

Ainslie Bears Junior Coaches Guide



2017-18

The Junior Bears Coach



The Coach- (sets the atmosphere)

Build Confidence don't Gamble it!

The Mission:

- ❖ Participation / development
- ❖ Enjoyment
- ❖ A great 'Product'!

The Stakeholders

- ❖ Parents / Carers (fee payers)
- ❖ AGBBC Committee
- ❖ Players

Results that Matter



- A Positive Bears Brand
- Growth (Players AND Volunteers)

NOT the coach's win/loss record.

*Focus on the **process** not the result.*

Relationship with the Umpires



- Calls WILL go against you. Move On.
 - ❖ Set a positive example.
 - ❖ Focus on the next play.
- Know the Rules (Rules that Matter)
 - Pitcher limitations (>U13)
 - Pitcher / Catcher rotations (>U13)
 - Substitute rules
 - Mercy Rule / '10 Run Gentleman's Rule'
 - Game Times
 - Collision Rules
 - Bat Sizes
 - Baulks, Infield-Fly rule.

➤ *To Challenge or
Not? ... Not*

Season Milestones



September	Registrations
October	Ground Maintenance (2 weeks)
	Pre Season Training (2 weeks)
	School Holidays (2 weeks)
	Rounds 1 and 2
November	Rounds 3 -7
December	Rounds 8 -12
January	National Championships
	School Holidays
February	Rounds 13 – 16
March	Finals
	Ground Maintenance

Schedule should be confirmed with the Territory Baseball draw

Weekly Program

Session1: (Mon or Tues) Lightweight – Focus on movement

Throwing / Glove work

Infield (NB: 20 min Diamond access)

Outfield (either with infield or separate)

Hitting (ie Cage, Soft Toss, Live)

Skill Work (base running, run downs)

Session2: (Wed or Thu) Intense – Focus on execution

Throwing / Glove work

Infield (NB: 20 min Diamond access)

Outfield (either with infield or separate)

Hitting (ie Cage, Soft Toss, Live)

Bullpen Workout (focus on technique and consistent strikes)

Communication: (Wed or Thu)

Weekly email to parents/carers

Game Details

Game Roles (Counters, Scorers, Umpires)

Wet Weather*

Game Prep: (Thu or Fri)

Confirm available players

Confirm volunteers (umpires, scorers)

Pitching /Catching Rotations

Bench Rotations

Positions / Batting Order

Game Day Tasks



1	Setup diamond, home run and foul line cones
2	Initiate warm up (stretch, run throughs)
3	Confirm / update playing list (role call)
4	Write up team list for scorers , umpire and opp. Coach
5	Throwing Warm Up
6	Batting Practice (Cage, Soft Toss)
7	Ground balls / Fly balls
8	Bench meeting with players (confirm team rules, signals)
9	Meet with umpires
10	Start /Finish Game (Monitor pitch count, strikes/balls. Execute rotations)
11	Pack up diamond and equipment (before players leave)
12	Brief team meeting (confirm training arrangements)

Coaches Tool Kit



- 1 Team Kit* (Bats, Catches gear, Match balls, Training balls)
- 2 Team List pad, Scorers Book, Scorers Pitch Count Sheet
- 3 Bench Pitch Count Sheet (online)
- 4 Rule book (online)
- 5 Match Report Sheet
- 6 Game Day Roster Sheet
- 7 Umpires Counter (optional)
- 8 Snakes / Gum (optional – highly recommended. Check with parents)
- 9 Position Back Pocket cards (optional. Online)

****Players are required to bring their own helmets.***

Resources



- [Bears Web Site](#)
- Bears Coaches Liaison – Matt Conway
- Committee Junior Contacts
 - Committee members
- Senior Coach – Stuart Hood
- [Territory Baseball web site](#)
- Match Day Rotations Spreadsheet
- Bench Pitch Count Spreadsheet
- Player Position Back Pocket cards