

Coach Guidelines

Written April 2018 by Connie Both
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Introduction

Welcome to the New Life Baseball League. We have a vibrant ministry that was started over 30 years ago, and has continued to grow and expand over the years. **We have two fields that we use for tee-ball, Minors, and Majors teams with chain link fences.** We have our own crew of umpires who have primarily aged out of the League and are now back to serve, and four General Managers (GM) overseeing four franchises composed of **either 12 or 16 teams depending on whether we have enough players to warrant a Middies division of 7 and 8 year olds.** We have a large contingency of coaches and assistant coaches who make this operation work, and numerous other volunteers who keep our scorebooks, man our scoreboards, operate our concession stand, and prepare the fields. We are extremely grateful for all that you do!

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1. Definition

Those who commit to being coaches for the New Life Baseball League need to realize that this is a church sponsored ministry. We intend for baseball to reach out to the community, spread the Gospel, and teach baseball skills as a developmental League. Coaches need to strive to **develop relationships** with their players in order to be able to speak into their lives. The General Managers and Head Coaches (HC) need to be **committed believers** and able to lead devotions at practices for their team (if an Assistant Coach is assigned that responsibility, he obviously also needs to be a believer). If you have not made a commitment to Jesus Christ, yet have been asked to fill one of these roles, please speak to **Chaplain Stewart**, as soon as possible. And coaches need to have a **basic understanding of the game of baseball** and a willingness to learn so that they can convey those skills to the players.

2. Needs

We greatly appreciate all the people who step up to lead the players. We recognize the commitment to the program that this indicates. Coaches need to be at all practices or find others/parents able to coach when absent. Every team needs at least three coaches. This allows for First and Third bases plus the dug-out to be covered during games, and allows for teams to have sufficient help during practices. Bench coaches oversee the line-up (sitting the players in batting order is helpful) and keep tabs on all the players whereabouts at all times. All players and coaches should be either in the dug-out or on the field during games. First and Third obviously direct and encourage players at those bases. It is also necessary for the Major teams to have a pitching coach who can work with the pitchers/catchers during practices and assist the Head Coach in rotating/warming-up pitchers at games. **Strive to recruit parents and others when necessary.**

3. Practices

We expect **practices to be held** (within reason). If rain makes the field unusable, you can

practice on the parking lot or have Chalk Days inside. The **second** Sunday School room on the left is sometimes open, or there is a white board upstairs in the Youth Room where you can diagram and discuss plays. There are also baseball skills DVDs upstairs for viewing and books that can be checked out for additional reading at home. If you have any suggestions on any additional materials we can purchase, please let the **Assistant Commissioner (AC)** know. The Youth Room has a new flatscreen television that makes viewing easier, but set-up more difficult. Contact the **Baseball Commissioner (BC)** for information regarding usage. If there are tornado warnings or if the weather is so bad that it would be unsafe for families to travel to the church for an inside practice, then by all means, use discretion. * Church rooms are sometimes locked now for safety reasons, so inside practices may not be possible.

4. Devotions

GMs/Coaches are responsible for ensuring that **a devotion is held during every practice**. The Head Coach can handle this, ask assistant coaches to rotate this responsibility, or the franchise GM can gather both the Minor and Major teams together for a shared time on the bleachers. This gives both teams the opportunity to mingle since they have been separated during practices, and allows players and coaches to get to know each other for call ups and downs. Some teams feel having the devotion time in the middle of practice ensures that the most players hear it. Determine what works best for you. Call on the Commissioner if you need assistance in this area. Collect prayer concerns and pray for your players; pray for each of them to come to know God this year. We do not want to fall short in our most important mission. GMs need to make sure this is happening, and that Head Coaches understand the importance of doing this. It is vital for our League.

*Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. **Colossians 4:5-6***

5. Teaching Moments

Each team should implement a **Snack Schedule**. Generally, a mom is willing to coordinate this for the team. Water coolers are available during the games in the dug-outs, and there is a concession stand on game days. But distributing snacks and drinks and then corralling the team into a post-game huddle, allows for **teaching moments**. Encourage players with all the things they did right. Find plays to praise. Do not point out all the mistakes. Work on the items that need more effort at the next practice. Do not say anything negative about the other team or the umpires. Keep the atmosphere uplifting and positive. You may want to give shout outs after the games and practices for things such as best offense, best defense, best effort, most Christlike, or best sportsmanship. Always accentuate the positive and work

through the team roster so that everyone ends up with multiple acknowledgements by the end of the season. *You may want to arrive early during practices and during pre-season to be able to fill a cooler or bring your own drinks, especially on hot days. *The last page of this document contains a Character Tracking Chart for you to utilize if desired.

*Be devoted to one another in love. Honor one another above yourselves. **Romans 12:10***

6. Character

Our League strives to develop character in our players. This means that those in charge need to **model character qualities** to them. We need to strive to show Christ to them at all times. It is very easy to be harder on our own kids or to become frustrated during a game, but we need to work hard not to do that. Our standard of conduct must be exemplary. And when we do fail, we must be **willing to humble ourselves** and make an apology to our players and possibly the other team or the umpires. This shows them that we all sin and fall short. This is yet another teaching moment. We consider this very important in our coaching staff. Conversely, if there has been a rough game, we expect grace to be extended to the other team, the umpires, the scorekeepers, the commissioners, and the parents. We need to strive very hard to not harbor bad feelings, and to convey to the players that everyone makes mistakes; they are responsible for how they react to those mistakes and to develop positive, forgiving attitudes toward others. This needs to be modeled by our coaches/GMs; **there is always someone watching.**

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves. **Philippians 2:3***

7. Scorekeepers needed

Every team needs at least **two team scorekeepers**. During pre-season be on the look-out for parents and older siblings that can be recruited to keep the books. There will be a Scorekeeper's Clinic during the month of April to train folks in how to do this, and pre-season games to practice. Matt Nelson, our former Head Scorekeeper, recorded a session that can be utilized in training. So do not allow folks to brush you off because they do not know how. We teach them what they need to know. Two are needed in case someone is unable to be there on any given Saturday and to give each other a break to watch the games. Occasionally, the League can also run short on League Scorekeepers and calls on the teams to provide help.

8. Scoreboard Workers

Each field has a scoreboard. We are asking each team to recruit a scoreboard worker who will maintain the number of outs and runs each inning and the total number of runs for the game. The two helpers would take turns. **There are hanging team signs, plus numbers for the runs,**

and chalk for when the numbers are all being used. The Minor field is Grace Field (lots of grace given here). The Major field is Faith Field (we have faith in the player's training here).

9. Work with Players

This League is a community outreach and is also developmental. That means coaches must be **willing to work with players** who may never have played baseball before, players who are uncoordinated, players who have short attention spans, players with weak baseball skills, and players who do not want to be there. We are on that field to support and encourage each other, and to become bonded as a team in the process. Do not emphasize winning at the expense of the game. We want these players to have fun, not to feel so much pressure that they cannot perform at all. We want these players to put forth their best efforts, and to have competitive games, but not to feel ashamed when they make mistakes. It is up to the coaches to encourage the better players to also help weaker players. If, however, a problem persists with a player, be sure to speak with the parents and get them involved in the training, so that efforts are not working against each other. As coaches, you have a tremendous responsibility to create a caring atmosphere. If you get discouraged or become embittered, so will your team.

We who are strong ought to bear with the failings of the weak and not to please ourselves. Each of us should please our neighbors for their good, to build them up. Romans 15:1 & 2

10. Line-ups and Fair Play

Coaches need to know which players will be missing games so that they can determine the line-up and field positions accordingly. Emphasize the importance of this to your families so they **keep you informed of conflicts**. Print line-ups ahead of time and bring them to the field for posting at the dug-out, and distribution to the other team and the three scorekeepers. So, bring at least five copies. The **line-ups need to be determined with fair play in mind**. Currently the Minors have six innings, and the Majors have seven. Take the number of players present and distribute the ten (for Minors) and the nine (for Majors) positions by the number of innings. You may start the season off having every player try every position, and then settle on two that they do best, or continue to mix things up. That is up to you. If you are new to the League and need assistance with doing this the first couple times, please contact your franchise General Manager (GM) or the Commissioner for assistance. We rely on the honesty and integrity of our coaches to ensure that this happens. We know situations fluctuate with injuries, pitcher rotations, juggling because of no-shows or players that leave early, but there is an understanding that **every effort will be made to be fair to all the players on your team**.

Example: Take the number of innings and the number of field positions and multiple them together. Minors=60. Majors=63. Then take the number of players you have for that Saturday and divide them into the above number. Ex. $60 \div 12 = 5$, therefore every player plays 5 innings and you distribute them accordingly. But if your numbers are $63 \div 15 = 4.2$, then you know every player will play 4 innings with 3 players playing 5. The players not playing will be on the bench that inning, and it is very important that you have an assigned Bench Coach to keep them in order and accounted for.

Fair play also applies to pitchers. As a pitcher's pitch count limit **for the inning or for the game** is approaching in the Majors **or for any other pitcher replacement**, the relief pitcher needs to already be on the field that inning. Then the players will just switch positions. **No relief pitcher is to come in from the bench, and both players need to remain on the field for the remainder of the inning.** Pitchers should build up to their pitch limits as the season progresses and their stamina increases. No more than 25 or 30 pitches should be thrown in any given half-inning by the same pitcher. See the pitch count chart for details. **Also, the age of the pitcher is determined by the January 1st cut-off date.**

Intentional walks are permitted and the pitcher will be awarded four pitches toward their pitch count. Only one intentional walk without thrown pitches is allowed per game to the same batter though. Since this can be a huge frustration to the batters, please consider limiting its use.

Skill development and spacing. Every team should train at least three catchers (Minors and Majors) and three pitchers (Majors), so there are at least three of each available on game day. These demanding positions need to be spaced out during a game with injuries and absences covered as well as preparing for/looking ahead to the following year.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
Romans 12:2

11. Call-ups and downs (copied from the Scorekeepers Guide)

- (1) Calling up and sending down to different division levels
 - a. Call-ups may be made in the middle of a game ONLY IF the Majors or Minors roster falls below the number of required fielders due to injury or departure.
 - b. Call ups to Majors
 - i. Calling up Minors players for a Majors player is permitted ONLY in the case of FEWER than 11 Majors players being present at the start of the game.
 1. Should the attendance of the Majors team reach 11 after Minors players have already been called up, the Minors player(s) should be re-accommodated to make room for the Majors player.

- c. Calling up to Minors
 - i. Calling up Tee-ball or Middie players for a Minor player is permitted ONLY in the case of FEWER than 12 Minor players being present at the start of the game.
 - ii. Any Tee-ball or Middie players called up to play on Minors MUST be approved by all four General Managers prior to or during the mound meeting, regardless of scenario.
- d. Sending down to Minors
 - i. Sending down Major players for a Minor player is permitted ONLY in the case of FEWER than 12 Minor players being present at the start of the game.
 - ii. Any Majors players sent down to play on Minors MUST be approved by all four General Managers prior to or during the mound meeting, regardless of scenario, taking into account the older player's impact on the game.
- e. Major players called down and Minor players called up, can only play two innings in addition to full games with their assigned division, unless their Head Coach allows them to play a full game in the other division and only two innings in their division. Tee-ballers can play full Minor games, since they only play two innings in Tee-ball, as long as they can handle the longer Minor games. Middies play four innings, so their play in Minors should be limited to three or four innings, whichever they can handle. Two innings consists of two at-bats and two in field appearances. This is a summer safety concern for the player, as well as, a League fairness issue.

(You get an at-bat credit for innings you have or are playing. So, you may have been in the field for the Third, but do not get up to bat until the Fifth. But if you are going to play in the bottom half of the inning, you can bat in the top.)

- f. Replacing a call-up/send-down with a late arrival
 - i. Any players who have confirmed to arrive late may be inserted into the line-up prior to their actual arrival, but only if they are below every player who is present at the time of the mound meeting.
 - 1. The only scenario where a late player may be between present players is if the player following them was also absent at the time of the mound meeting, but has since arrived.
 - ii. **Late arrivals must play in the field prior to batting in the line-up.**

(2) Additions to the line-up

- a. With the exceptions of unexpected necessary changes, **the line-up must be presented to all three scorekeepers by the end of the at-mound meeting.**
- b. If a player is absent at the mound meeting, but expected to arrive prior to the end of the game, the coaches may place them at the end of the line-up and nowhere else.
 - 1. If a late player is properly placed at the end of the line-up, they may be skipped over without repercussion as many times as necessary until their arrival.
- c. Players added to the line-up after being called up or sent down may only bat at the end of the line-up.
 - i. If a player is called up or sent down purely for the goal of having the minimum number of players, they may not field or bat in the same half-inning as any late arrival who replaces them.

(3) Equalizing line-ups in Minors

- a. Because the Mercy Rule on the Minors is based on allowing each player on a team to bat once per inning, teams with a better attendance than their opponents have an advantage in scoring runs against the pitching machine by having more potential at-bats.
- b. Accordingly, the team with the higher players in attendance will have their Mercy Rule adjusted so that the maximum number of cumulative at-bats is equal to the number of players in attendance on the team with the lower attendance.

12. Warm-ups and Cool-downs

Field drills are important, so are stretching exercises before any baseball is attempted.

Pitchers should also do cool down exercises after pitching. We want to minimize injuries. You may want to do some research yourself to meet specific needs on your team. As mentioned earlier, we own books that you can sign-out and incorporate. <https://baseballdudes.com/>

<https://vertimax.com/blog/youth-baseball-drills>

<https://www.dominatethediamond.com/blog/5-effective-ways-to-implement-station-based-training-in-your-youth-baseball-practice>

<https://coachtube.com/baseball/the-ultimate-resource-for-coaching-youth-baseball>

13. Details

New Life uses coach pitch for tee-ball, a pitching machine for the Middies and Minors, and real pitchers for Majors. The ages are roughly 3&4, 5-7, 7-10, and 10-13. Middies can be called up to help on Minors; Minors can be called up to help on Majors. Speak with the Commissioner about fair play rules regarding these players. Minors field ten players for six innings. Majors field nine players for seven innings. Call-ups or downs should only occur when a team cannot field the needed number of players or an additional catcher or pitcher is required. The Tee-ballers play two innings with everyone running the bases. Middies play

four innings, all players are on the field, use the pitching machine, no scoring, three outs or a bat around. A coach is needed as catcher for both Tee-ball and Middies. There are **some unique New Life rules** that hopefully you will pick-up on from the veteran coaches.

*The umpires have compiled a rule book and the scorekeepers have a guidebook that you should also become familiar with.

* Coaches are allowed to reposition players on the field to maximize fielding potential for an opposing batter, but coaches are not allowed to utilize an infield shift. There must be two infielders to the left and two infielders to the right of Second Base.

14. Mercy Rules

Majors have a Mercy Rule. You can only score **five runs each half-inning** unless the fifth run was scored during a multi-run at bat, in which case they count **when crossing home plate with eight being the maximum possible**. There is a **10-run last inning limit**. If a team is down by more than 13 runs (the maximum possible), it is at the two Head Coach's discretion whether the last inning is played. We do not do balks or steals; therefore, no lead-offs are allowed. If a runner does this, but then fails to tag-up before proceeding to the next base, the runner will be considered out as soon as they touch the next bag. Minors can bat around in a half-inning without three outs. In the interest of making fair play fairer, the number of players allowed for batting around will be determined by the team count for the team with the lower number of players. So, if Team A has 10 players that day, and Team B has 12 players, both teams will be able to bat around 10 players. Plus, if a player consistently does not show-up for practice, and the family has provided no viable excuse, the coach has the option of only playing that player two innings on Saturday. We are a developmental League, and the players have to be at practice to develop, and to make the games fair for all their teammates. **2026: We will be giving bunting a try this year. Coaches will need to familiarize themselves with the proper technique.** <https://www.littleleague.org/university/articles/bunting-101-the-bunting-progression/>

Also, if anyone competes as an athlete, he does not win the prize unless he competes according to the rules. 2 Timothy 2:5

15. Batter Placement

Coaches are encouraged to "coach" their batters. Coaches may find it helpful to position them at home plate, especially for the tee-ballers, Middies, and Minors, others yell hand and feet placement. But once a batter is set, the comments should stop. If something is drastically wrong, have them step back out of the batter's box, because once the pitching **umpire's arm goes up or the pitcher is set, ALL coaching stops**. We do not want batters

distracted and hit by a pitch or miss the pitch entirely because of trying to figure out what was said to them.

Also it is important to practice how to avoid a bad pitch utilizing tennis balls.

A batter can use a "roll away" move to avoid a bad pitch, particularly an inside pitch. This involves slightly turning the body away from the pitch while simultaneously moving closer to the plate with the opposite side of the body. This creates a glancing blow by allowing the ball to strike the body at an angle if the ball does make contact, reducing the force of impact and potential injury. In addition to the roll away, batters may also attempt to drop their bat down to minimize the chance of a foul ball or bunt ball being struck into fair territory.

<https://www.google.com/search?client=firefox-b-1-d&q=baseball+move+to+avoid+a+bad+pitch#fpstate=ive&vld=cid:c6682a75,vid:tLjJlgLW0qc.s t:112> start at 1:52

*Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths. **Proverbs 3:5-6***

16. Practice Swings and Dug-Out Behavior

Due to concerns about how little space our fields have for warm-ups, there will not be any on-deck circles. Players are not to warm-up/swing outside the dug-outs either. Safety is our primary concern with this change. This helps on-deck players to not be hit by foul balls or thrown bats or for them to cause any interferences in play. It also ensures that by-standers and younger siblings are not injured by swung bats and hit/thrown balls. Players should also not be hanging around the field opening of the dug-out. If someone gets hit by a batted ball, it is best that be a coach.

- A. Players should arrive early to games to have practice time at the batting cage or in the outfield. Batters are allowed a couple practice swings while approaching Homeplate, but should not be slowing the game down with multiple swings between pitches. Batters must step out of the Batter's Box to take any practice swings or it will be considered a strike.
- B. Dug-Out Etiquette should be taught to all the players.
 - a. Stay in the dug-out.
 - b. Players cannot leave without permission. The Bench Coach should know where they are at all times. This falls under the church's Child Protection Policy.
 - c. They should not be playing with the drink cooler and wasting water.
 - d. No hitting bats on the fence or rattling it. This distracts the umpires and dents the bats.

- e. No insults of any kind to fellow players, to the opposing team, or to the umpires.
- f. Sitting in batting order is very helpful.
- g. Comments should stop as soon as the pitcher is set or the pitching umpire's arm is raised to pitch.
- h. Hang batting gear on the fence BEHIND the bench so as to not interfere with seeing the game.
- i. Players should never stand in the dug-out field entrance for safety reasons or along the fence outside of the dug-out blocking the view for spectators.
- j. Do not invite friends or family into the dug-out during the game.
- k. Pick-up ALL trash and claim all gear before leaving the dug-out after the game is over.

17. No Coach Challenges

There are no Coach Challenges allowed during games, yet the Umpire Crew may consult amongst themselves to alter calls if needed. If a call is made by an umpire, the Head Coach is allowed to ask for clarification from the Crew Chief for the game. But this in no way should be construed to allow the coach to then be argumentative. **The Head Coach must remain in control and is also responsible for making sure that the assistant coaches exhibit self-control, especially if they disagree with a call, and allow for the game to continue as soon as possible.** These circumstances are opportunities to teach the players how to handle disappointment and to extend grace and show understanding to the umpires and opposing teams. We want to foster a kind, fun baseball environment.

18. Equipment

The League provides pitching machines, extra mitts, batting helmets, an assortment of bats, used/new baseballs, wiffle balls, practice tees, catcher's gear including mitts, and drink coolers. These are to be found in the POD located at the rear of the property, primarily inside of a wheeled cart that can be rolled out to your field. A fob will be provided to the coaches, but is not to be shared with your players. Be careful with the pitching machines as they are heavy and awkward; they have their own cart. **The proper speed for Middies is 35mph and for Minors is 45mph.** For Minors, the machine should be centered between the bases, and positioned closer for Middies. If a player does not own a mitt, one can be claimed from the extra's box and taken home, but **NO CATCHER'S MITTS SHOULD LEAVE THE PROPERTY!!** Each franchise should have an Equipment Manager to oversee the retention of all League equipment on church grounds. Any equipment which goes missing, will be re-purchased by that franchise.

19. Rain Make-Up Game Policy

Tee-ball games are generally not rescheduled. The first set of morning games are split

between Monday for Majors and Thursday for Minors. The second set of afternoon games are split between Majors on Tuesday and Minors on Friday. This is not always convenient for the regularly scheduled practices, but we need to do the Major games early in the week, so the pitchers have rest days before games again the following Saturday. The regular practices are held on the field not being used for a game. If the make-up game is also rained out, it will not be rescheduled unless it is a Play-Off or Championship game.

20. Team balancing

The teams on the League are determined and balanced by **League Operations** and the four GMs working together. After preliminary franchises are determined, there may still be players/families that are adjusted to balance pitching, skill, and division numbers as determined by the Head Coaches (HC) and GMs. Families are never divided, but moved as a unit. Ideally, we try to have 12-13 players on each team with seven and ten year olds able to go up or down as needed. All trading is completed during pre-season before scrimmage games or Opening Day.

21. Expectations

In summary, all coaches are expected to be good examples of godly character, to strive to be good role models to their players, to have devotions and prayer time at every practice and game, to research practice techniques and skill development that will benefit their team, to strive to use fair play so every player can advance in baseball skills and team bonding, to develop three or more catchers and pitchers on each team, to teach proper dug-out behavior, to look for teaching moments, to take care of the equipment and grounds, and to do all you can do to make New Life Baseball the best it can be and to bring Honor and Glory to our Savior in the process.

22. Contact Information

If you have any questions about the League or the fields, please contact Commissioner Jon Worman. If you have any questions about the devotions, please contact Wes Stewart, our League Chaplain. If you have any concerns about umpires, scorekeeping, fair play, or the Concession Stand, please contact Assistant Commissioner Connie Both. Mr. Worman prefers you use jtworman@gmail.com or baseball@nlicc.org, Mr. Stewart can be reached at stewamsley@gmail.com while Mrs. Both prefers bothclan@outlook.com. The League has an Executive Team which is available to help with any needs you have.

We all look forward to a wonderful year of baseball with dedicated volunteers focused on the players and glorifying our Lord and Savior.

Baseball Commissioner	Jon Worman	540/903-8124
Ast. Commissioner	Connie Both	540/371-4231 (home)
Public Relations	Swaran Singh	907/350-3636
Information Technology	Kurt Nordstrom	940/594-4815
Financial Officer	Amy Stewart	540/257-4389
League Chaplain	Wes Stewart	540/690-4868
Field Maintenance	Jon Worman	540/903-8124
Ground's Crew	Mike McDaniels	757/870-6115
League Operations	Connie Both	540/371-4231 (home)
Head Umpire	Jeremiah Gross	540/681-9050
Head Scorekeeper		
Concession Stand Mgr	Amanda Nordstrom	240/324-7554

*May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God. **Romans 15:5-7***

New Life Baseball Focus Verse:

*For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. **1 Timothy 4:8** (ESV)*

Mission Statement:

The New Life Baseball Ministry strives to glorify God through the development of baseball skills while focusing on character development and the fostering of relationships among the participating families through exposing the players to the Gospel message in word and deed.

Mitts

Baseball mitts are one of those essential pieces of gear every ballplayer needs. Also called baseball gloves, mitts come in various sizes and styles depending on age, hand size, and position. Infield mitts are shorter to allow fielders to transfer balls quickly to their throwing hand, whereas outfield mitts are longer to create a wider net to catch fly balls with. From All-Stars playing in the big leagues to a young player taking his or her first at bat in a game, when it comes to mitts, how a mitt fits and feels on the player's hand are the most important points.

When initially practicing skills and developing a love for the game of baseball, having a mitt that properly fits the player's hand and wrist will immediately make a difference in how comfortable he or she feels on the field. If the player feels like the mitt is going to slide off his or her hand when his or her arm is down by their side, chances are, the mitt or at least the hand opening is too large for the player. Equipment that fits comfortably not only allows young players to focus on skill development, but it also increases the likelihood that they have fun.

Catcher's mitts have heavy padding on thumbs and palms to cushion hands against hard-thrown balls. They have an impenetrable web in between the thumb and forefinger to keep balls from getting caught. A first baseman's mitt, like an outfielder's, is longer to create a wide net but also has a larger web to help fielders scoop up low-thrown balls.

Mitts fall under a category based on their position. These are Infield Mitts, Outfield Mitts, First Baseman Mitts, Catcher's Mitts & Gloves, and Utility Mitts. Utility Mitts are designed for players who play multiple positions and need a mitt that can handle the needs of both the infield and outfield. They tend to be on the larger end of the spectrum for an infield mitt, and often feature a closed-web design to accommodate players who also pitch.

Before purchasing a mitt for your baseball player, it is important to understand the different parts of a baseball mitt to ensure you get a mitt tailored to your player's individual preference and on-field needs.

INSIDE



Especially for younger players, choosing a mitt comes down to fit and function. In other words, how a mitt performs when on your hand is paramount. Additionally, it must be easy to close, lightweight enough to maneuver and help inspire confidence on the field.

Before identifying which baseball mitt size will fit best, it's important to have a basic understanding of how to measure a mitt. All baseball mitts and catcher's mitts will have a size listed, usually in inches.

- To determine the size of a **baseball mitt**, measure from the tip of the index finger along the palm to the heel of the mitt. Most baseball mitts do not measure greater than 12.5 inches.
- When looking for a **catcher's mitt**, you will notice that the sizing of the mitt is between 29.5 to 34 inches. That is because a catcher's mitt is measured by the circumference.

When finding the right size baseball mitt, there are several factors to consider including hand size, age, and field position. The baseball mitt size charts below are a great starting point in narrowing your size options.

Youth Baseball Mitt Size Chart

Age	Baseball Mitt Size
5 & under	9" - 10"
6 - 7	10" - 10.5"
8 - 10	10.75" - 11.5"
11 -12	11" - 12"

Youth Catcher's Mitt Size Chart

Age	Catcher's Mitt Size
Under 7	29.5" - 30"
8 - 10	30" - 32"
11 - 13	31" - 32.5"

<https://www.scheels.com/e/post/baseball-glove-guide.html>

<http://probaseballinsider.com/product-reviews-and-guides/baseball-glove-size/>

Pitch Count Limits & Rest for the Age Levels

Age	Pitch Count Limit per Game	Mandatory Rest (days off between games pitched) When Pitch Count Reached				
BASEBALLDUDES.COM		Zero	1 Day	2 Days	3 Days	4 Days
7-8 Years Old	45	---	1 - 20	21-30	31-40	45
9-10 Years Old	65	---	1 - 25	26-40	41-55	65
11-12 Years Old	75	1 - 15*	16-30	31-45	46-60	65+
13-14 Years Old	85	1 - 15*	16-30	31-45	46-60	75+
15-16 Years Old	95	1 - 20	21-35	36-50	51-65	75+
17-18 Years Old	105	1 - 20	21-35	36-50	51-65	75+

When reaching the max pitch count, keep a close eye for signs of fatigue. Every pitcher is different and you need to learn their signs.

- Loss of focus
- Drop in velocity
- Elevated pitches
- Loss of command
- Loss of delivery control
- Visually you see less effort



Max pitch limit in one inning...
 "25" for pitchers 12 years and younger
 "30" for pitchers 13 years and older

If they reach this number while in the middle of a batter, let them finish that batter and if they don't get them out for the third out, their day pitching is over. Make sure you are prepared for a situation like this and know who your next pitcher is and have them getting loose, if possible, around pitch number 15 or 20.

Never use the same pitcher twice in the same day and if a pitcher throws more than 15 pitches in a day, give them at least one day off.

A pitcher should never be extended to the higher pitch count numbers if they aren't conditioned for it. They MUST be built up to that number over the course of weeks/games with proper rest in between.

ALL players should have an arm care routine they do before and after each practice and game.

You need to have feel for the situation and the pitcher. There is a big difference between efficient pitches and stressful pitches. Efficiency may lead to being able to extend their number where stressful pitches should result in limiting their number. HAVE FEEL.

*Only if completely necessary. If you have no other pitchers. Stay away from pitching back to back days as much as possible.

**Remember, these are just guidelines. A players physical and mental maturity should all come into play when making your in game decisions. Ultimately, a players development, future and safety is far more important than a team winning a game. Make sure we have our priorities in order.

At the beginning of the season, do not max out your pitchers. Strive for 20 pitches below their max at the most. Take them out and put them back in later in the game to rest their arms and build up their endurance. Safety and arm care is important. ***Note the number of pitches recommended per inning.** Also, the pitcher's age is determined by the January 1st cut-off date.

Baseball Bat Sizing Chart

		YOUR HEIGHT IN INCHES									
		36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72	73+
YOUR WEIGHT IN POUNDS	Under 60	26"	27"	28"	29"	29"					
	61-70	27"	27"	28"	29"	30"	30"				
	71-80		28"	28"	29"	30"	30"	31"			
	81-90		28"	29"	29"	30"	30"	31"	32"		
	91-100		28"	29"	30"	30"	31"	31"	32"		
	101-110		29"	29"	30"	30"	31"	31"	32"		
	111-120		29"	29"	30"	30"	31"	31"	32"		
	121-130		29"	30"	30"	30"	31"	32"	32"	32"	
	131-140		29"	30"	30"	31"	31"	32"	32"	33"	
	141-150			30"	30"	31"	31"	32"	33"	33"	
	151-160			30"	31"	31"	32"	32"	33"	33"	33"
	161-170				31"	31"	32"	32"	33"	33"	34"
	171-180						32"	33"	33"	34"	34"
	180+							33"	33"	34"	34"

MOST POPULAR LENGTH BY AGE							
AGE	5-7	8-9	10	11-12	13-14	15-16	17+
LENGTH	24"-26"	26"-28"	28"-29"	30"-31"	31"-32"	32"-33"	33"-34"

League Approved Bats

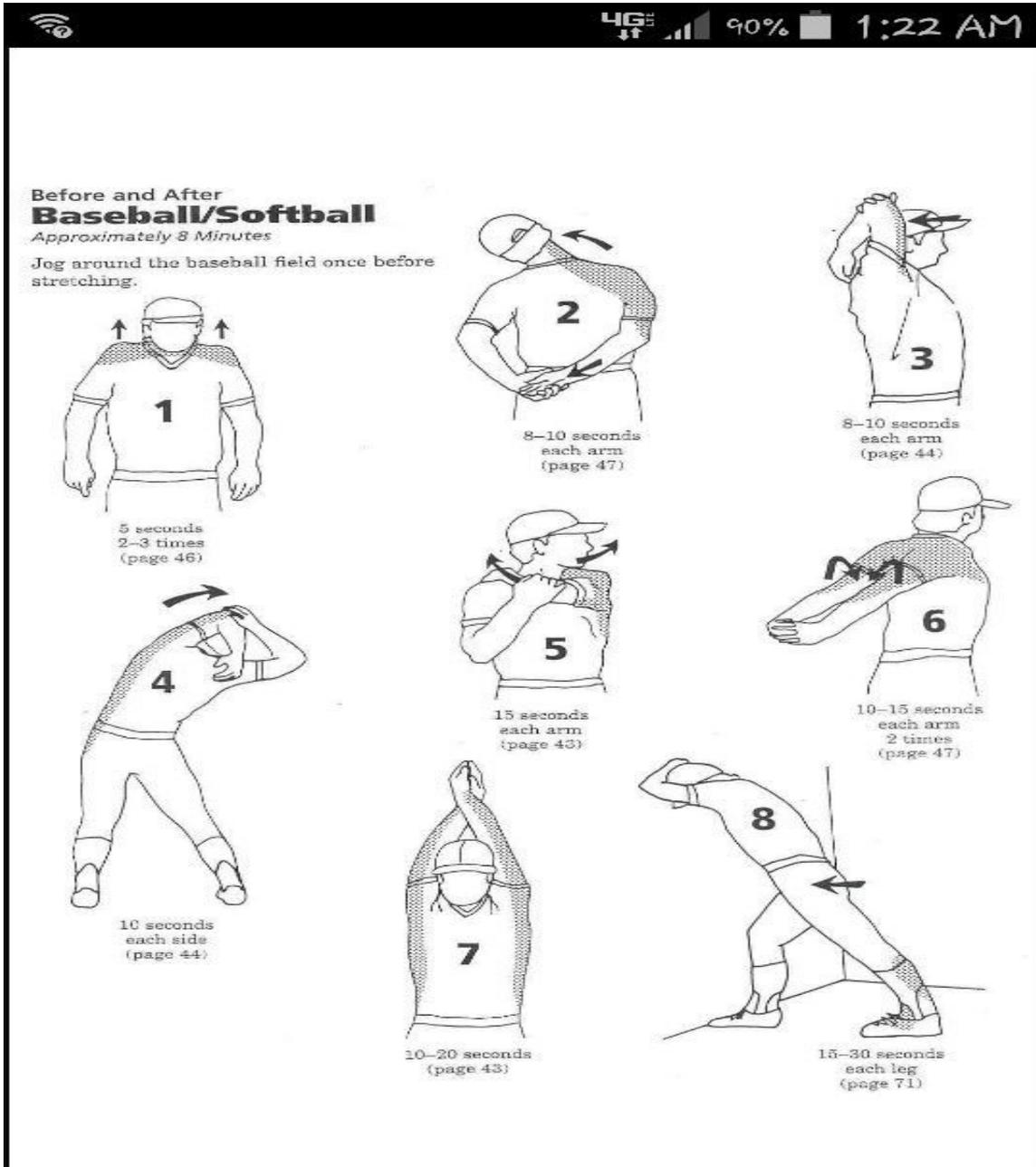
Minors & Majors

USA Baseball marking

2 5/8" barrel maximum

*Approved Tee Ball bats may be used in coach pitch/machine pitch divisions only with the use of approved tee balls.

As of January 1, 2018, the new [USA Baseball Bat Standard](#) was implemented. USABat Standard bats must be used in the Little League Major Baseball Division and below.



Glean what you like from this for your pitchers. Pre and post game arm care is vital.

<http://www.youthpitching.com/exercises.html>

Youth Field Drills

<https://www.baseball-tutorials.com/dir/youth/>

Baseball Warm Up Program

BREAK A SWEAT

For 5 to 7 minutes get your heart rate up with a light jog.

HIGH KNEES

Basic running straight ahead while bringing your knees up to at least hip height for 30 seconds. Keep shoulders, hips, knees and ankles facing forward, stay on toes.

BUTT KICKS

Similar to High Knees except that you keep your knees down and kick your heels towards your buns for 30 seconds. It is important to keep your knees down and keep the thigh perpendicular to the ground.

SIDE SHUFFLE

Assume an athletic position with your feet slightly wider than your shoulders. Keep your ankles, knees, and hips facing the same direction with your knees slightly bent and up on toes. Pushing off your right leg, slowly step laterally to the left with your left leg then repeat for 10 to 20 steps and return facing the same direction. Make sure your feet don't touch or cross, and that your knees/ankles do not roll inward.



BACK PEDAL

Run backwards maintaining a slight forward lean (shoulders over toes). With each step backward, reach the leg back as far as you can to help stretch the front of the hip and warm up the back of the hip (sprinting muscles). Don't let the ankles swing to the outside. (30 sec.)

HIP OPENER

Put your left hand on your left knee and the right hand on your left shin, then pull both in towards your chest. (20 reps each leg)

FRANKENSTEIN MARCH

Keeping your left leg straight, keep it up in front of you as high as you can, trying to touch the fingertips of the opposite arm. Think of marching with a straight leg, this is great for increasing hamstring flexibility. Careful not to slump in your back, keep it as tall as you can. (x 20 reps each)

WALKING LUNGE

Step forward with your leg into a lunge position (toes, knees and shoulders facing forward, chest up tall). TECHNIQUE is most critical. Keep the toes, knees and shoulders facing forward and careful not to let the knee go inside of/or past the toes. (x 20 reps)

JUMPING JACKS

Start with arms at side and feet together.

SHOULDER CIRCLES

With arms outstretched to either side, make small circles 10x each direction. Next make medium sized circles, 10x each direction. Finally make large windmill circles, 10x each direction.

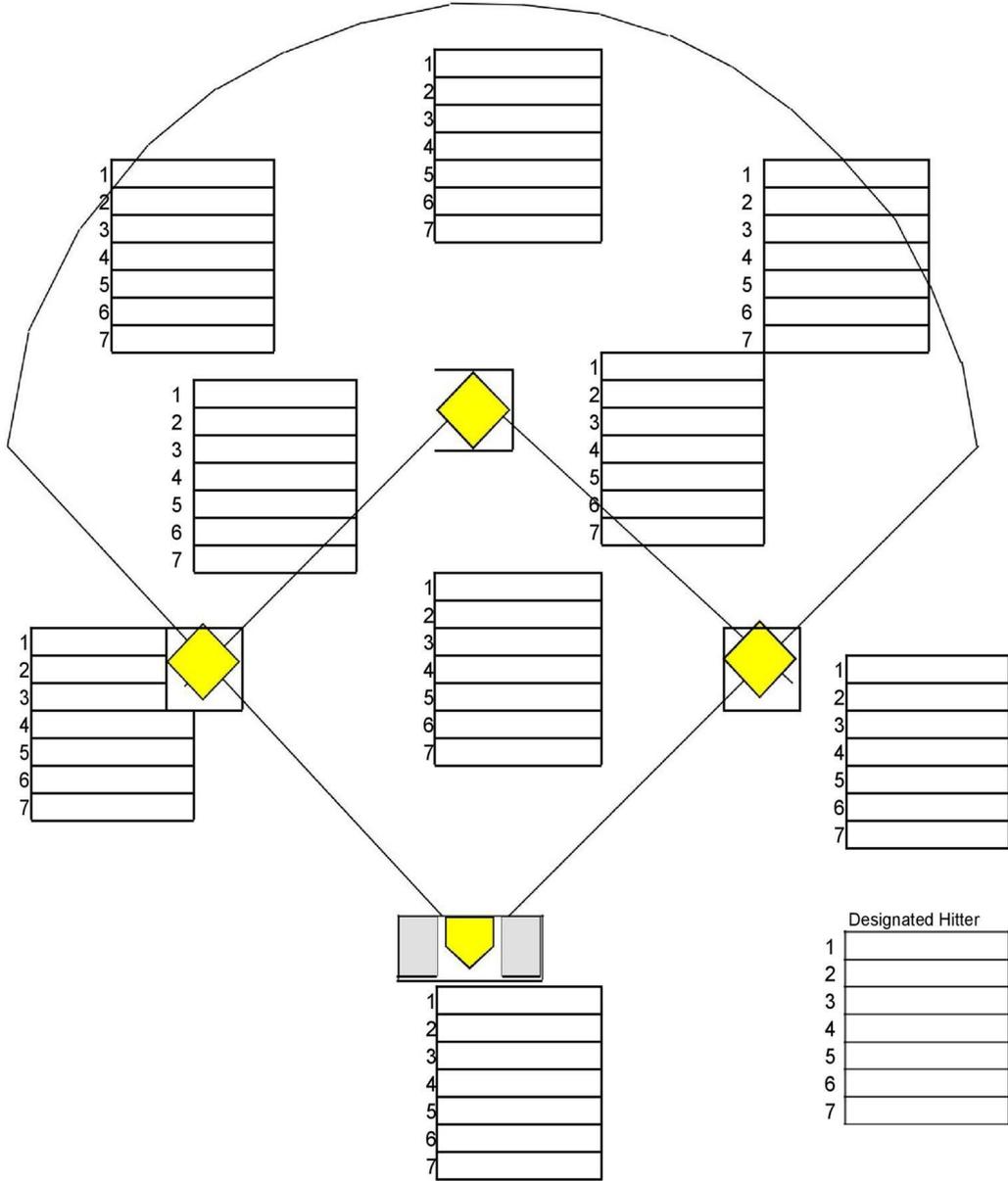
NECK SIDE BENDS & ROTATIONS

Tilt head left and right bringing ear toward each shoulder. Look over each shoulder 10x.

TRUNK ROTATION

Lying on back, bring both knees towards chest keeping feet and knees together, rock your knees side-to-side 10x.

FIELD POSITIONS BY INNING



BENCH							
1	2	3	4	5	6	7	

RESULT:

Opponent:

Date:

Game 1

Best Offense -

Best Defense -

Most Christlike -

Best Sportsmanship -

Best Effort -

Game 2

Best Offense -

Best Defense -

Most Christlike -

Best Sportsmanship -

Best Effort -

Game 3

Best Offense -

Best Defense -

Most Christlike -

Best Sportsmanship -

Best Effort -

Game 4

Best Offense -

Best Defense -

Most Christlike -

Best Sportsmanship -

Best Effort -

Game 5

Best Offense -

Best Defense -

Most Christlike -

Best Sportsmanship -

Best Effort -

Game 6

Best Offense -

Best Defense -

Most Christlike -

Best Sportsmanship -

Best Effort -