

Boy's Coach Pitch Coaches Practice Layout

As an OAA Coach you are a volunteer and we greatly appreciate you giving your time to help coach and teach the athletes in our community. Whether you are a new coach or a returning coach we all face the same questions, What do I do with my team for an hour? How do I teach them the basics with only one hour once a week? How can I keep them interested and engaged?

As a coach these things can be very difficult. Every team is different, and each child has a different way of learning. On your team you will have players ranging from newbies who have never thrown a ball to players who have more experience with baseball.

One important thing to remember is the attention span of a child is very limited. It has been found that the average attention span of a child can be compared to their age. At this level this would mean you have SEVEN minutes until you lose your players' focus.

Stations! Stations!! Stations!! Since we only have SEVEN minutes until our players lose focus, stations are a major tool we can use. Dividing the team into two or three smaller groups and going from one activity to another is a great way to keep the attention of your players. Because there is only one coach and assistant per team this is a great way to get parents involved. At games you will need two additional adults to help on the field on offense so this is a good way to find those who are willing to help. A smaller player-coach ratio gives the player a better learning experience.

This year in all OAA leagues we are implementing the Practice Sheet. It is our hope that this will help you as coaches keep on track and players engaged and interested at practice. If you plan in advance what you are doing then you know what to expect and things go smoother. Practice sheets are not because OAA doubts any of our coaches' ability to coach, but rather we want all those involved to get the best experience possible. Practice sheets are there to guide you, not hinder you. We want you happy and enjoying yourselves as much as the kids!

Coaches are responsible for planning and implementing their own practice sheets. A separate page for coaches will be made linked to the OAA website where plans and videos can be posted to share ideas and coaching methods. An example of an OAA Practice Sheet is below.

Team Practice Sheet Examples

Practice 6 p.m. – 7 p.m.

First Practice

Ask parents to have their players there ten minutes prior to practice time. They can start throwing a ball and warming up.

- 6:00-6:07** Warm-up and explanation of day (pick a player to help lead warm-ups).
6:07-6:15 Introductions and team rules.
- 6:15-6:22** Full Team: Crash course on throwing.
- 6:22-6:36** Split into two groups for first day:
- ◆ Station One: How to hold a bat and swing.
 - ◆ Station Two: Catching/Fielding (Grounders & Overhand).
- 6:36-6:46** Team: Base Running
- ◆ First Base run through.
 - ◆ Second Base stop.
- 6:46-6:55** Team: Learn Bases
- 6:55-7:00** Game- First Base/Second Base
- 7:00-7:10** Pickup and then have Parent Meeting off field.

Second Practice

Ask parents to have their players there ten minutes prior to practice time. They can start throwing a ball and warming up.

- 6:00-6:05** Warm-up and explanation of day (pick a player to help lead warm-ups).
6:05-6:12 Full Team: Refresh Base Running
- 6:12-6:33** Split into Three Groups:
- ◆ Station One: See & Say Eye on the Ball (five numbered balls, No Swing)
 - ◆ Station Two: Catching/Fielding – Focus on Calling It/Mine (Grounders & Overhand).
 - ◆ Station Three: Batting Practice (Focus on Strike/Foul)
- 6:33-6:55** Full Team: Field Play (focus on 2nd vs. Short and cut off role) with coach hitting on balls.
6:55-7:00 Full Team: Pickup Equipment and be off field by 7 p.m. for next team can use field.
- 7:00-7:05** End of Practice Fun Game off field. (Duck Duck, Doggy Doggy wheres my bone etc.)