



# Ladner Minor Baseballs Coaching Guidelines

## RALLY CAP

### Beginning of Season

- Coaches Meeting with LMBA Executives
- Team Meeting with Parents
- Schedules-Games and Practices

### Introduce and Teach skills

- Warm-up, Throw, Practice/Game, Cool-down
- Demonstrate skills to players
- Special equipment(i.e. ball, bat and bases)
- How to Hold a Baseball
- Proper Throwing Mechanics
- How to catch a baseball
- Fielding Ground Balls
- How to hold a baseball bat
- Proper Bat Swinging Mechanics
- Proper Batter's Box Stance and Position
- Running Bases

### Taught skills

- Special equipment(i.e. ball, bat and bases)
- How to hold a Baseball
- Proper Throwing Mechanics
- How to catch a baseball
- How to hold a baseball bat
- Bat Swinging Mechanics
- Running bases



# Ladner Minor Baseballs Coaching Guidelines

## SUPER T

### Beginning of Season

- Coaches Meeting with LMBA Executives
- Team Meeting with Parents
- Schedules-Games and Practices

### Introduce and Teach skills

- Warm-up, Throw, Practice/Game, Cool-down
- Demonstrate skills to players
- Explain skills to players
- Correct mistakes with players
- Special equipment(i.e. ball, bat, catcher's gear and bases)
- How to Hold a Baseball
- Proper Throwing Mechanics
- How to catch a baseball
- Fielding Ground Balls
- How to hold a baseball bat
- Proper Bat Swinging Mechanics
- Proper Batter's Box Stance and Position
- Running Bases
- Throw a Baseball to first base
- How to throw the baseball from the outfield
- Throwing a baseball to the closest base
- Catching fly balls
- Catching behind the plate
- Where to play the nine positions of baseball including the extra spots at early age

### Taught skills

- Special equipment(i.e. ball, bat, catcher gear and bases)
- How to hold a Baseball
- Proper Throwing Mechanics
- How to catch a baseball
- How to hold a baseball bat
- Bat Swinging Mechanics
- Fielding ground balls
- Running bases
- Where to play the nine positions of baseball including the extra spots at early age



# Ladner Minor Baseballs Coaching Guidelines

## TADPOLE

### Beginning of Season

- Coaches Meeting with LMBA Executives
- Team Meeting with Parents
- Schedules-Games and Practices

### Introduce and Teach skills

- Warm-up, Throw, Practice/Game, Cool-down
- Introduce base and batter's signals from third base coach
- Demonstrate skills to players
- Explain skills to players
- Correct mistakes with players
- Equipment (i.e. catchers gear, safety base)
- How to hold a baseball
- Proper Throwing Mechanics
- How to catch a baseball
  - Catching fly balls
  - Catching behind the plate
  - Fielding Ground Balls
- Throwing a baseball to first base
- How to throw the baseball from the outfield
- Throwing a baseball to the closest base
- Backing up first and third base by outfielders
- Catching behind the plate
- How to hold a baseball bat
  - Proper bat swinging Mechanics
  - Proper batter's box stance and position
- Running Bases
- Running bases on overthrows
- Stealing bases
- Tagging up on fly balls
- Where to play the nine positions of baseball including the extra spots at early age

### Taught skills

- Equipment (i.e. catchers gear, safety base)
- How to hold a Baseball
- Proper Throwing Mechanics
- How to catch a baseball
- Fielding ground balls
- Throw a Baseball to first base
- How to throw the baseball from the outfield
- Throwing a baseball to the closest base
- How to hold a baseball bat
- Proper bat swinging Mechanics
- Running bases
- Where to play the nine positions of baseball



# Ladner Minor Baseballs Coaching Guidelines

## MOSQUITO

### Beginning of Season

- Coaches Meeting with LMBA Executives
- Team Meeting with Parents
- Schedules-Games and Practices

### Introduce and Teach skills

- Warm-up, Throw, Practice/Game, Cool-down
- Teach base and batter's signals from third base coach
- Demonstrate skills to players
- Explain skills to players
- Correct mistakes with players
- Equipment (i.e. catchers gear, safety base)
- Fielding Ground Balls
- How to hold a baseball
- Proper Throwing Mechanics
- Throwing a baseball to first base
- How to throw the baseball from the outfield
- Throwing a baseball to the closest base
- How to catch a baseball
  - Catching fly balls
  - Catching behind the plate
  - Catching foul balls
- How to hold a baseball bat
  - Proper bat swinging Mechanics
  - Proper batter's box stance and position
- Bunting
- Pitching stance and Mechanics (Full wind up or Stretch)
- Running bases
- Stealing bases including Home plate
- Tagging up on bases for fly balls
- Infield fly rule
- Backing up first and third base by outfielders
- Covering home and bases for pitchers
- Plays for situational hits with runners on base
- Where to play the nine positions of baseball

### Taught skills

- Equipment (i.e. catchers gear, safety base)
- How to catch a baseball
- Proper Throwing Mechanics
- Throw a Baseball to first base
- How to throw the baseball from the outfield
- Throwing a baseball to the closest base
- Pitching stance and Mechanics (Full wind up or Stretch)
- Running bases
- Fielding ground balls
- Where to play the nine positions of baseball