

**GOLDEN  
VALLEY**  
LITTLE LEAGUE



## Practice and Game Management





## Keys to a Successful Season

- Organization
  - Be prepared for games and practices
  - Plan ahead
    - Practice - Know what you want to accomplish at each practice and develop a plan. Be detailed and share it with other coaches, limit the down time



## Keys to a Successful Season

- Organization
  - Plan ahead
    - Game – Have positions and batting order done before you get to the field, there's a lot going on once you get there
      - Don't need to show it to team, but you can if you like
      - Have a plan on your pitchers and catchers for that day; it rarely goes to plan so allow for flexibility (pitch counts, bad days and injuries)
      - Plan for 110-120 pitches per game
      - Know the rules and if you have questions ask for help
      - Know your pitchers pitch count limit before he takes the mound each inning



## Keys to a Successful Season

- Keep kids engaged, active, and involved
  - Utilize stations when possible
  - End practice with a competition/challenge
  - During games assign tasks to bench players
    - Warm up outfielder
    - Warm up pitcher (only players are allowed to do this in Majors, no coaches (even bullpens))
    - Catch next pitcher in bullpen
  - Ask kids for their input at the end of a practice
    - Find out what drills/games they like



## Early Season

- First practice—Establish a set warm-up that you will do at every practice and game- focus on getting arms loose before throwing.
- Evaluate your players -see what they each can do (think safety as well) and determine who can throw strikes.
  - try out everyone, establish guidelines for pitching (6/7 strikes out of 10 at decent velocity)-coach on the side with each player
- Start right away on team defense, get kids thinking about their positions and moving towards the proper position during a play.
- Save your pitchers! It is a long season and they're young!



# Majors Sample Practice Plan

Practice # 1 / 6 – 730p



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## 6:00 – 6:15

- 6:00 – 6:15
  - Team meet and warm-ups
  - Discuss the plan for the day, discuss expectations
  - Quick jog to get moving; pole to pole
  - Warm up – Throwing progression
    - Wrist flips, one knee throw, stationary trunk twist, rocker throw, short toss progressing to long toss



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- 6:15 – 6:25
  - Follow your throw drill on infield
- 6:25 – 6:35
  - Rapid Ground Balls - 2 lines SS/2B ball into bucket
- 6:35 – 6:45
  - Rapid Fly Balls – 2 groups LF / RF, fly balls throw to coach at bucket (he's the cut off)





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- 6:45 – 655
  - Base Running – home to 1B breakdown and round, home to 2B, 1B to 3B, secondary leads and delayed steals
- 6:55– 7:30
  - Batting practice at cage (3 stations; tee, front toss, live)
- Jesse works bullpen; 15 pitches per kid





## Game Days

- Have set arrival time and plan for field prep
  - 30 min early for 5:30 games
  - 45 min for later or weekend games
  - Assign this to two or three parents, you can't do it all
- Plan pre game
  - Cage, heavy balls, wiffle balls
  - Throwing progression warm-up
  - Give line up to opposing coach and get theirs
  - Groundballs
  - Flyballs
  - Have two game balls for umpires; plus an extra one
  - Warm-up starting pitcher and catcher 15min before game start-keep it light-10-15 pitches max

Game 1		VS.	Nationals			
League game						
	<b>----- INNING -----</b>					
<b>NAME</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>	<b>6th</b>
Eddie	SS	3B	LF	CF	OUT	SS
Brayden	RF	SS	C	C	OUT	RF
Eren	1B	1B	CF	OUT	CF	2B
Ethan	P	P	P	OUT	SS	C
Joe	SS	CF	OUT	1B	1B	OUT
Reid	OUT	LF	1B	P	C	1B
Jack	OUT	C	2B	RF	LF	3B
Ben	LF	2B	OUT	LF	2B	LF
Jacob	C	OUT	3B	3B	3B	P
Miles	2B	LF	OUT	2B	RF	RF
Frank	CF	OUT	SS	SS	P	OUT

**PITCHING ROTATION**

**BRAYDEN**  
**REID**  
**JOE**  
**ETHAN**  
**EDDIE**  
**EREN**  
**JACOB**

**Pitching:**

0 - 20	0 calendar days rest
21 - 35	1 calendar day rest
36 - 50	2 calendar days rest
51 - 65	3 calendar days rest
66 +	4 calendar days rest
<b>10 yr olds</b>	<b>75 max per day</b>
<b>11 &amp; 12 yr olds</b>	<b>85 max per day</b>

**If pitchers throws 41 or more pitches, cannot then catch**

**Mound visits are twice in one inning, third time they must come out. Three visits total with each pitcher, fourth they must come out 8.06**

**If catcher catches 4 innings or more, he cannot pitch**



## Misc. suggestions/tips

- Emphasize attention to detail, effort and attitude
- Sit everyone for at least one inning, use the inning off to prepare your next pitcher
- Additional things to work on during the season
  - Base running
  - Cut offs and relays; positioning
  - Bunt defenses; 1st and 3rd defenses
  - Fly ball and infield pop fly priorities
  - Infield feeds and turning double plays
  - Catching work; blocking, stance with and without runners, pop ups straight up or behind them