



## **Milestones for Belmont/Redwood Shores Little League**

The Mission of Belmont/Redwood Shores Little League is to assist youth in developing the qualities of citizenship, discipline, teamwork and physical well-being. By coaching the virtues of character, courage and loyalty, the Little League Baseball program is designed to develop superior citizens rather than superior athletes. We continue to strive through baseball to teach life lessons, to instill in our children the ideals of respect for the umpires, teammates, coaches and the game itself, and to show good sportsmanship within a fun, positive environment.

Welcome to Managing and Coaching in Belmont/Redwood Shores Little League. I am the player development director. We would like to set 5 milestones for your team. We are not telling you how to Manage or Coach, these are some suggestions to give some guidance.

- 1) **Position Play:** Every player on the team should know how to play every position. This should include players that may not have developed their skills enough to play every position. One technique is, early in the season, to walk the field with the team and discuss the responsibilities of every position. Which positions back up in what situations, etc. It helps if you rotate everyone on your team to every position and try hitting to situations.
- 2) **Throwing:** Teach the proper throwing motion, crow hop and footwork. Try to correct the side arm throw. There are coaching materials available for this.
- 3) **Hitting:** From T-Ball through AA a player can reach base by beating the ball downward into the ground and hoping for a misplay. Usually they will get to base, as it is easier to hit the ball this way. Although this early success may help confidence, unfortunately when the player gets to AAA, that swing is almost always an out. Then the player has a difficult habit to break. Discourage beating down on the ball and encourage the proper swing. There are many coaching materials available on hitting.



- 4) **Pitching Development:** Some players will pitch that have worked in practice but never in a game. The first 2 innings may be rocky. Developing your pitchers is difficult. Don't panic and pull a pitcher mid-inning. Try to let them pitch 2 innings in a row the first time. You usually will see dramatic improvement in the second inning. About half the team should each have at least 100 pitches by the tournament. Avoid the situations where you must put in a pitcher that has had little experience by investing in early season pitching development.
- 5) **Nutrition.** Let the team and parents know at your team meeting that they are in training and good nutrition is important. One 12 ounce soda such as Coke or Dew requires about one full 90 minute practice to burn off the calories, and contains up to 16 teaspoons of sugar.