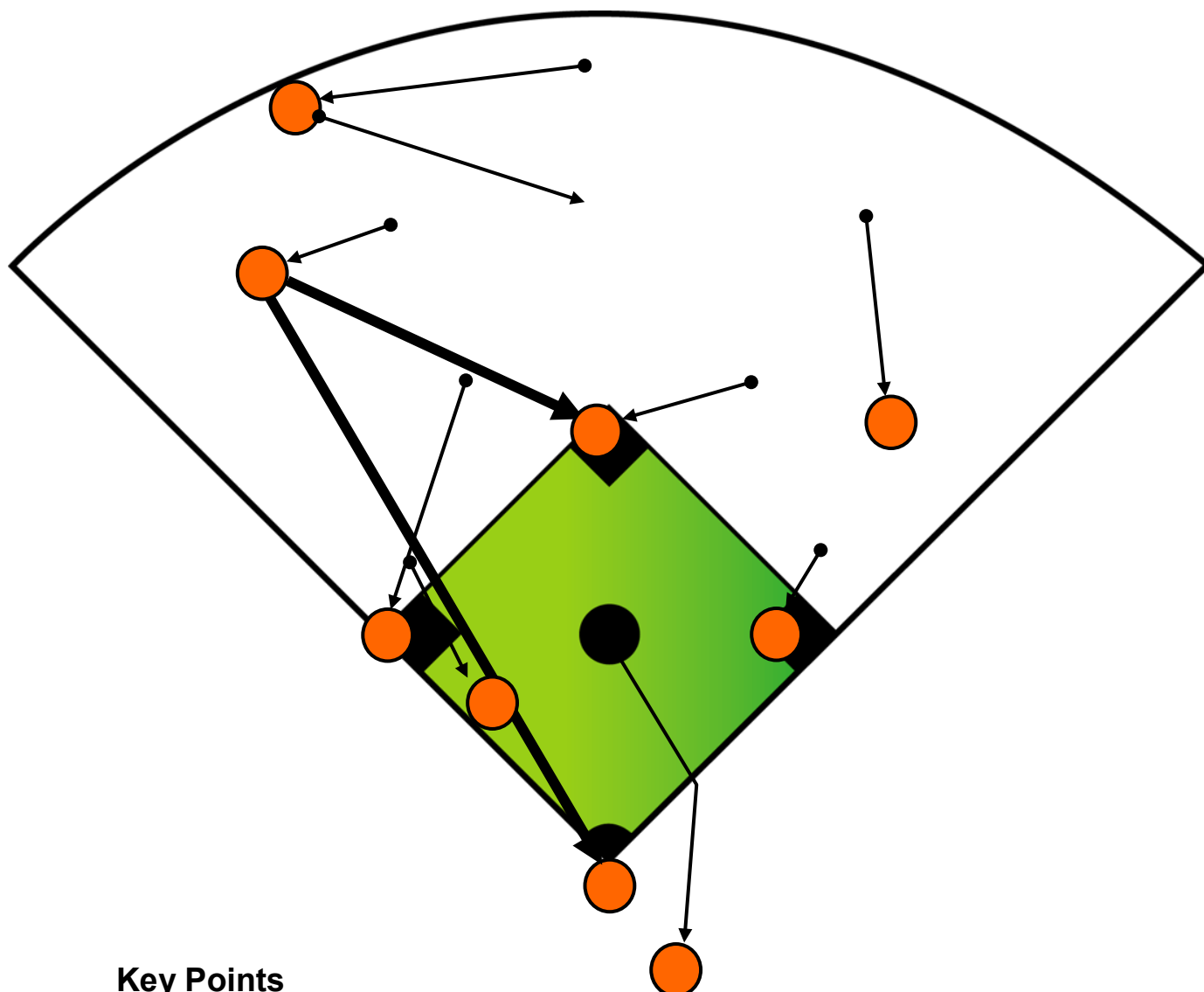
Situation: **Single to right field. Runner on first.**



Key Points

- | | |
|------------------------|---|
| Pitcher: | Move into a position to back up the throw from the right fielder to third base. Anticipate errant throw |
| Catcher: | Remain in the home plate area |
| First Baseman: | See the runner touch first base. Cover first in case of wide turn by batter runner |
| Second Baseman: | Cover second base |
| Third Baseman: | Covers third base |
| Shortstop: | Move into a position to be the cutoff man to third base. Assume the 1B runner will attempt to go to third |
| Left Fielder: | Move into possible back up position behind third base. |
| Centre Fielder: | Back up the right fielder |
| Right Fielder: | Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to third base. |

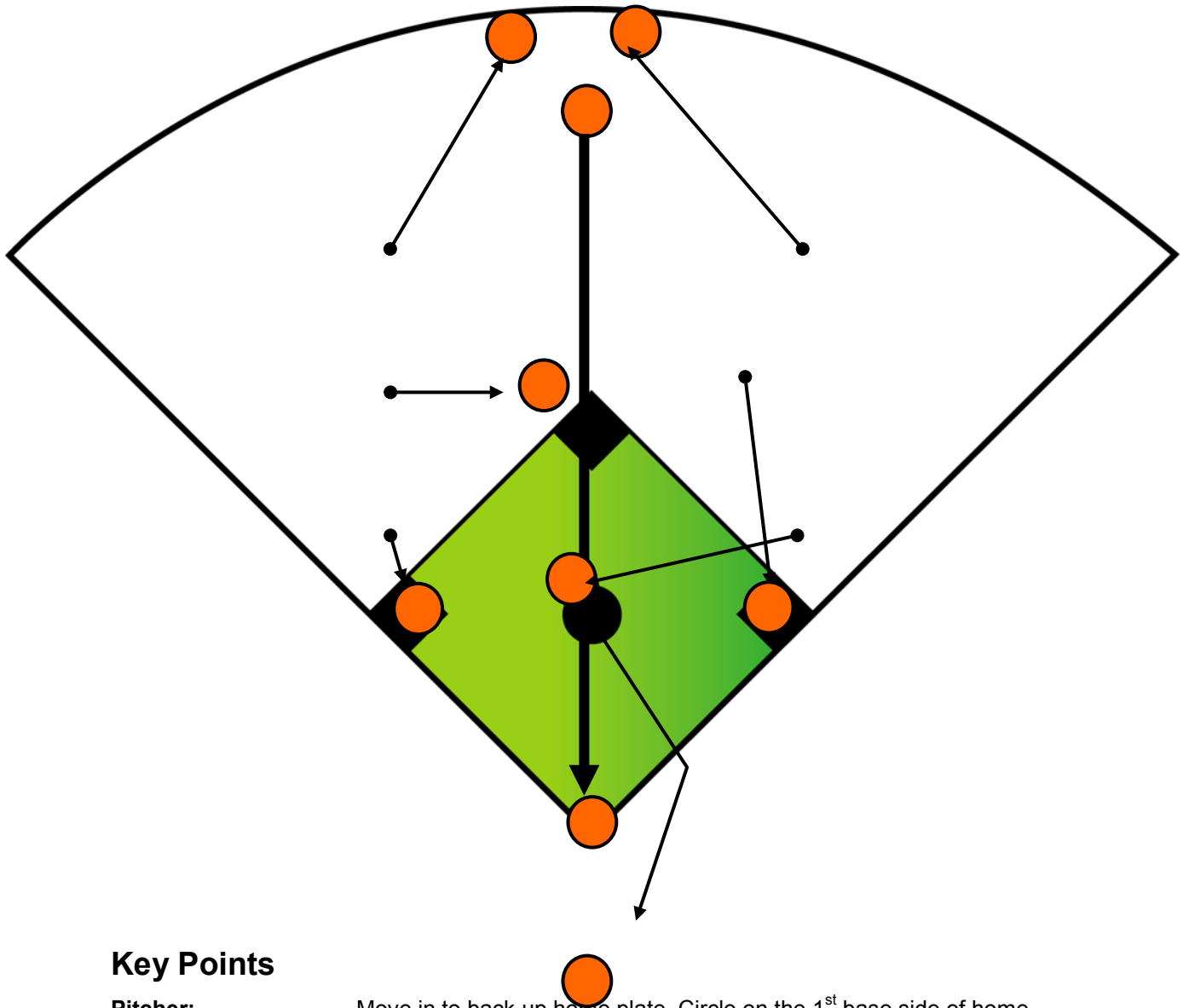
Situation: **Single to left field. Runner on second.**



Key Points

Pitcher:	Move in to back up home plate through the first base side of home plate.
Catcher:	Cover home plate
First Baseman:	See the runner touch first base. Cover first in case of wide turn by batter runner
Second Baseman:	Cover second base. Be alert for a throw from the cutoff man or catcher.
Third Baseman:	Move into a position to be the cutoff. See the runner touch third base.
Shortstop:	Cover third base. Be alert for a throw from the cutoff man or catcher.
Left Fielder:	Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to home. If there is no play on the lead runner, throw the ball to second base to keep the double play in order and the batter/runner out of scoring position.
Centre Fielder:	Back up the leftfielder; once the throw is made, move to back up possible throw to 2 nd base by catcher or cutoff man
Right Fielder:	Move into a possible back up position behind second base. Read the play and be ready to back up second or first. The catcher or cutoff man may make an attempt to throw the ball to second or first base.

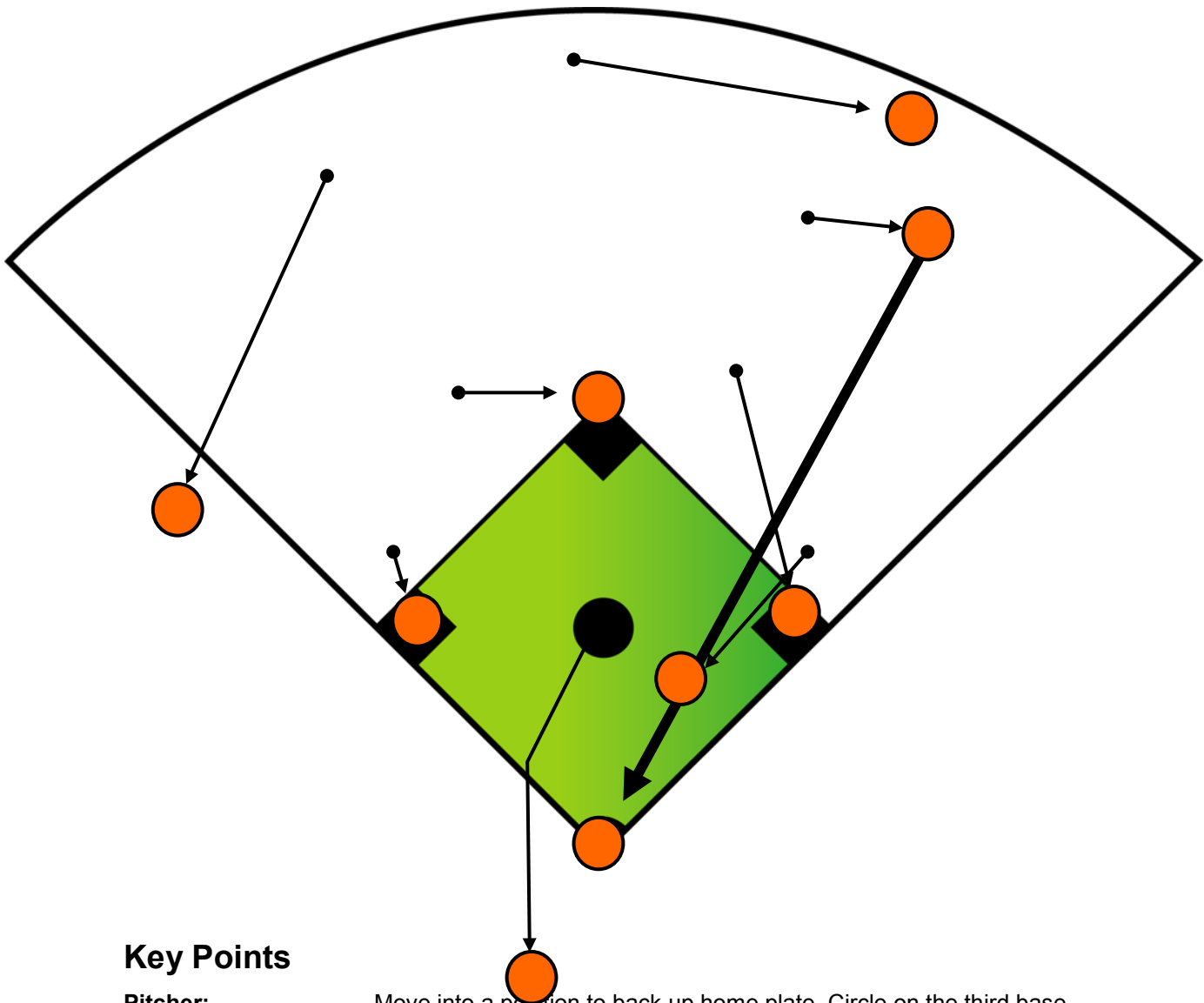
Situation: **Single to centrefield. Runner on second.**



Key Points

- Pitcher:** Move in to back up home plate. Circle on the 1st base side of home.
- Catcher:** Cover home plate
- First Baseman:** Move into a position to be cut-off man to home plate
- Second Baseman:** Cover first base. Be alert for a throw from the cutoff man or catcher.
- Third Baseman:** See the runner touch third base. Cover third. Be prepared for a throw from cut-off or catcher
- Shortstop:** Cover second base. Be alert for a throw from the cutoff or catcher.
- Left Fielder:** Back up centre fielder. Communicate with CF where to throw
- Centre Fielder:** Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to home. If there is no play on the lead runner, throw the ball to second base to keep the double play in order and the batter/runner out of scoring position.
- Right Fielder:** Back up centre fielder. Communicate with CF where to throw

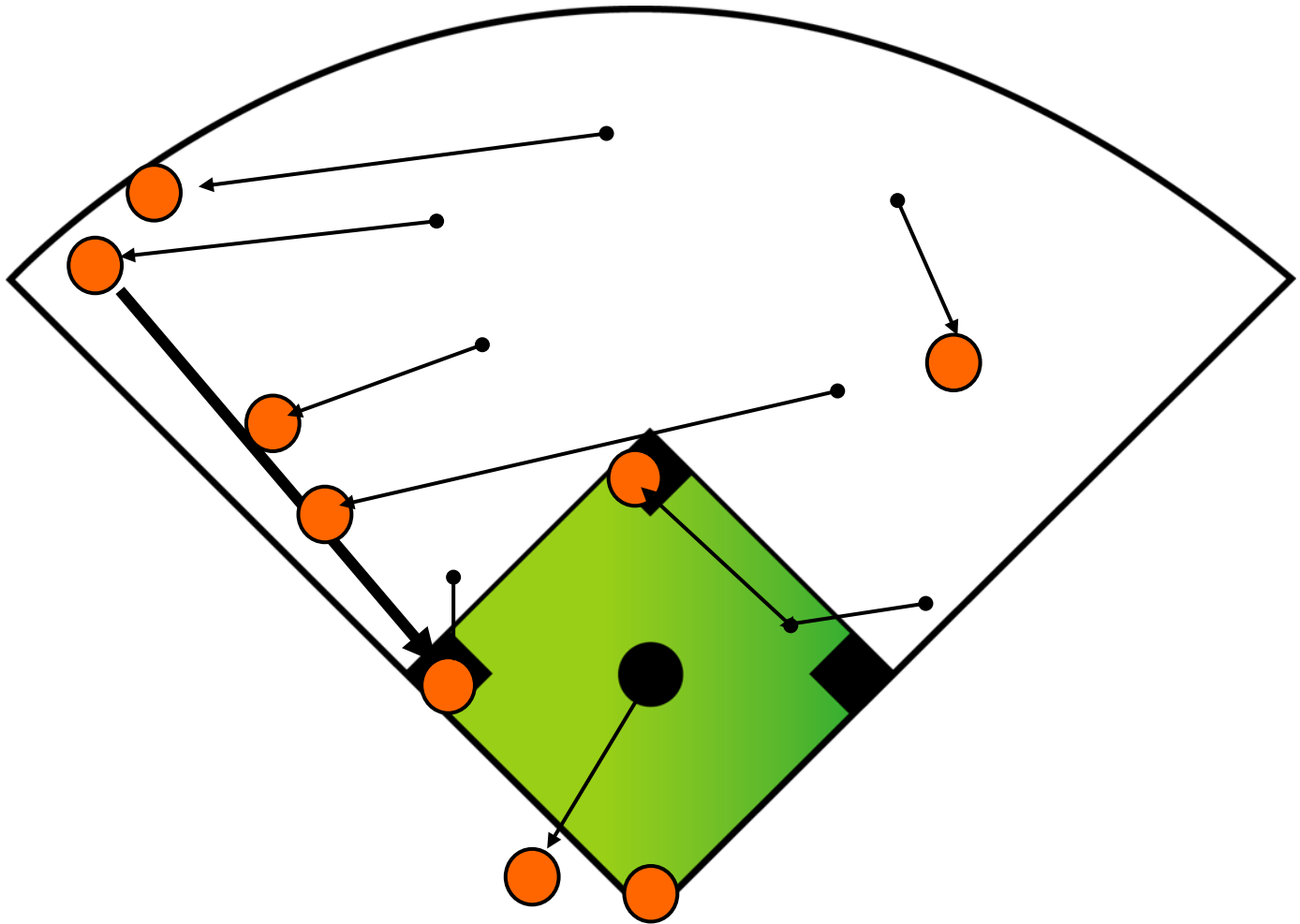
Situation: **Single to rightfield. Runner on second.**



Key Points

- Pitcher:** Move into a position to back up home plate. Circle on the third base side of home plate.
- Catcher:** Cover home plate
- First Baseman:** Move into a position to be cut-off man to home plate
- Second Baseman:** Cover first base. See runner touch first base. Be alert for a throw from the cutoff man or catcher.
- Third Baseman:** See the runner touch third base. Cover third. Be prepared for a throw.
- Shortstop:** Cover second base. Be alert for a throw from the cutoff or catcher.
- Left Fielder:** Move into a possible back up position behind third base
- Centre Fielder:** Back up right fielder
- Right Fielder:** Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way to home. If there is no play on the lead runner, throw the ball to second base to keep the double play in order and the batter/runner out of scoring position.

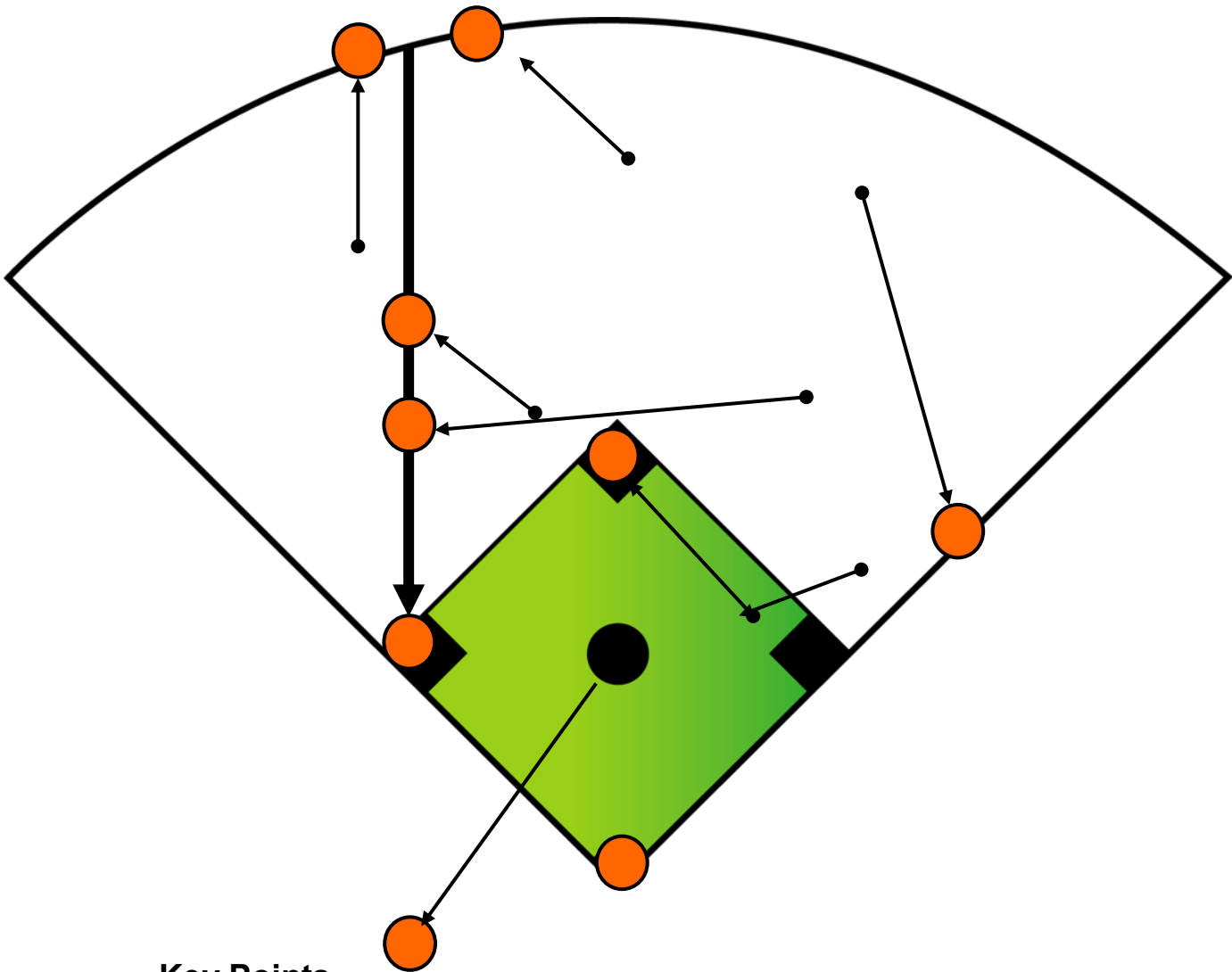
Situation: **Sure double down left field line. 1st base open.**



Key Points

Pitcher:	Back up third base
Catcher:	Cover home plate
First Baseman:	If possible break to inside of base, see runner touch first base. Trail runner to second base.
Second Baseman:	Hang at second base until ball clears outfielders, if sure double, trail 5-10m behind 2Bman. Be ready to relay ball to 3B if SS leaves ball to you
Third Baseman:	Cover third base
Shortstop:	Move into relay position in line with third base. Judge throw and decide whether to relay yourself or leave to the trailing 2Bman
Left Fielder:	Get to ball quickly. Field it cleanly and give the shortstop a hard accurate chest high throw that the relay man can handle
Centre Fielder:	Back up left fielder. Communicate with LF where he should throw the ball
Right Fielder:	Move into possible back up position behind second base.

Situation: **Sure Double in Left Centre Field. 1st Base Open.**



Key Points

Pitcher: Back up third base

Catcher: Cover home plate

First Baseman: If possible break to inside of base, see runner touch first base. Trail runner to second base.

Second Baseman: Hang at second base until ball clears outfielders, if sure double, trail 5-10m behind 2Bman. Be ready to relay ball to 3B if SS leaves ball to you

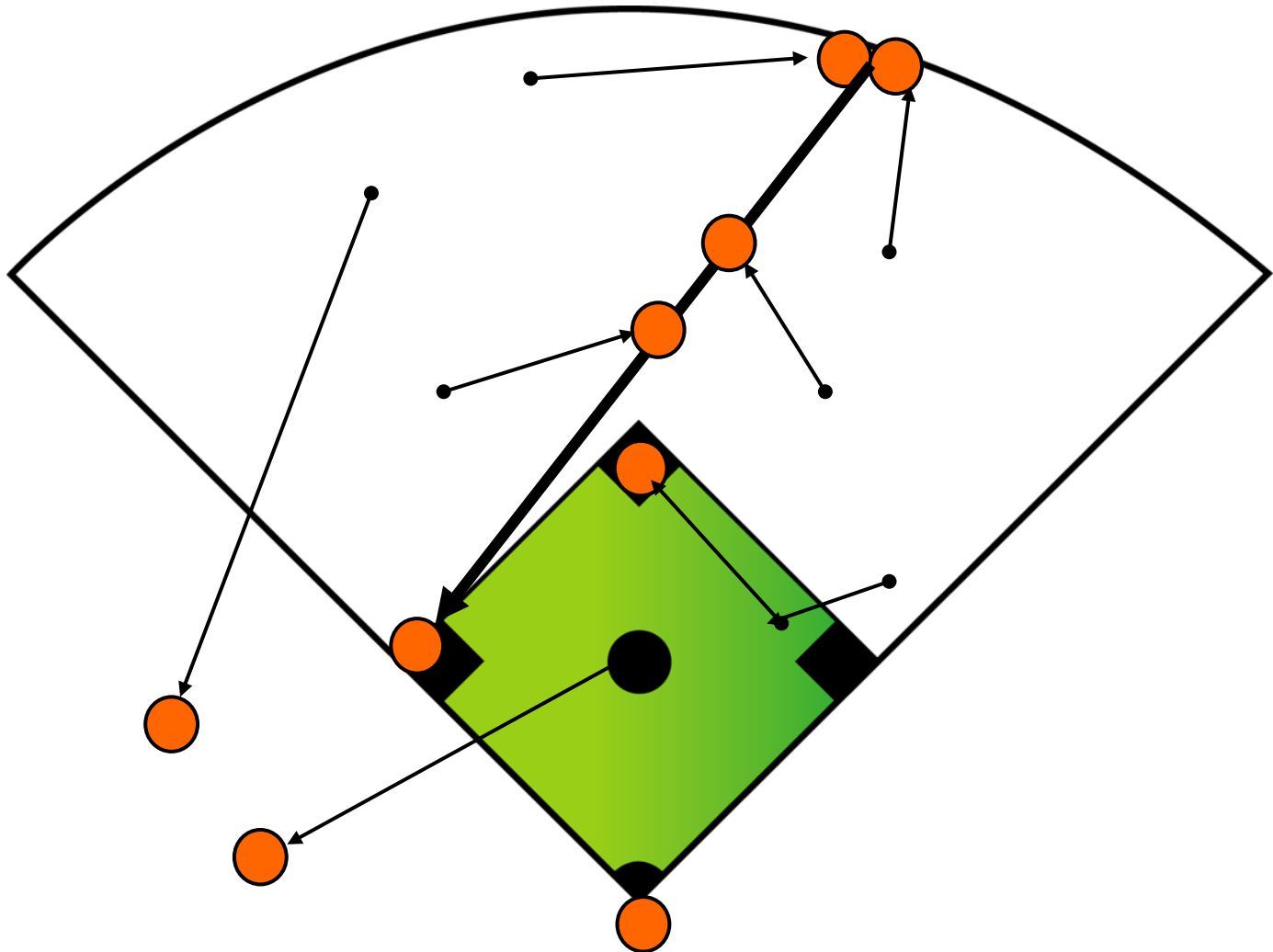
Third Baseman: Cover third base

Shortstop: Move into relay position in line with third base. Judge throw and decide whether to relay yourself or leave to the trailing 2Bman

LF/CF: The LF and CF must communicate with each other during the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and give the relay man a firm accurate chest high throw

Right Fielder: Move into possible back up position toward first base.

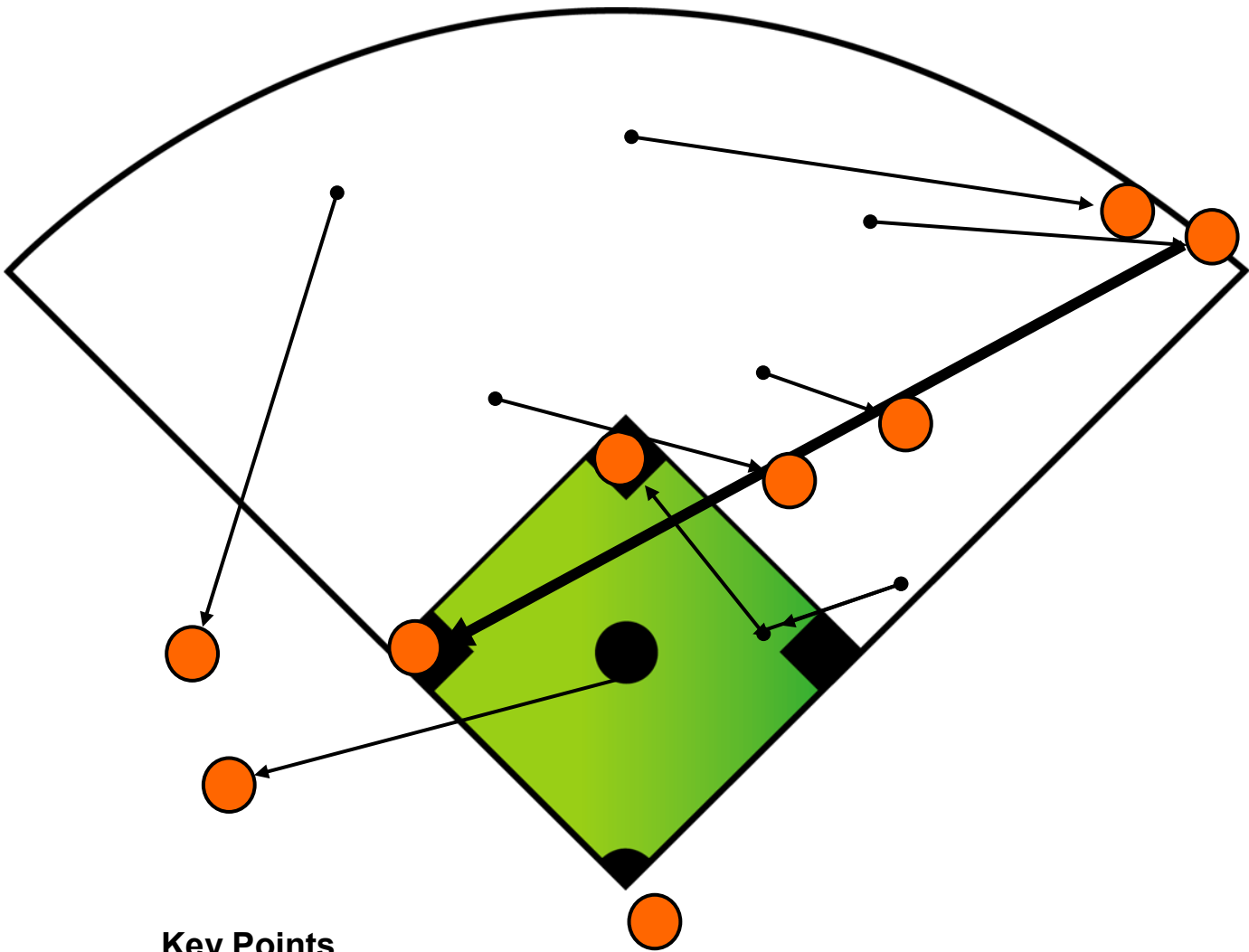
Situation: **Sure Double in Right Centre Field. 1st base open.**



Key Points

Pitcher:	Back up third base
Catcher:	Cover home plate
First Baseman:	If possible break to inside of base, see runner touch first base. Trail runner to second base.
Second Baseman:	Move into relay position in line with third base. Judge throw and decide whether to relay yourself or leave to the trailing SS.
Third Baseman:	Cover third base
Shortstop:	Hang at second base until ball clears outfielders, if sure double, trail 5-10m behind 2Bman. Be ready to relay ball to 3B if 2Bman leaves ball to you
Left Fielder:	Move into possible back up position toward third base.
CF/RF:	The CF and RF must communicate with each other during the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and give the relay man a firm accurate chest high throw.

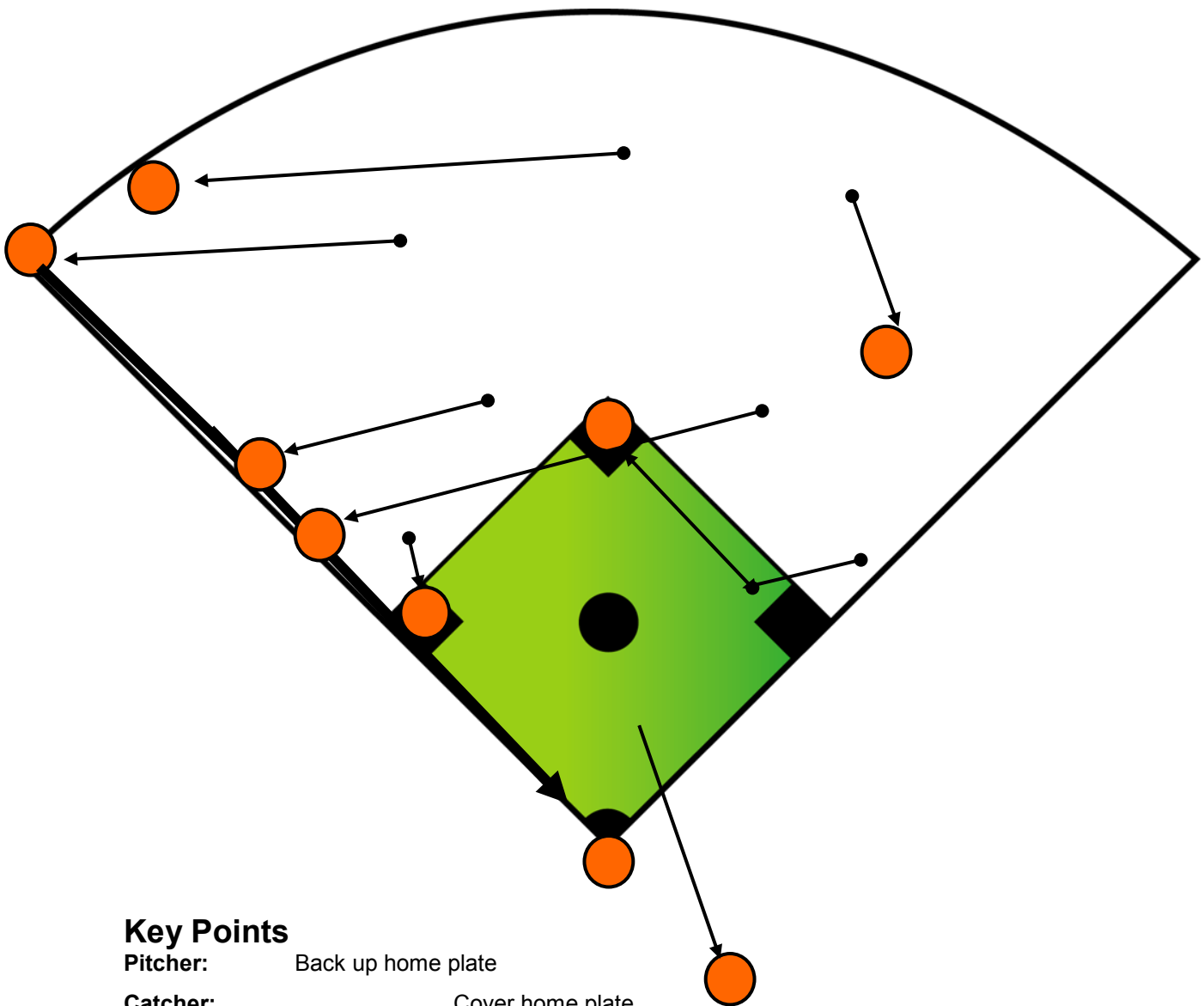
Situation: **Sure Double down Right Field Line. 1st base open.**



Key Points

- | | |
|------------------------|---|
| Pitcher: | Back up third base |
| Catcher: | Cover home plate |
| First Baseman: | If possible break to inside of base, see runner touch first base. Trail runner to second base. |
| Second Baseman: | Move into relay position in line with third base. Judge throw and decide whether to relay yourself or leave to the trailing SS. |
| Third Baseman: | Cover third base |
| Shortstop: | Hang at second base until ball clears outfielders, if sure double, trail 5-10m behind 2Bman. Be ready to relay ball to 3B if 2Bman leaves ball to you |
| Left Fielder: | Move into possible back up position toward third base. |
| Centre Fielder: | Back up right fielder. |
| Right Fielder: | Get to ball quickly. Field it cleanly and give relay man a firm accurate chest high throw |

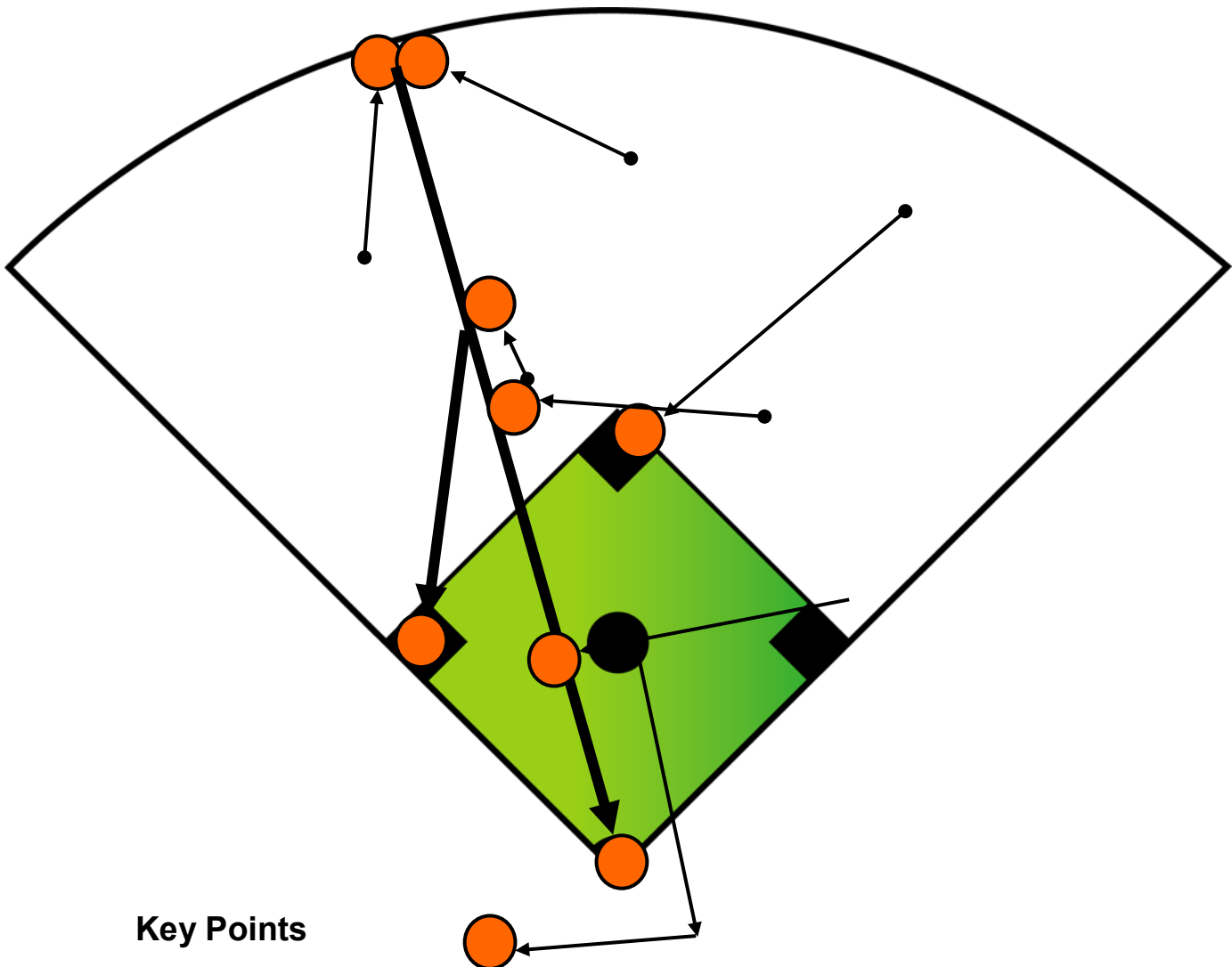
Situation: **Sure Double down Left Field Line. Runner on 1st base.**



Key Points

- Pitcher:** Back up home plate
- Catcher:** Cover home plate
- First Baseman:** See runner touch first base. Trail runner to second base.
- Second Baseman:** Hang at second base until ball clears outfielders, if sure double, trail SS, observing runners' progress and as outfielder throws ball, tell SS where to throw
- Third Baseman:** Cover third base
- Shortstop:** Move into a relay position to home plate in LF. Stay in fair territory and listen for call from 2B
- Left Fielder:** Get to ball quickly. Field it cleanly and give the relay man a firm accurate chest high throw, keeping the ball in fair territory so a subsequent throw can avoid the runner heading home.
- Centre Fielder:** Back up left fielder.
- Right Fielder:** Back up second base.

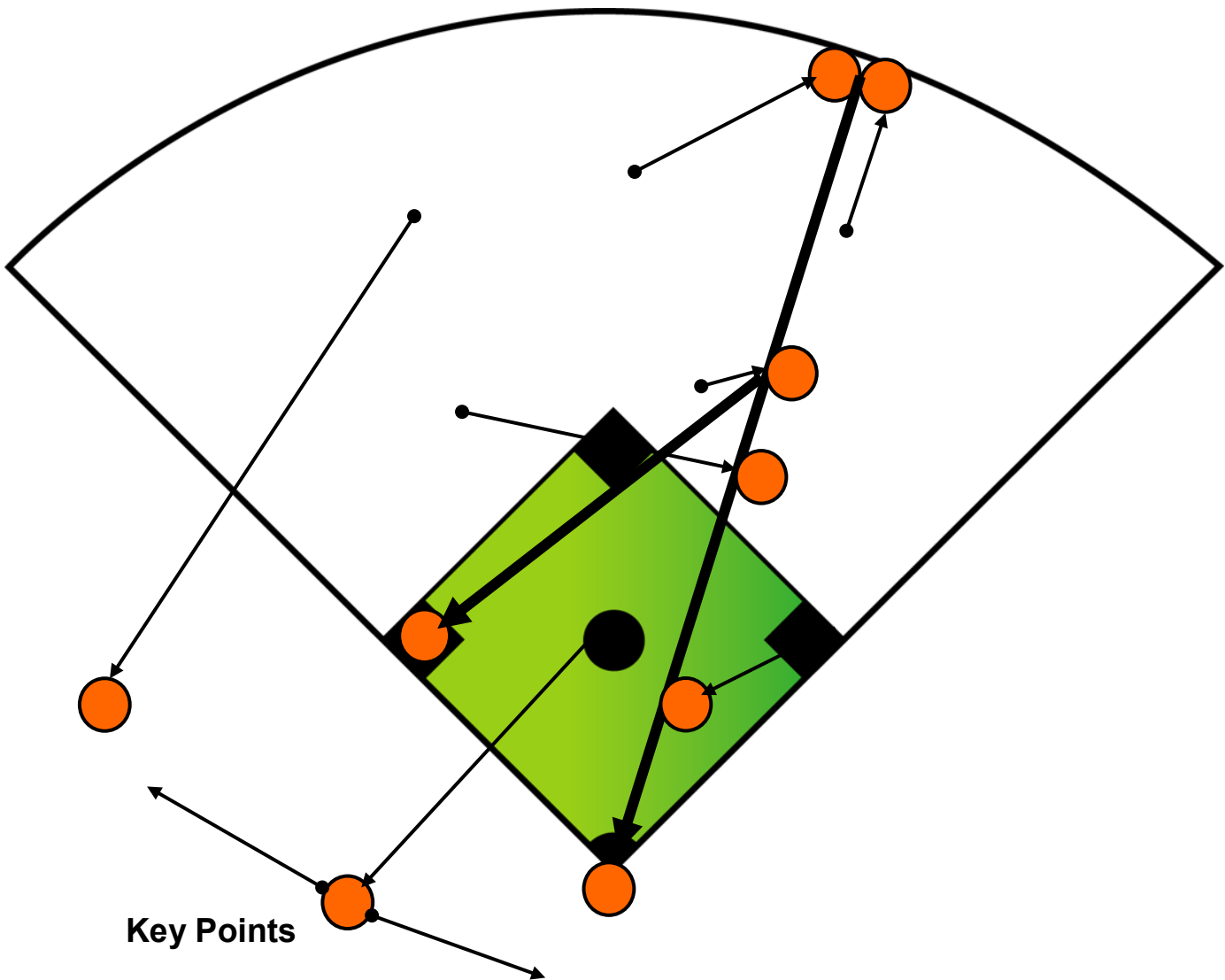
Situation: **Sure Double Left Centre Field. Runner on 1st base.**



Key Points

- Pitcher:** Move into back up position behind home plate. Circle on first base side of home plate. Be prepared to back up third base if the play changes direction
- Catcher:** Cover home plate
- First Baseman:** See runner touch first base. Move into cutoff position to home plate.
- Second Baseman:** Hang at second base until ball clears outfielders, if sure double, trail SS, observe runners' progress and as outfielder throws ball, tell SS where to throw
- Third Baseman:** Cover third base
- Shortstop:** Move into a relay position to home plate and listen for call from 2B
- LF/CF:** The LF and CF must communicate with each other during the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and give the relay man a firm accurate chest high throw
- Right Fielder:** Cover second base.

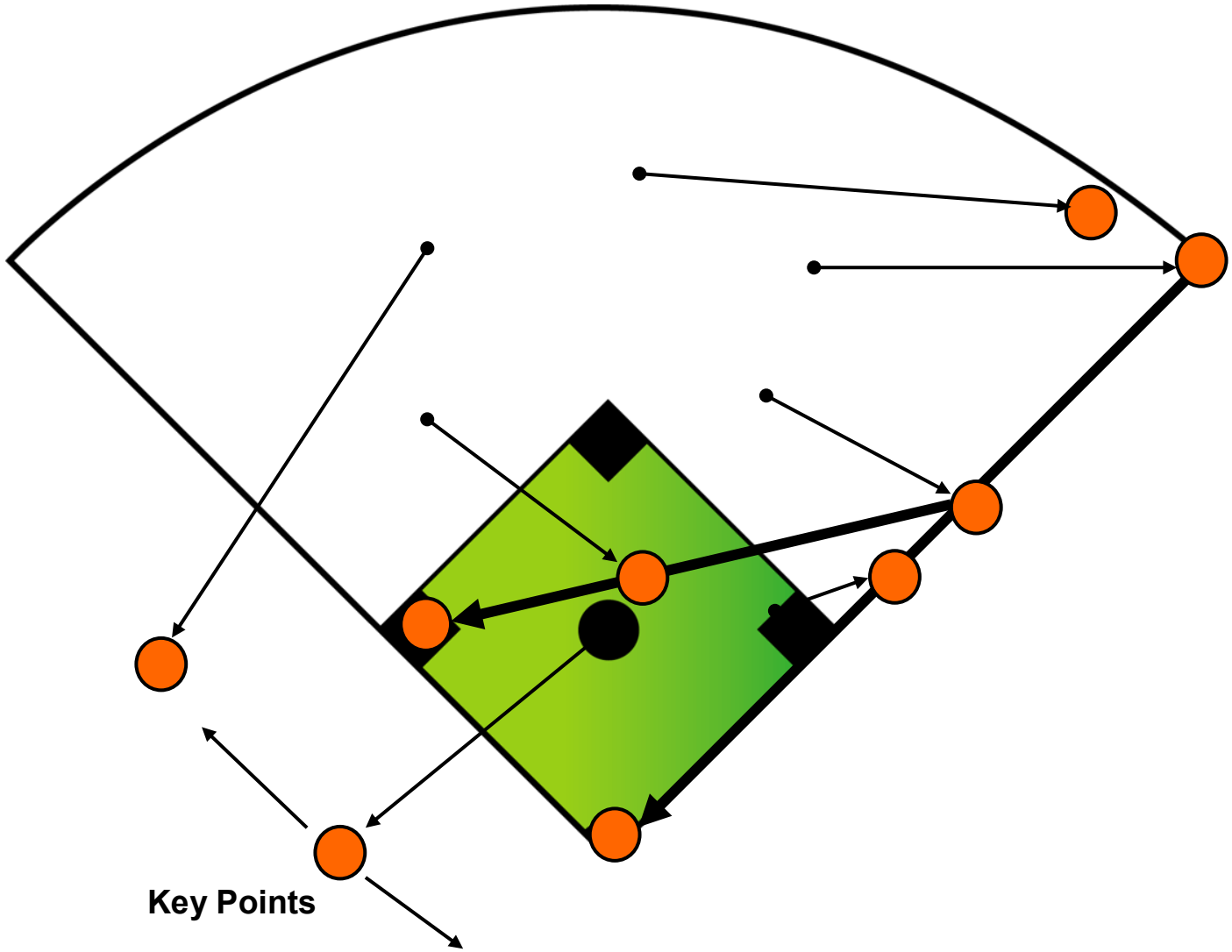
Situation: **Sure Double Right Centre Field. Runner on 1st Base.**



Key Points

- Pitcher:** Move into position half way between third and home. Read the play and back up where play develops
- Catcher:** Cover home plate
- First Baseman:** See runner touch first base. Move into cutoff position to home plate.
- Second Baseman:** Move into a relay position to home plate and listen for call from SS
- Third Baseman:** Cover third base
- Shortstop:** Hang at second base until ball clears outfielders, if sure double, trail 2B, observing runners' progress and as outfielder throws ball, tell 2B where to throw
- Left Fielder:** Move into a possible back up position behind third base.
- CF/RF:** The CF and RF must communicate with each other during the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and give the relay man a firm accurate chest high throw.

Situation: **Sure Double down right field line. Runner on 1st.**



Key Points

- Pitcher:** Move into position half way between third and home. Read the play and back up where play develops
- Catcher:** Cover home plate
- First Baseman:** Trail 2B, observing runners' progress and as outfielder throws ball, tell 2B where to throw
- Second Baseman:** Move into a relay position to home plate and listen for call from 1Bman. Be prepared to redirect throw to third base if there is no play at home.
- Third Baseman:** Cover third base. Be prepared for the play to be redirected from 2Bman or catcher to third base.
- Shortstop:** Cover second base. Read the play and move into relay position to third base.
- Left Fielder:** Move into possible back up position toward third base.
- Centre Fielder:** Back up right fielder.
- Right Fielder:** Get to ball quickly. Field it cleanly and give relay man a firm accurate chest high throw.

Activities/Reporting

A Safety Awareness Program's Incident/Injury Tracking Report

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: Male Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A.) Baseball Softball Challenger TAD
B.) Challenger T-Ball (5-8) Minor (7-12) Major (9-12) Junior (13-14)
 Senior (14-16) Big League (16-18)
C.) Tryout Practice Game Tournament Special Event
 Travel to Travel from Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.) Batter Baserunner Pitcher Catcher First Base Second
 Third Short Stop Left Field Center Field Right Field Dugout
 Umpire Coach/Manager Spectator Volunteer Other: _____

Type of injury: _____

Was first aid required? Yes No If yes, what: _____

Was professional medical treatment required? Yes No If yes, what: _____
(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

Type of incident and location:

- A.) On Primary Playing Field
 Base Path: Running *or* Sliding
 Hit by Ball: Pitched *or* Thrown *or* Batted
 Collision with: Player *or* Structure
 Grounds Defect
 Other: _____
- B.) Adjacent to Playing Field
 Seating Area
 Parking Area
- C.) Concession Area
 Volunteer Worker
 Customer/Bystander
- D.) Off Ball Field
 Travel:
 Car *or* Bike *or*
 Walking
 League Activity
 Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared By/Position: _____ Phone Number: (____) _____
Signature: _____ Date: _____



**LITTLE LEAGUE® BASEBALL AND SOFTBALL
ACCIDENT NOTIFICATION FORM
INSTRUCTIONS**

Send Completed Form To: Little League, International 539 US Route 15 Hwy, PO Box 3485 Williamsport PA 17701-0485 Accident Claim Contact Numbers: Phone: 570-327-1874 Fax: 570-326-8280

1. This form must be completed by parents (if claimant is under 18 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. *Limited* deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name		League I.D.	
Name of Injured Person/Claimant	SSN	PART 1	
		Date of Birth (MM/DD/YY)	Age Sex
			<input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)
		() ()	() ()
Address of Claimant	Address of Parent/Guardian, if different		

The Little League Master Accident Policy provides benefits in excess of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above.

Does the insured Person/Parent/Guardian have any insurance through:

Employer Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	School Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No
Individual Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dental Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:

Check all applicable responses in each column:

<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (5-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT (NOT GAMES)
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (5-8)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> SCHEDULED GAME
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (7-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	<input type="checkbox"/> SPECIAL GAME(S)
<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE(9-12)	<input type="checkbox"/> PLAYER AGENT	<input type="checkbox"/> TRAVEL TO	(Submit a copy of your approval from Little League Incorporated)
	<input type="checkbox"/> JUNIOR (13-14)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	
	<input type="checkbox"/> SENIOR (14-18)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	
	<input type="checkbox"/> BIG LEAGUE (18-18)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	

I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.

I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.

I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.

Date	Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)
Date	Claimant/Parent/Guardian Signature

Windham Pre-Game Inspection Checklist

Date: ____/____/____
am/pm

Time:

Home Team

Visiting Team

Weather

Plate Umpire

Base Umpire

Equipment Checklist: (Coaches please initial each item as they are inspected)

H ____ **V** ____ Batting Helmet – no cracks; proper padding

H ____ **V** ____ Bats – no dents, cracks or splinters, proper grips

H ____ **V** ____ Catcher’s Equipment:

H ____ **V** ____ Helmet, Mask, Throat Guard – no cracks; proper padding

H ____ **V** ____ Chest Protector – covers properly, straps/hooks not worn or broken

H ____ **V** ____ Shin Guards – covers properly; knee savers, straps/hooks

H ____ **V** ____ Catcher’s Mitt – no holes, not worn, no broken or untied laces

H ____ **V** ____ Protective Cup – worn by all players that might be catching

H ____ **V** ____ No Metal Cleats

H ____ **V** ____ No Jewelry – medical alert must be secured to body

H ____ **V** ____ Shoes Tied And Shirts Tucked In

H ____ **V** ____ Mouth Guards are encouraged

Field Safety Checklist:

H ____ **V** ____ Fences/Backstops – no holes, no jagged edges, gates are closed

H ____ **V** ____ Bases – Safety base at 1st base, breakaway bases at 2nd and 3rd

H V Home Plate – slightly below ground level

H V Pitcher's Mound – no holes, pitcher's plate even with the ground

H V Playing Surfaces – free of debris, no holes

H V Dugouts – free of debris, equipment is stored neatly

Ground Rules:

H V All players, managers, and coaches are to remain in the dugout during live play

H V All players not in the game are to be seated properly on the bench

H V No food will be allowed in the dugout. Only seeds, gum, and water/Gatorade.

H V Only authorized personnel will be allowed on the field during the game

H V Players are not allowed to handle a bat until they are leaving the dugout to hit

H V Players are not allowed to throw baseballs/softballs in the dugout

H V Players warming up other players between innings must have proper protection

H V Managers/Coaches are not allowed to warm up players at any time

H V Players are not allowed to throw equipment or argue with the umpire(s).

H V Players must slide or avoid the defensive player at all times, no contact allowed

H V Umpires judgment may NOT be questioned. Ruling calls may be questioned

Home Manager (sign)

Visiting Manager (sign)

Plate Umpire

Base Umpire