

T-Ball & machine/coach pitch Coaches Guide

- The most important part of coaching at this level is **communication with the parents**. You cannot over-communicate
- You will need help. At least one additional parent as your assistant coach, but more adults for practice and games. Parents can rotate who helps
- Keep practices to 30 – 40 minutes (60 minutes for machine/coach pitch). After that, the players lose interest
- Players are encouraged to have their own helmets. Do not share water bottles. Encourage the use of hand sanitizer before, during, and after practice
- You will pick up your equipment when you practice. There will be bases, balls, bats, and helmets in the bag. Return the bag to the garage after practice
- T-ball teams practice on the soccer fields. Machine/coach pitch teams practice on designated fields
- You will be supplied with practice plans. These are to help get you started. You can deviate from the practice plan at any time
- The most important thing is to teach the kids good sportsmanship. Teach them to root for each other, to say good job, good hit, good catch. This will make it much more fun for the kids if they are getting constant positive reinforcement
- Kids will be kids. Set your expectations, and reinforce them during practice, but kids being kids will happen
- Keep practices moving and keep the kids engaged. Otherwise, they lose interest
- Rules are a guideline and cannot take every situation into account. The important thing is for the kids to have fun
- Just as important is for you, as a coach, to have fun. The kids can tell if you're not
- For coaches and parents: **There are no college scouts in the stands at a T-Ball game**
- Games may not always start or end on time but isn't an extra 10 minutes at the park better than an extra 10 minutes at work?
- Being a coach is one of the three truths about youth sports. Your players will always remember you no matter what. Make sure it's for the right reasons