



# COACHES' ORIENTATION

2023 FALL BALL SEASON  
JULY 27, 2023

GETTING STARTED

# IT'S ALL ABOUT THE KIDS!



# WITH MUCH APPRECIATION...



*Thank You!*

# MEETING PURPOSE

## ORGANIZATIONAL ALIGNMENT

- Create a common platform of expectations for all coaches
- Highlight changes, new developments
- Answer your questions

## TEAM DIVISION PRIORITIZATION

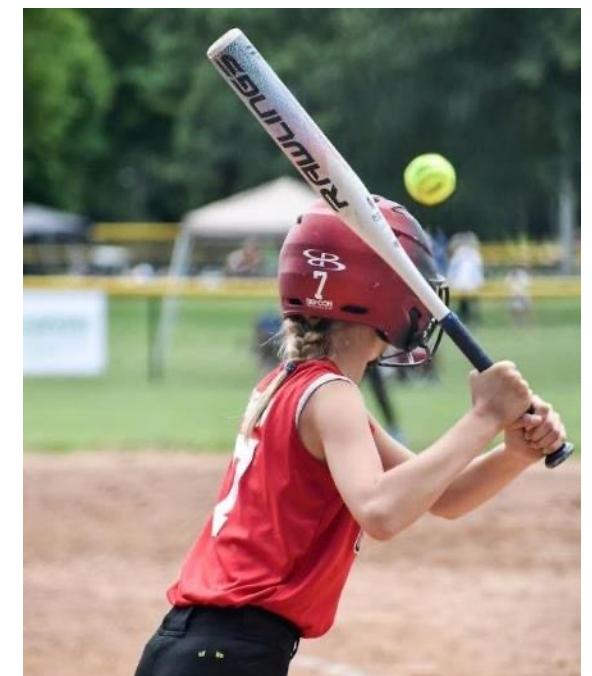
- Establish division's expectations
- Connect coaches with division commissioner
- Discuss division-specific rules and player development guidelines



# MEETING OBJECTIVES | ALL DIVISIONS

## OVERVIEW

- OYO Coaching Orientation
  - Overview
  - The OYO Way
  - The Making of a Great Rec Coach
  - Perfecting the Perfect Practice
  - Team Balance Priorities
- Q&A Session
- Division Meetings
  - Commissioner's Expectations
  - Player Development Guideline
  - Division's Rules



**Coaches may depart when your division meeting is complete**

# OYO VOLUNTEERS | VPs & COMMISSIONERS

**Charity Weaver**  
Executive Vice President  
(BASEBALL)

**Allison Wheeler**  
Tee Ball

**Erika Leary**  
Junior Rookie

**Aaron Campbell**  
Rookie

**Megan Drummond**  
Minor

**Jen Wilkinson**  
Super Major

**Shawn Tidrow**  
Junior Baseball

**Mario Covarrubias**  
Second Vice President  
(SOFTBALL)

**Patrick Kennedy**  
08U Softball

**Ryan Barker**  
10U Softball

**Brent Brunner**  
12U Softball

**Aaron Harding**  
14U/16U Softball

**Michael DeSanto**  
Vice President,  
Game Day Operations

**Dennis Lewton**  
Equipment Chairperson

**Tricia Anderson**  
Scheduling Chairperson

**Ann Appleton**  
Umpire Scheduling Chairperson

**Frank Ampil**  
**Anthony DeSanto**  
Umpire Training Co-Chairpersons





**THE OYO WHY**

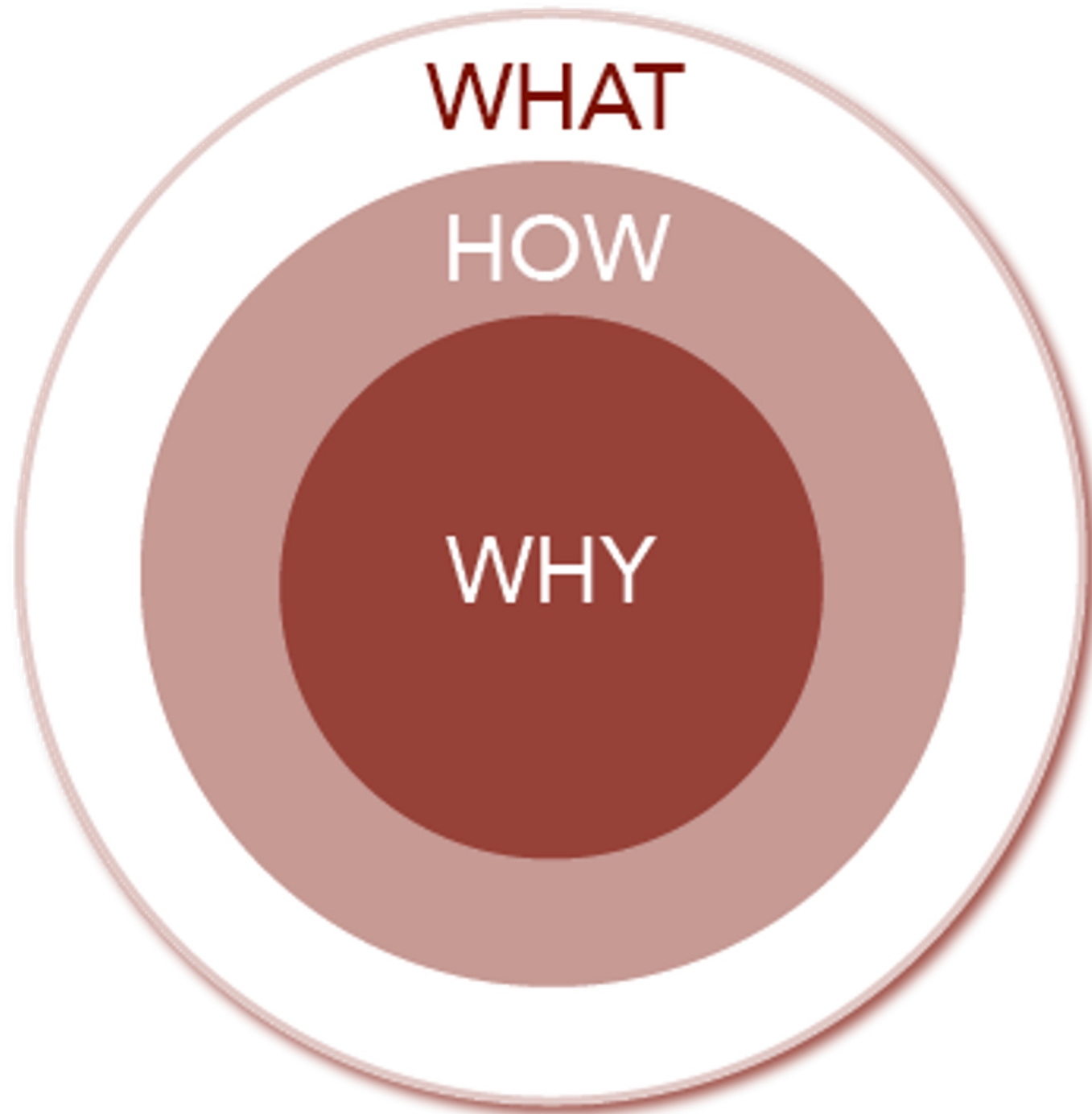
# WHY TALK ABOUT OUR WHY?

*why* why **why** why  
WHY **why** why  
**why** why WHY  
why WHY **why**  
WHY why  
why **why** WHY  
WHY why

*why* why **why** why  
WHY **why** why  
**why** why WHY  
why WHY **why**  
WHY why  
why **why** WHY  
WHY why



# WHAT'S OUR GOLDEN CIRCLE?



# ORGANIZATIONALLY SPEAKING

## WHY

To provide valuable life lessons through teamwork and responsibility

## HOW

Through strong role models leading by example as coaches and volunteers

## WHAT

Delivering high-quality, fundamentally sound and competitive baseball and softball experiences

## WHO

All of us at  
OYO

# OUR VISION FILLED WITH HOPE AND PROMISE



Leverage teamwork to truly accomplish more



Keep rec league recreational and instructional



Try new things while staying true to OYO's roots



Be good stewards of our finances, assets



Keep The OYO Way as backbone to all decisions



Build OYO to continue to be a safe, happy place



Create plans that stand the test of time



Emphasize coaching is an absolute privilege



Establish OYO the place for baseball and softball or whatever level they may wish to play



**THE OYO WAY**

# OYO'S GUIDING PRINCIPLES

## DEVELOPMENT



Teach solid fundamental baseball and softball skills to all players

## RESPECT



Create a positive feeling of esteem and memorable experiences for every individual you interact with

## LIFE LESSONS



Take advantage of opportunities to show players how teamwork can overcome challenges

## FAIRNESS



Apply fair play standards that encourages rec league players to be rotated regularly

## CHARACTER



Lead by example and demonstrate the impact of volunteerism to all parents and players

# INSTRUCTIONAL AND DEVELOPMENTAL FIRST

## OYO IS AN INSTRUCTIONAL LEAGUE

- We do not keep records or standings
- Tournament is a computerized blind draw through LeagueApps

## BE A PLAYER'S COACH

- Publicly Praise, Privately Criticize
- Follow Fair Play Rules
  - every player to play in the infield and outfield one inning each game
  - no player may sit out a second inning before all sit out once
- Teach good fundamentals, skills
- Teach all kids, not just the more talented players

## PLAYER-COACH RELATIONSHIPS LAST A LIFETIME



# COACHING PHILOSOPHY

## EXAMPLES OF ACCEPTABLE CONDUCT

- Instruction (kneel down to the child's level)
- Asking the umpire for time to instruct a player
- 3rd base coach telling a defensive player they just made a great play
- Players cheering their teammate
- Calmly ask the umpire for time to discuss a call
- Asking the umpire for time to talk to a parent about their behavior

## EXAMPLES OF UNACCEPTABLE CONDUCT

- Yelling "Bobby, what were you thinking?"
- Coach telling the players they let him down during the post-game speech
- A coach throwing his/her hat on the ground
- Yelling, at your child when he made a bad play
- Players in dugout yelling chants at the pitcher
- Running out on the field to argue with an umpire
- Saying, "Strike", "Ball", "Out", "Safe", "Balk", "Fair", or "Foul"
- Yelling, "What's wrong with that pitch, blue?"



# CODE OF CONDUCT | ACCOUNTABILITY FOR ALL!

- Each parent agreed to the OYO Code of Conduct during registration process **for their entire family**
- Use this as a **teaching opportunity** for sportsmanship and positive attitudes
- Review Code of Conduct with your team **before the season begins** as they are on display in each dugout



## THE OAKLANDON YOUTH ORGANIZATION SPORTSMANSHIP CODE OF CONDUCT

### DEVELOP A STRONG, CLEAN, HEALTHY BODY, MIND AND SOUL.

Any form of alcohol, tobacco or drugs are strictly prohibited from any and all OYO premises; first offense – will result in a two-game suspension and second offense will result in an indefinite suspension for individual involved with possible reinstatement by the OYO Executive Board of Directors the following year.

### DEVELOP A STRONG URGE FOR SPORTSMANLIKE CONDUCT.

OYO will hold all participants, players, coaches and spectators accountable for any actions that may be deemed detrimental to either the safety of play or the safety of anyone present.

### DEVELOP UNDERSTANDING OF AND RESPECT FOR THE RULES.

Knowing the rules, makes for better players, coaches and spectators.

### DEVELOP COURAGE IN DEFEAT, TOLERANCE AND MODESTY IN VICTORY.

Good sports make it fun for all! We are out here to teach our kids life lessons!

### DEVELOP CONTROL OVER EMOTIONS AND SPEECH.

Respect our umpires, coaches, players and spectators. If it's not a positive comment, it's probably not a good one. Profanity, degrading remarks, acts of violence or any form of intimidation will not be tolerated. Anyone using profanity will be asked to leave the park immediately. If this person does not leave the park and delays the game, that player will be suspended for 10 days. If a second offense occurs, player will be suspended indefinitely and reinstatement by OYO Executive Board of Directors approval will be required. It is up to the Coaches to communicate this respectful attitude to their players and families.

### DEVELOP SPIRIT OF COOPERATION AND TEAM PLAY.

Play with our best effort, striving to make one another better.

### DEVELOP INTO REAL, TRUE CITIZENS

All players, coaches and spectators are part of our OYO community and are accountable for their actions.

\*OYO expressly reserves the rights to revoke any and all privileges in respect to playing, coaching or watching any games at Veterans Memorial Park. If an act is considered in violation of our "code of conduct", immediate suspension until the OYO Executive Board can evaluate such act. Any type of ejection from a game, whether player, coach or spectator, will result in a second game suspension. This person ejected would need to be reinstated by the OYO Executive Board prior to any additional participation. Any review by the OYO Executive Board may result in a penalty up to and including expulsion from the league.





# WE VALUE COACHES! | INCENTIVE PROGRAM



### INCENTIVE TERMS

A coach is eligible to receive one-fifth of the league's registration fee for completing each one of these five milestones. So, if all five requirements are completed, then the coach receives 100%.

Payment will be issued in the form of a registration credit to be used within the next 12 months for Winter Workouts, Spring Season or Fall Ball 2024).



# THE KEYS TO BEING A GREAT REC COACH

# OUR LINEUP FOR YOUR SUCCESS



- Interested and Committed
- Prepared and Organized
- Delegate and Collaborate
- Communicate Well
- Win and Lose Well
- Plan for the Tournament

# PERFECT THE PERFECT PRACTICE

- Structured Opening
- Progressive Segments
- Specialty Work
- Use End of Practice to Build Your “Team”



# MAKING PROGRESS WITH YOUR PLAYERS

## PLAYER DEVELOPMENT PROGRESSION

At OYO, we are committed to working with our coaches to provide continuous leadership, coaching and encouragement while developing each and every ballplayer in our rec league program. Explore below how OYO coaches will maximize your ballplayer's skill development in each of the following critical areas of the game at each level.



BASEBALL	TB	JRO	RB	MB
<b>THROWING</b>	<ul style="list-style-type: none"> <li>Grip of ball</li> <li>Shoulder to target</li> <li>Make a "T"</li> <li>Throwing hand v. glove hand</li> </ul>	<ul style="list-style-type: none"> <li>Step and throw</li> <li>Thumb to thigh, palm to sky, circular motion</li> <li>Opposites (foot/hand)</li> <li>Hit a target</li> </ul>	<ul style="list-style-type: none"> <li>4-seam grip</li> <li>Momentum toward target</li> <li>Follow through</li> <li>Harder throws</li> </ul>	<ul style="list-style-type: none"> <li>Underhand toss for close plays</li> <li>Not holding ball</li> </ul>
<b>FIELDING</b>	<ul style="list-style-type: none"> <li>Field/receive ball with glove</li> <li>Glove out, butt down</li> <li>Down and ready</li> </ul>	<ul style="list-style-type: none"> <li>Walk into stance</li> <li>Fingers up, down</li> <li>Alligator hands</li> <li>Learn to play a position</li> </ul>	<ul style="list-style-type: none"> <li>Cover bases</li> <li>Charge the ball</li> <li>Two-hand catches</li> <li>Shuffling feet</li> <li>Get ball to infield</li> </ul>	<ul style="list-style-type: none"> <li>Cut-offs</li> <li>Fly ball form, step back</li> <li>Backhand catch</li> <li>Back-up plays</li> </ul>
<b>HITTING</b>	<ul style="list-style-type: none"> <li>Hand position on bat, basic stance</li> <li>Feet spacing</li> <li>Contact with ball, not tee</li> </ul>	<ul style="list-style-type: none"> <li>Hand-eye coordination</li> <li>Finish level swing</li> <li>Proper bat grip</li> </ul>	<ul style="list-style-type: none"> <li>Pitch selection</li> <li>Knuckles lined up</li> <li>Swing loaded up</li> <li>Back foot planted, step forward</li> </ul>	<ul style="list-style-type: none"> <li>Ball-Strike, count</li> <li>Stance/position</li> <li>Bunting</li> <li>Avoid getting hit</li> </ul>
<b>BASERUNNING</b>	<ul style="list-style-type: none"> <li>How to run after ball is hit</li> <li>Know when to run to next base</li> <li>Order of the bases</li> </ul>	<ul style="list-style-type: none"> <li>Run through 1B</li> <li>Follow coach instructions</li> </ul>	<ul style="list-style-type: none"> <li>Proper decisions for batted balls</li> <li>Multiple bases</li> <li>Look at base coach</li> <li>Sliding</li> </ul>	<ul style="list-style-type: none"> <li>Stealing base</li> <li>Banana curl run</li> <li>Fly ball tag up</li> <li>Round the base</li> </ul>
<b>PITCHING (position)</b>	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>Accuracy, form</li> <li>Stretch position</li> <li>Push off mound</li> <li>Cover home on passed ball</li> </ul>
<b>CATCHING (position)</b>	N/A	N/A	<ul style="list-style-type: none"> <li>Proper squat position</li> <li>Field short batted balls</li> <li>Cover home</li> <li>Stop thrown balls</li> </ul>	<ul style="list-style-type: none"> <li>Form mechanics</li> <li>Throws to bases</li> <li>Recover passed ball</li> <li>Block pitches</li> <li>Framing</li> <li>Run backs</li> </ul>
<b>THE BASICS</b>	<ul style="list-style-type: none"> <li>Which direction to run</li> <li>Touch bases</li> <li>Understand field</li> </ul>	<ul style="list-style-type: none"> <li>Score runs</li> <li>Safe v. Out</li> </ul>	<ul style="list-style-type: none"> <li>Force out v. Put out</li> <li>Pitch counts</li> </ul>	<ul style="list-style-type: none"> <li>Situational plays</li> <li>Know outs, counts</li> </ul>

© 2021 Oaklandon Youth Organization – proprietary and confidential

## PLAYER DEVELOPMENT PROGRESSION

At OYO, we are committed to working with our coaches to provide continuous leadership, coaching and encouragement while developing each and every ballplayer in our rec league program. Explore below how OYO coaches will maximize your ballplayer's skill development in each of the following critical areas of the game at each level.




SOFTBALL	8U	10U	12U	14U/16U
<b>THROWING</b>	<ul style="list-style-type: none"> <li>Momentum toward target</li> <li>Follow through</li> <li>Harder throws</li> </ul>	<ul style="list-style-type: none"> <li>Underhand toss for close plays</li> <li>Not holding ball</li> </ul>	<ul style="list-style-type: none"> <li>Call for cut off</li> <li>Crow hop throws</li> <li>Quick release throw from glove</li> </ul>	<ul style="list-style-type: none"> <li>Long-toss throws with momentum for distance</li> </ul>
<b>FIELDING</b>	<ul style="list-style-type: none"> <li>Cover bases</li> <li>Charge the ball</li> <li>Two-hand catches</li> <li>Shuffling feet</li> <li>Get ball to infield</li> </ul>	<ul style="list-style-type: none"> <li>Cut-offs</li> <li>Fly ball form, step back</li> <li>Backhand catch</li> <li>Back-up plays</li> </ul>	<ul style="list-style-type: none"> <li>Field bunt, steal</li> <li>Infield fly</li> <li>Turn double play</li> <li>Execute rundown</li> </ul>	<ul style="list-style-type: none"> <li>Crossover</li> <li>Drop-step</li> <li>Infield communication</li> </ul>
<b>HITTING</b>	<ul style="list-style-type: none"> <li>Pitch selection</li> <li>Knuckles lined up</li> <li>Swing loaded up</li> <li>Back foot planted, step forward</li> </ul>	<ul style="list-style-type: none"> <li>Ball-Strike, count</li> <li>Stance/position</li> <li>Bunting</li> <li>Avoid getting hit</li> </ul>	<ul style="list-style-type: none"> <li>Complete swing execution</li> <li>Power hitting</li> <li>Contact hitting</li> </ul>	<ul style="list-style-type: none"> <li>Situational hitting</li> <li>Two-strike count options</li> <li>Bunt types</li> </ul>
<b>BASERUNNING</b>	<ul style="list-style-type: none"> <li>Proper decisions for batted balls</li> <li>Multiple bases</li> <li>Look at base coach</li> <li>Sliding</li> </ul>	<ul style="list-style-type: none"> <li>Stealing base</li> <li>Banana curl run</li> <li>Fly ball tag up</li> <li>Round the base</li> </ul>	<ul style="list-style-type: none"> <li>Coach signals</li> <li>Release from the base</li> <li>Tag-ups</li> <li>React to batted balls</li> </ul>	<ul style="list-style-type: none"> <li>Steal breaks</li> <li>Delayed steals</li> <li>1B-3B situations</li> </ul>
<b>PITCHING (position)</b>	N/A	<ul style="list-style-type: none"> <li>Accuracy, form</li> <li>Push off mound</li> <li>Covering home on passed ball</li> </ul>	<ul style="list-style-type: none"> <li>Pitching motions</li> <li>Pick-off form</li> <li>Illegal pitch understanding</li> <li>Accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Different pitch types</li> <li>Accept signals</li> </ul>
<b>CATCHING (position)</b>	<ul style="list-style-type: none"> <li>Proper squat position</li> <li>Field short batted balls</li> <li>Cover home</li> <li>Stop thrown balls</li> </ul>	<ul style="list-style-type: none"> <li>Form mechanics</li> <li>Throws to bases</li> <li>Recover passed ball</li> <li>Block pitches</li> <li>Framing</li> <li>Run backs</li> </ul>	<ul style="list-style-type: none"> <li>Block pitches</li> <li>Position for defensive plays</li> <li>Field bunts</li> <li>Dropped 3rd strike</li> </ul>	<ul style="list-style-type: none"> <li>Issue pitcher signals</li> <li>Coach the defense</li> <li>Elevated squat</li> </ul>
<b>THE BASICS</b>	<ul style="list-style-type: none"> <li>Force out v. Put out</li> <li>Pitch counts</li> </ul>	<ul style="list-style-type: none"> <li>Situational plays</li> <li>Know outs, counts</li> </ul>	<ul style="list-style-type: none"> <li>Communicate with teammates</li> <li>Make plays without coach help</li> </ul>	<ul style="list-style-type: none"> <li>Players manage independent game situations</li> </ul>

© 2021 Oaklandon Youth Organization – proprietary and confidential



# THE KEYS TO BEING A GREAT REC COACH

# PRACTICE PLANS & DRILLS AVAILABLE

10U	DRILL 1	DRILL 2	DRILL 3	DRILL 4			
<b>BASERUNNING</b>	<b>STEALING BASE</b> Teach player proper sprint position from the base and best launch position footwork to explode off the base with acceleration when stealing a base upon the pitcher's release of the ball. This drill includes the player watching the pitcher intently to notice the release and begin the steal.	<b>BANANA CURL RUN</b> Line up players at home plate and teach them the art of beginning a curl before they reach 1B to shorten the number of steps needed to reach 2B. This includes lowering the shoulder, making a tight turn at 1B, stepping the bag with their right foot and running hard and straight to 2B.	<b>FLY BALL TAG UP</b> Place runners at 1B and 3B with appropriate base coaches. Parent volunteers are in the outfield and in the infield. Coach throws/hits a fly ball to the outfield and runners either	<b>ROUND THE BASE</b> Place runners at Home and 2B and let them run the base to follow coach instructions on whether to stop, round the base or proceed to next base. The players understand their			
<b>PITCHING (position)</b>	<b>FORM</b> Working with players individually, teach each player the step-back rule, hands-together-once rule, and proper form for pitching. Effective pitching involves square-stride-finish criteria, including squaring the body, striding out and finishing strong with the arm, including an effective release point.	<b>ACCURACY</b> Help players build pitching confidence by pitching at distances of 15', 20' and 35'. Once a player is warmed up and able to successfully pitch three strikes in a row, encourage them to back up 5' and continue again. The progressive distancing helps build control and confidence.	<div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> <h2 style="margin: 0;">10U SOFTBALL   PRACTICE PLAN DRILLS</h2> <p style="margin: 0;">These drills can be used interchangeably to help provide quality instruction and positive practice experiences for players. Each drill can run approximately 20-30 minutes and 4-5 drills can be combined to develop a robust practice plan that can involve stations to teach specific skills as outlined in the Player Development Progression framework.</p> </div> 				
<b>CATCHING (position)</b>	<b>FORM MECHANICS   FRAMING</b> Teach the catcher proper positioning, including directly behind the plate, hand behind the back, squat low enough for umpire to see the pitch and re-positioning the glove on a close pitch to help aid the pitcher earn the benefit of a close call.	<b>BLOCK PITCHES   RUN BACKS</b> Using either softballs or tennis balls, catcher drops to her knees and let the ball bounce forward off chest protector to keep runners from advancing to the next base or scoring on a passed ball. This also includes slow walk back of the runner to 3B while still protecting the plate.					
<b>THE BASICS</b>	<b>SITUATIONAL PLAYS</b> Great way to get everyone involved. Work on baserunning, fielding and decision making simultaneously. Place base coaches by bases and defensive coaches in field with one coach hitting balls and players fielding and running. Conduct a "simulated" game.	<b>KNOW OUTS</b> During simulated game in the situational play drill, make it fun by awarding points for players who can answer how many outs there are. The first player to indicate where the ball will go with the ball if hit to them, keeps players engaged in drill.	<b>THROWING</b>	<b>DRILL 1</b> <b>UNDERHAND TOSS FOR CLOSE PLAYS</b> Place half of players at 2B fielding position and SS fielding position. Each player at SS has a softball in hand. The player at 2B runs toward the base and SS tosses the ball to the covering player. The players switch sides after the toss and catch. This can be done with or without their gloves.	<b>DRILL 2</b> <b>NOT HOLDING THE BALL</b> Place players evenly in CF or LF. And also place one player each at 2B (base), SS or 3B (base). Coach throws or hits a ball to outfielder or in the gap for CF or LF to field. SS then calls either 2B or 3B and the fielder throws the ball quickly to the designated location.	<b>DRILL 3</b> <b>SHOULDER SQUARE THROWS</b> Each ballplayer places their bat in front of their feet while playing catch. The fielder catches the ball from teammate or coach and then turns body so feet are on both sides of the bat and their arm is back and elbow is even with the shoulder. Then player returns the throw from the position.	<b>DRILL 4</b> <b>RELAY THROWS</b> Players line up in a straight line all facing the same direction. Ball begins at one end and throws to each cut off. Players catch the ball with two hands, turn toward glove side and quickly and accurately throw the ball to the next cut-off player in line. The ball comes back from opposite direction.
			<b>FIELDING</b>	<b>DRILL 1</b> <b>CUT-OFFS</b> Players line up in a straight line all facing the same direction. Ball begins at one end and throws to each cut off. Players catch the ball with two hands, turn toward glove side and quickly and accurately throw the ball to the next cut-off player in line. The ball comes back from opposite direction.	<b>DRILL 2</b> <b>FLY BALL FORM, STEP BACK</b> Players begin in an outfielder's position of a 45-degree angle. The coach hits or tosses a fly ball. Players take first two steps back, gauges the trajectory of the ball and either continues backward or charges the ball while preparing to catch the fly ball over their head with two hands.	<b>DRILL 3</b> <b>BACKHAND CATCH</b> Players line up in multiple lines to match the number of coaches able to execute the drill. Coach throws the ball to player so a backhand catch is required. Player executes a crossover step, turns their body and positions glove for an effective backhand catch and tosses ball back to coach.	<b>DRILL 4</b> <b>BACK-UP PLAYS</b> Set up players in RF and LF to back up throws to 1B and 3B, respectively. Coach hits ground balls to either 2B or SS and the fielder throws the ball across the field to the base and the outfielder is positioned at the correct angle behind 1B or 3B to field any overthrows that may occur.
			<b>HITTING</b>	<b>DRILL 1</b> <b>BALL-STRIKE COUNT</b> Hitters are in the cage or batter's box on the field and receive batting practice. Each set of pitches reflect a batter's experience with 4 balls, 3 strikes or a hit for an effective at bat. This enables the batter to understand pitch count and what steps to take to hit aggressively vs. protect the plate.	<b>DRILL 2</b> <b>STANCE/POSITION</b> All batter's stance in the box is custom for each and every player. However, position in the box can be influenced by the speed of the pitcher. Coach should provide varying speeds of pitches and help batter understand whether they should be in the front, center or back of the box.	<b>DRILL 3</b> <b>BUNTING</b> Teaching the pivot bunting form, the batter should aim for angling the bat at a 45-degree angle, and tapping the ball toward the 1B or 3B line by angling the bat accordingly. Based on this skill, the coach should place pylons approx. 25 feet from home for players to target for a successful bunt.	<b>DRILL 4</b> <b>AVOID GETTING HIT</b> Using tennis balls, wiffle balls or even rolled socks, players should take their position in the batter's box and learn to step away from an inside pitch and, if not feasible, then to turn away from an inside pitch so a pitch may hit them in the back as opposed to their torso.

© 2021 Oaklandon Youth Organization – proprietary and confidential

© 2021 Oaklandon Youth Organization – proprietary and confidential



# COACHES' CLINICS | EARLY AUGUST



**8U SOFTBALL | 10U SOFTBALL  
12U SOFTBALL | 14U/16U SOFTBALL  
WEDNESDAY, AUGUST 2 | 7 P.M. | OYO**



**TEE BALL | JUNIOR ROOKIE | ROOKIE  
MINOR | SUPER MAJOR | JUNIOR BASEBALL  
TBA | 7 P.M. | OYO**

# ROSTERS & SCHEDULING

**TONIGHT | JULY 27, 2023**

League meetings to review player rankings, team selection process

**FRIDAY | JULY 28, 2023**

Number of Teams Finalized | Team Names and Coaches Assigned in LeagueApps

**SUNDAY | JULY 30, 2023**

Final team assignments established in LeagueApps | Sponsor connections cross-referenced

**MONDAY | JULY 31, 2023**

Teams released to all families and coaches via LeagueApps

**WEDNESDAY | AUGUST 2, 2023**

Coaches Communicate with Teams

**SUNDAY | AUGUST 6, 2023**

Equipment Pick-up | Practices Begin



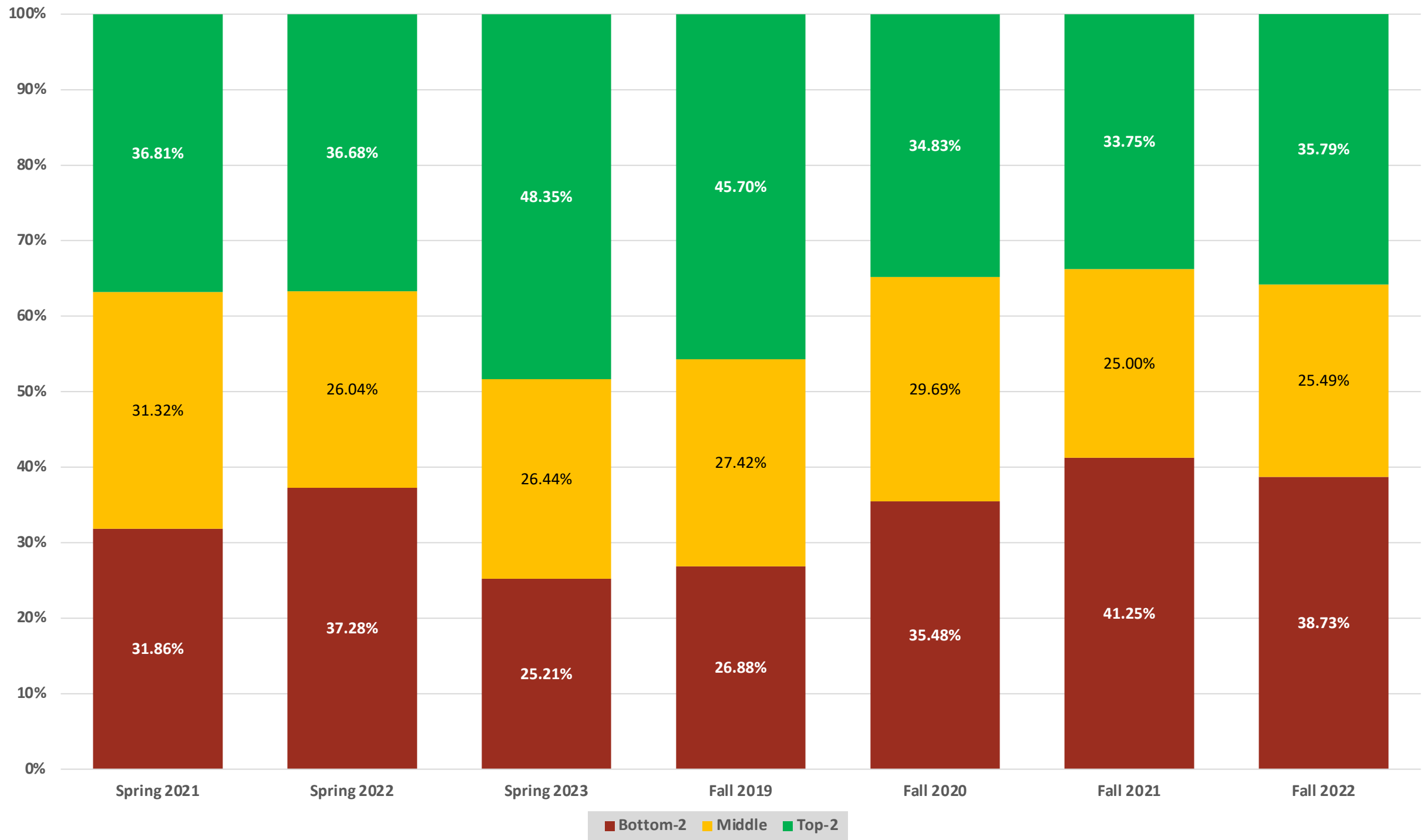
# BACKGROUND CHECKS

- Criminal checks completed on all head coaches
  - ✓ Assistant coaches need not apply
- Complete online
- No Fee | OYO will cover all expenses
- Access online registration at [oyoball.org/background-checks](https://oyoball.org/background-checks)
- For more information, contact:
  - ✓ Mario Covarrubias at [mcover3@gmail.com](mailto:mcover3@gmail.com)



# TEAM BALANCE PRIORITIES

# TEAM BALANCE | STILL A FOCAL POINT



# IMPROVING QUALITY OF PLAYER INSTRUCTION

## PLAYER DEVELOPMENT PROGRESSION

At OYO, we are committed to working with our coaches to provide continuous leadership, coaching and encouragement while developing each and every ballplayer in our rec league program. Explore below how OYO coaches will maximize your ballplayer's skill development in each of the following critical areas of the game at each level.



BASEBALL	TB	JRO	RB	MB	SM	JBB/SBB
<b>THROWING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Grip of ball</li> <li><input type="checkbox"/> Shoulder to target</li> <li><input type="checkbox"/> Make a "T"</li> <li><input type="checkbox"/> Throwing hand v. glove hand</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Step and throw</li> <li><input type="checkbox"/> Thumb to thigh, palm to sky, circular motion</li> <li><input type="checkbox"/> Opposites (foot/hand)</li> <li><input type="checkbox"/> Hit a target</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 4-seam grip</li> <li><input type="checkbox"/> Momentum toward target</li> <li><input type="checkbox"/> Follow through</li> <li><input type="checkbox"/> Harder throws</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Underhand toss for close plays</li> <li><input type="checkbox"/> Not holding ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Call for cut off</li> <li><input type="checkbox"/> Crow hop throws</li> <li><input type="checkbox"/> Quick release throw from glove</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Long-toss throws with momentum for distance</li> </ul>
<b>FIELDING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Field/receive ball with glove</li> <li><input type="checkbox"/> Glove out, butt down</li> <li><input type="checkbox"/> Down and ready</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Walk into stance</li> <li><input type="checkbox"/> Fingers up, down</li> <li><input type="checkbox"/> Alligator hands</li> <li><input type="checkbox"/> Learn to play a position</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cover bases</li> <li><input type="checkbox"/> Charge the ball</li> <li><input type="checkbox"/> Two-hand catches</li> <li><input type="checkbox"/> Shuffling feet</li> <li><input type="checkbox"/> Get ball to infield</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cut-offs</li> <li><input type="checkbox"/> Fly ball form, step back</li> <li><input type="checkbox"/> Backhand catch</li> <li><input type="checkbox"/> Back-up plays</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Field bunt, steal</li> <li><input type="checkbox"/> Infield fly</li> <li><input type="checkbox"/> Turn double play</li> <li><input type="checkbox"/> Execute rundown</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Crossover</li> <li><input type="checkbox"/> Drop-step</li> <li><input type="checkbox"/> Infield communication</li> </ul>
<b>HITTING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hand position on bat, basic stance</li> <li><input type="checkbox"/> Feet spacing</li> <li><input type="checkbox"/> Contact with ball, not tee</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hand-eye coordination</li> <li><input type="checkbox"/> Finish level swing</li> <li><input type="checkbox"/> Proper bat grip</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pitch selection</li> <li><input type="checkbox"/> Knuckles lined up</li> <li><input type="checkbox"/> Swing loaded up</li> <li><input type="checkbox"/> Back foot planted, step forward</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ball-Strike, count</li> <li><input type="checkbox"/> Stance/position</li> <li><input type="checkbox"/> Bunting</li> <li><input type="checkbox"/> Avoid getting hit</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete swing execution</li> <li><input type="checkbox"/> Power hitting</li> <li><input type="checkbox"/> Contact hitting</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Situational hitting</li> <li><input type="checkbox"/> Two-strike count options</li> <li><input type="checkbox"/> Bunt types</li> </ul>
<b>BASERUNNING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> How to run after ball is hit</li> <li><input type="checkbox"/> Know when to run to next base</li> <li><input type="checkbox"/> Order of the bases</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Run through 1B</li> <li><input type="checkbox"/> Follow coach instructions</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Proper decisions for batted balls</li> <li><input type="checkbox"/> Multiple bases</li> <li><input type="checkbox"/> Look at base coach</li> <li><input type="checkbox"/> Sliding</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stealing base</li> <li><input type="checkbox"/> Banana curl run</li> <li><input type="checkbox"/> Fly ball tag up</li> <li><input type="checkbox"/> Round the base</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Coach signals</li> <li><input type="checkbox"/> Leadoffs</li> <li><input type="checkbox"/> React to batted balls</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Steal breaks</li> <li><input type="checkbox"/> Delayed steals</li> <li><input type="checkbox"/> 1B-3B situations</li> </ul>
<b>PITCHING (position)</b>	N/A	N/A	N/A	<ul style="list-style-type: none"> <li><input type="checkbox"/> Accuracy, form</li> <li><input type="checkbox"/> Stretch position</li> <li><input type="checkbox"/> Push off mound</li> <li><input type="checkbox"/> Cover home on passed ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pitching motions</li> <li><input type="checkbox"/> Pick-off form</li> <li><input type="checkbox"/> Balk understanding</li> <li><input type="checkbox"/> Accuracy</li> <li><input type="checkbox"/> Covering 1B</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Different pitch types</li> <li><input type="checkbox"/> Accept signals</li> </ul>
<b>CATCHING (position)</b>	N/A	N/A	<ul style="list-style-type: none"> <li><input type="checkbox"/> Proper squat position</li> <li><input type="checkbox"/> Field short batted balls</li> <li><input type="checkbox"/> Cover home</li> <li><input type="checkbox"/> Stop thrown balls</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Form mechanics</li> <li><input type="checkbox"/> Throws to bases</li> <li><input type="checkbox"/> Recover passed ball</li> <li><input type="checkbox"/> Block pitches</li> <li><input type="checkbox"/> Framing</li> <li><input type="checkbox"/> Run backs</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Position for defensive plays</li> <li><input type="checkbox"/> Field bunts</li> <li><input type="checkbox"/> Dropped 3rd strike</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Issue pitcher signals</li> <li><input type="checkbox"/> Coach the defense</li> <li><input type="checkbox"/> Elevated squat</li> </ul>
<b>THE BASICS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Which direction to run</li> <li><input type="checkbox"/> Touch bases</li> <li><input type="checkbox"/> Understand field</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Score runs</li> <li><input type="checkbox"/> Safe v. Out</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Force out v. Put out</li> <li><input type="checkbox"/> Pitch counts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Situational plays</li> <li><input type="checkbox"/> Know outs, counts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Communicate with teammates</li> <li><input type="checkbox"/> Make plays without coach help</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Players manage independent game situations</li> </ul>

© 2021 Oaklandon Youth Organization – proprietary and confidential



# IMPROVING QUALITY OF PLAYER INSTRUCTION

## PLAYER DEVELOPMENT PROGRESSION


At OYO, we are committed to working with our coaches to provide continuous leadership, coaching and encouragement while developing each and every ballplayer in our rec league program. Explore below how OYO coaches will maximize your ballplayer's skill development in each of the following critical areas of the game at each level.



SOFTBALL	8U	10U	12U	14U/16U
<b>THROWING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Momentum toward target</li> <li><input type="checkbox"/> Follow through</li> <li><input type="checkbox"/> Harder throws</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Underhand toss for close plays</li> <li><input type="checkbox"/> Not holding ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Call for cut off</li> <li><input type="checkbox"/> Crow hop throws</li> <li><input type="checkbox"/> Quick release throw from glove</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Long-toss throws with momentum for distance</li> </ul>
<b>FIELDING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cover bases</li> <li><input type="checkbox"/> Charge the ball</li> <li><input type="checkbox"/> Two-hand catches</li> <li><input type="checkbox"/> Shuffling feet</li> <li><input type="checkbox"/> Get ball to infield</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cut-offs</li> <li><input type="checkbox"/> Fly ball form, step back</li> <li><input type="checkbox"/> Backhand catch</li> <li><input type="checkbox"/> Back-up plays</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Field bunt, steal</li> <li><input type="checkbox"/> Infield fly</li> <li><input type="checkbox"/> Turn double play</li> <li><input type="checkbox"/> Execute rundown</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Crossover</li> <li><input type="checkbox"/> Drop-step</li> <li><input type="checkbox"/> Infield communication</li> </ul>
<b>HITTING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pitch selection</li> <li><input type="checkbox"/> Knuckles lined up</li> <li><input type="checkbox"/> Swing loaded up</li> <li><input type="checkbox"/> Back foot planted, step forward</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ball-Strike, count</li> <li><input type="checkbox"/> Stance/position</li> <li><input type="checkbox"/> Bunting</li> <li><input type="checkbox"/> Avoid getting hit</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete swing execution</li> <li><input type="checkbox"/> Power hitting</li> <li><input type="checkbox"/> Contact hitting</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Situational hitting</li> <li><input type="checkbox"/> Two-strike count options</li> <li><input type="checkbox"/> Bunt types</li> </ul>
<b>BASERUNNING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Proper decisions for batted balls</li> <li><input type="checkbox"/> Multiple bases</li> <li><input type="checkbox"/> Look at base coach</li> <li><input type="checkbox"/> Sliding</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stealing base</li> <li><input type="checkbox"/> Banana curl run</li> <li><input type="checkbox"/> Fly ball tag up</li> <li><input type="checkbox"/> Round the base</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Coach signals</li> <li><input type="checkbox"/> Release from the base</li> <li><input type="checkbox"/> Tag-ups</li> <li><input type="checkbox"/> React to batted balls</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Steal breaks</li> <li><input type="checkbox"/> Delayed steals</li> <li><input type="checkbox"/> 1B-3B situations</li> </ul>
<b>PITCHING (position)</b>	N/A	<ul style="list-style-type: none"> <li><input type="checkbox"/> Accuracy, form</li> <li><input type="checkbox"/> Push off mound</li> <li><input type="checkbox"/> Covering home on passed ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pitching motions</li> <li><input type="checkbox"/> Pick-off form</li> <li><input type="checkbox"/> Illegal pitch understanding</li> <li><input type="checkbox"/> Accuracy</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Different pitch types</li> <li><input type="checkbox"/> Accept signals</li> </ul>
<b>CATCHING (position)</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Proper squat position</li> <li><input type="checkbox"/> Field short batted balls</li> <li><input type="checkbox"/> Cover home</li> <li><input type="checkbox"/> Stop thrown balls</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Form mechanics</li> <li><input type="checkbox"/> Throws to bases</li> <li><input type="checkbox"/> Recover passed ball</li> <li><input type="checkbox"/> Block pitches</li> <li><input type="checkbox"/> Framing</li> <li><input type="checkbox"/> Run backs</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Block pitches</li> <li><input type="checkbox"/> Position for defensive plays</li> <li><input type="checkbox"/> Field bunts</li> <li><input type="checkbox"/> Dropped 3rd strike</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Issue pitcher signals</li> <li><input type="checkbox"/> Coach the defense</li> <li><input type="checkbox"/> Elevated squat</li> </ul>
<b>THE BASICS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Force out v. Put out</li> <li><input type="checkbox"/> Pitch counts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Situational plays</li> <li><input type="checkbox"/> Know outs, counts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Communicate with teammates</li> <li><input type="checkbox"/> Make plays without coach help</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Players manage independent game situations</li> </ul>



# PRACTICE PLAN DRILLS AVAILABLE TO HELP YOU

10U	DRILL 1	DRILL 2	DRILL 3	DRILL 4			
BASERUNNING	<b>STEALING BASE</b> Teach player proper sprint position from the base and best launch position footwork to explode off the base with acceleration when stealing a base upon the pitcher's release of the ball. This drill includes the player watching the pitcher intently to notice the release and begin the steal.	<b>BANANA CURL RUN</b> Line up players at home plate and teach them the art of beginning a curl before they reach 1B to shorten the number of steps needed to reach 2B. This includes lowering the shoulder, making a tight turn at 1B, stepping the bag with their right foot and running hard and straight to 2B.	<b>FLY BALL TAG UP</b> Place runners at 1B and 3B with appropriate base coaches. Parent volunteers are in the outfield and in the infield. Coach throws/hits a fly ball to the outfield and runners either	<b>ROUND THE BASE</b> Place runners at Home and 2B and let them run the base to follow coach instructions on whether to stop, round the base or proceed to next base. The players understand their			
	<b>FORM</b> Working with players individually, teach each player the step-back rule, hands-together-once rule, and proper form for pitching. Effective pitching involves square-stride-finish criteria, including squaring the body, striding out and finishing strong with the arm, including an effective release point.	<b>ACCURACY</b> Help players build pitching confidence by pitching at distances of 15', 20' and 35'. Once a player is warmed up and able to successfully pitch three strikes in a row, encourage them to back up 5' and continue again. The progressive distancing helps build control and confidence.	<div style="text-align: center;"> <h2>10U SOFTBALL   PRACTICE PLAN DRILLS</h2> <p>These drills can be used interchangeably to help provide quality instruction and positive practice experiences for players. Each drill can run approximately 20-30 minutes and 4-5 drills can be combined to develop a robust practice plan that can involve stations to teach specific skills as outlined in the Player Development Progression framework.</p> </div> 				
CATCHING (position)	<b>FORM MECHANICS   FRAMING</b> Teach the catcher proper positioning, including directly behind the plate, hand behind the back, squat low enough for umpire to see the pitch and re-positioning the glove on a close pitch to help aid the pitcher earn the benefit of a close call.	<b>BLOCK PITCHES   RUN BACKS</b> Using either softballs or tennis balls, catcher drops to her knees and let the ball bounce forward off chest protector to keep runners from advancing to the next base or scoring on a passed ball. This also includes slow walk back of the runner to 3B while still protecting the plate.				THROWING	<b>UNDERHAND TOSS FOR CLOSE PLAYS</b> Place half of players at 2B fielding position and SS fielding position. Each player at SS has a softball in hand. The player at 2B runs toward the base and SS tosses the ball to the covering player. The players switch sides after the toss and catch. This can be done with or without their gloves.
	THE BASICS	<b>SITUATIONAL PLAYS</b> Great way to get everyone involved. Work on baserunning, fielding and decision making simultaneously. Place base coaches by bases and defensive coaches in field with one coach hitting balls and players fielding and running. Conduct a "simulated" game.	<b>KNOW OUTS</b> During simulated game in the situational play drill, make it fun by awarding points for players who can answer how many outs there are. The first player to indicate where the ball will go with the ball if hit to them, keeps players engaged in drill.	FIELDING	<b>CUT-OFFS</b> Players line up in a straight line all facing the same direction. Ball begins at one end and throws to each cut off. Players catch the ball with two hands, turn toward glove side and quickly and accurately throw the ball to the next cut-off player in line. The ball comes back from opposite direction.		<b>FLY BALL FORM, STEP BACK</b> Players begin in an outfielder's position of a 45-degree angle. The coach hits or tosses a fly ball. Players takes first two steps back, gauges the trajectory of the ball and either continues backward or charges the ball while preparing to catch the fly ball over their head with two hands.
HITTING		<b>BALL-STRIKE COUNT</b> Hitters are in the cage or batter's box on the field and receive batting practice. Each set of pitches reflect a batter's experience with 4 balls, 3 strikes or a hit for an effective at bat. This enables the batter to understand pitch count and what steps to take to hit aggressively vs. protect the plate.	<b>STANCE/POSITION</b> All batter's stance in the box is custom for each and every player. However, position in the box can be influenced by the speed of the pitcher. Coach should provide varying speeds of pitches and help batter understand whether they should be in the front, center or back of the box.		<b>BUNTING</b> Teaching the pivot bunting form, the batter should aim for angling the bat at a 45-degree angle, and tapping the ball toward the 1B or 3B line by angling the bat accordingly. Based on this skill, the coach should place pylons approx. 25 feet from home for players to target for a successful bunt.	<b>AVOID GETTING HIT</b> Using tennis balls, wiffle balls or even rolled socks, players should take their position in the batter's box and learn to step away from an inside pitch and, if not feasible, then to turn away from an inside pitch so a pitch may hit them in the back as opposed to their torso.	

© 2021 Oaklandon Youth Organization – proprietary and confidential

© 2021 Oaklandon Youth Organization – proprietary and confidential





# FIELD MAINTENANCE

# BUILDING BETTER FIELDS THRU MAINTENANCE

## GOAL

Provide a better playing experience through building and maintaining our fields at a higher level

- **SAFETY IS PRIORITY NUMBER 1**
  - Proper field maintenance helps prevent those bad hops and gives a safer sliding experience.
- **THIS IS A TEAM EFFORT**
  - Coming together as a team in this effort will yield great results
  - Includes players, coaches, parents, board members and our grounds crew
- **GET YOUR KIDS INVOLVED**, with adult supervision
- **PROPER FIELD MAINTENANCE** allows us to ...
  - help us prevent the dreaded rainouts.
  - protect the investment we are all making





# BUILDING BETTER FIELDS THRU MAINTENANCE

## GOAL

Provide a better playing experience through building and maintaining our fields at a higher level



# HOW CAN YOU HELP? LOTS OF WAYS!

## GOAL

Provide a better playing experience through building and maintaining our fields at a higher level

- **TAKE 10 MINUTES AT END OF YOUR PRACTICE/GAME**
- **LEAVE YOUR FIELD BETTER THAN YOU FOUND IT**
  - Rakes available in sheds
  - Get ballplayers involved, with adult supervision
- **RAKE FIELDS PROPERLY**
  - In the field of play, rake away from the edges, never towards the edges
    - Raking to the edge creates lips that can create a bad hop and hinder drainage
  - At home plate, rake towards home plate to level the batter's box
- **NEED TO REPORT A FIELD REPAIR REQUEST?**
  - Contact Jeff Sparks or a Grounds Committee Member



# REMEMBER TO PREPARE FIELD ON GAME DAY

## HOME | BEFORE THE GAME

- Lines batter's box using chalker
  - Use two-inch line width
  - Not every game on Saturday needs to be chalked
  - **NEVER** let chalk get into grass when transporting chalker or chalking baseball fields



## VISITORS | AFTER THE GAME

- Rake uneven areas around batter's box, bases, pitcher's area
- Fill in all areas until they are level to prevent standing water



## BOTH TEAMS

- Empty dugout of all possessions, dispose of all trash
- Recommendation: Have team parent create a schedule and identify two non-coach parents to assist before/after each game





# GAME DAY OPERATIONS

# BACKGROUND CHECKS

- Criminal checks completed on all head coaches
  - ✓ Assistant coaches need not apply
- Complete online
- No Fee | OYO will cover all expenses
- Access online registration at [oyoball.org/background-checks](https://oyoball.org/background-checks)
- For more information, contact:
  - ✓ Mario Covarrubias at [mcover3@gmail.com](mailto:mcover3@gmail.com)

# BATTING CAGES | PRACTICES

## RESERVING BATTING CAGES

- OYO offers three batting cages at its facility (Cages A, B, and C)
- Priority given to those who reserve the cage (and/or pitching machines)
- Teams may reserve cages for one hour weekly
- Reservations can be made through the **Scheduling Committee at [oyoschedules@gmail.com](mailto:oyoschedules@gmail.com)**
  - 48 hours notice is requested to guarantee reservation

## PRACTICES

- All outdoor team practices **must** be held at OYO
- Each team will be granted **one Sunday practice** through **August 20**
- Each team will be granted **one weeknight practice** through **October 13**
- Coaches should **never** base any playing time decisions on a player's practice attendance

# RAINOUT POLICY

## RAINOUTS NOT RESCHEDULED

Fall Ball season game schedules may be deceiving because of the “extra games” built in to your schedule. While teams are scheduled for a set number of games, **two weekends** of games should be considered “extra” games to help offset rainouts. The balance of games are a “target goal” but **not** a guarantee.

## RAINOUT POLICY FOR GAMES

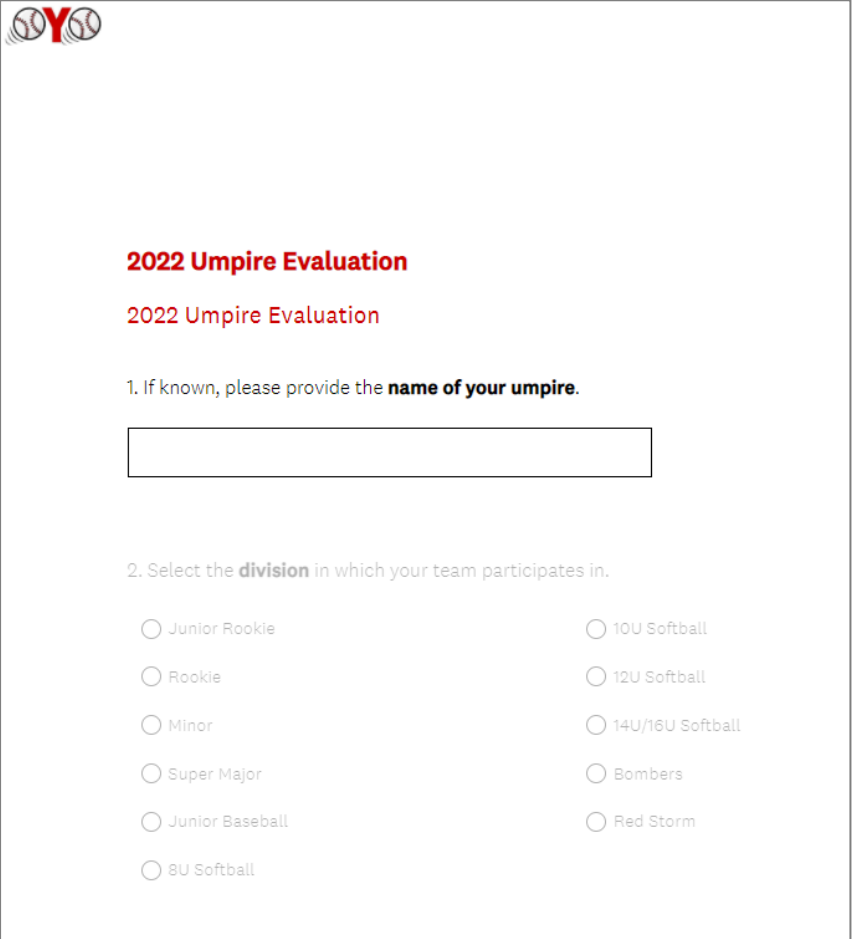
While the coaches have discretion to cancel their team’s practices due to weather, the final decision regarding field usage on game days rests the OYO Board of Directors, specifically the assigned AODs for that Sunday of games.

DIVISION	SCHEDULE	TARGET
Tee Ball	8	6
Junior Rookie	7	5
Rookie	14	10
Minor	14	10
Super Major	14	10
Junior Baseball	14	10
8U Softball	14	10
10U Softball	14	10
12U Softball	14	10
14U/16U Softball	14	10



# UMPIRE FEEDBACK

- **WHO PROVIDES THE FEEDBACK?**
  - Head coach
  - No anonymous feedback
- **WHO RECEIVES THE FEEDBACK?**
  - OYO Umpire Committee
- **WHY ARE HEAD COACHES ASKED TO PROVIDE FEEDBACK ON UMPIRES?**
  - Provide constructive feedback so umpire mentors can help the umpire
  - Identify our top-performing umpires for the postseason
- **HOW CAN FEEDBACK BE SHARED?**
  - Online survey available
  - Survey link will be emailed/texted each Monday and available on website



The screenshot shows a survey form titled "2022 Umpire Evaluation". At the top left is the OYO logo. The title "2022 Umpire Evaluation" is displayed in red. Below the title, the text "2022 Umpire Evaluation" is repeated. The first question is "1. If known, please provide the name of your umpire." followed by a text input field. The second question is "2. Select the division in which your team participates in." followed by a list of radio button options: Junior Rookie, Rookie, Minor, Super Major, Junior Baseball, 8U Softball, 10U Softball, 12U Softball, 14U/16U Softball, Bombers, and Red Storm.

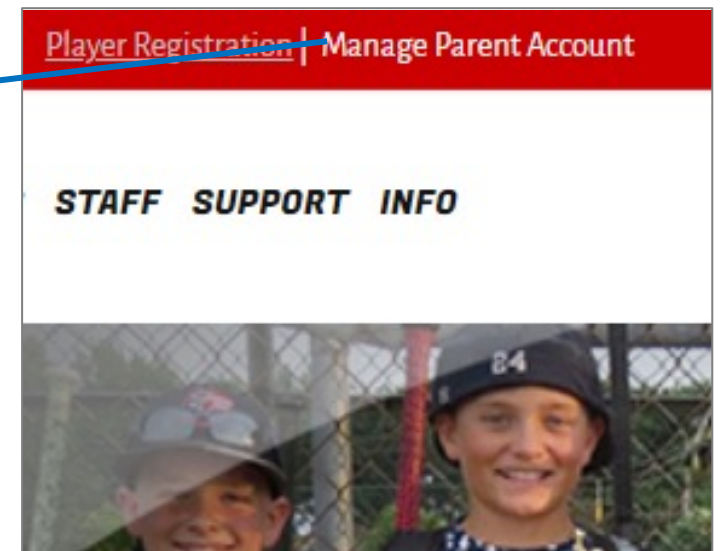




**WRAP-UP**

# TEAM MANAGEMENT THRU LEAGUEAPPS

## 1. VISIT OYOBALL.ORG & SELECT MANAGE PARENT ACCOUNT



# TEAM MANAGEMENT THRU LEAGUEAPPS

## 2. SELECT STAFF ASSIGNMENT FOR SEASON

**Dashboard**  
Welcome back, Michael  
Credit: \$26.00 (Expires Aug 31, 2021)

**My Registered Activities**  
Current Past

PROGRAM	ROLE/TEAM	STATUS	ACTIONS	ALERTS
2021 OYO Umpire Registration Begins Feb 1 '21	Umpire	UNREGISTERED (0.00)	<a href="#">Edit Registration Settings</a>	No pending alerts or invoices.

**My Child's Activities**  
Current Past [Pay Multiple Invoices](#)

PROGRAM	ROLE/TEAM	STATUS	ACTIONS	ALERTS
Registration details for <b>Amelia DeLante</b>				
Winter Workouts 2021 12U 14U 16U Softball Begins Jan 2 '21	Camp	UNREGISTERED (0.00) Paid: \$63.21 Owed: \$0.00	<a href="#">Edit Registration Settings</a>	No pending alerts or invoices.
Registration details for <b>Marianna DeLante</b>				
Spring Season 2021   Player Registration 10U Softball Begins Mar 13 '21	Individual	UNREGISTERED (0.00) Paid: \$0.00 Owed: \$0.00	<a href="#">Edit Registration Settings</a>	No pending alerts or invoices.
Winter Workouts 2021 10U Softball Begins Jan 2 '21	Camp	UNREGISTERED (0.00) Paid: \$0.00 Owed: \$0.00	<a href="#">Edit Registration Settings</a>	No pending alerts or invoices.
Fall Ball 2019   Player Registration 10U Softball Begins Aug 11 '19	10U - Tigers Player View Team Details	UNREGISTERED (0.00) Paid: \$108.50 Owed: \$0.00	<a href="#">Edit Registration Settings</a>	No pending alerts or invoices.

**My Staff Assignments**  
Current Past [Pay Multiple Invoices](#)

PROGRAM	TEAM	ROLE	STATUS	ALERTS
2021 OYO Spring Season Coach Application Begins Jan 1 '21		Rec league coach	<a href="#">Edit Registration Settings</a>	
2021 OYO Rec Travel/All-Star Coach Application Begins Oct 1 '20		Tournament	<a href="#">Edit Registration Settings</a>	
Fall Ball 2019   Player Registration 10U Softball Begins Aug 11 '19	10U - Tigers	Tournament	PRIMARY <a href="#">Edit Registration Settings</a>	

**Recent Announcements** [View](#)  
Nothing to show so far.

### My Staff Assignments

Current Past

[Pay Multiple Invoices](#)

PROGRAM	TEAM	ROLE	STATUS	ALERTS
2021 OYO Spring Season Coach Application Begins Jan 1 '21		Rec league coach	<a href="#">Edit Registration Settings</a>	
2021 OYO Rec Travel/All-Star Coach Application Begins Oct 1 '20		Tournament	<a href="#">Edit Registration Settings</a>	
Fall Ball 2019   Player Registration 10U Softball Begins Aug 11 '19	10U - Tigers	Tournament	PRIMARY <a href="#">Edit Registration Settings</a>	



# TEAM MANAGEMENT THRU LEAGUEAPPS

**3. USE PAGE TO MANAGE TEAM:  
REVIEW SCHEDULE  
VIEW ROSTER  
SEND EMAILS TO TEAM**



HOME



**10U – Tigers**

[edit profile]  
0-0-0  
Go Tigers!

REGISTRATION STATUS

Complete

TEAM PRICE STRUCTURE

Individually assigned and managed invoices.

PAYMENT ACTIVITY

● \$0.00 Paid   ● \$0.00 Invoiced

- Schedule
- Roster
- Messages

PROGRAM

Fall Ball 2019 | Player Registration -  
10U Softball  
Schedule

## Schedule

- List
- Calendar
- Filters

Subscribe to Calendar

Jump to: 10U 2019 Fall Tournament

WEEK 1 SUN, AUG 11 - WED, AUG 14 2019

START DATE  
**SUN, AUG 11 @ 3:00 PM**  
PRACTICE

**Tigers Sunday Practice**  
Location: Veterans Memorial Park Field 7 | Crossroads Eye Care

RSVP

View Event Details

START DATE  
**WED, AUG 14 @ 6:00 PM**  
PRACTICE

**Tigers Weeknight Practice**  
Location: Veterans Memorial Park Field 7 | Crossroads Eye Care

RSVP

View Event Details

WEEK 2 SUN, AUG 18 - FRI, AUG 23 2019

START DATE  
**SUN, AUG 18 @ 3:00 PM**  
PRACTICE

**Tigers Sunday Practice**  
Location: Veterans Memorial Park Field 7 | Crossroads Eye Care

RSVP

View Event Details



# APPENDIX SUMMARY

## SET EXPECTATIONS

- Pre-Season Meeting
- Practice Plans
- Delegation Tips

## SCHEDULE MATTERS

- Batting Cages | Practices
- Game Times | Structure
- Rec Tournament
- Rainout Policy

## FIELD PREP

- Field Maintenance
- Game Day Prep

## UMPIRE UPDATE

- Youth Umpire Program
- Pre-game Meeting
- Feedback

## UPCOMING ACTIVITIES AND ASSESSMENTS

- Equipment Handout
- Team Assignments
- Player Evaluations

## THE MAKING OF A GREAT REC COACH

## PERFECTING THE PERFECT PRACTICE

# QUESTION | DISCUSSION



# DIVISION MEETINGS BEGIN NOW

**Meet with your division commissioner and fellow coaches now.**

**You may depart when your division meeting is complete.**





**PLAY BALL!**

OAKLANDON YOUTH ORGANIZATION  
12150 EAST 62ND STREET  
P.O. Box 36037  
317.767.5170 | OYO WEATHERLINE  
[WWW.OYOBALL.ORG](http://WWW.OYOBALL.ORG)





# APPENDIX

# APPENDIX SUMMARY

## SET EXPECTATIONS

- Pre-Season Meeting
- Practice Plans
- Delegation Tips

## SCHEDULE MATTERS

- Game Times | Structure
- Rec Tournament

## UMPIRE UPDATE

- Youth Umpire Program
- Pre-game Meeting

## UPCOMING ACTIVITIES AND ASSESSMENTS

- Equipment Handout
- Team Assignments
- Player Evaluations

## THE MAKING OF A GREAT REC COACH

## PERFECTING THE PERFECT PRACTICE

# VETERANS MEMORIAL PARK






# SETTING EXPECTATIONS (WITH YOUR TEAM)

# PRE-SEASON MEETING

- Introduction for coaches, players, parents
- Opportunity to recruit more support
- Share your perspective for the season
  - Commitment to team
  - Team goals for season
  - Practice schedules
  - Game schedule info
  - Uniforms
  - Personal equipment
  - Team fees
  - Practice/game support
  - Work Days
  - Contact info/preferences

## Team Information – Reds (RB-03)



	<p><b>Purpose</b></p> <p>To ensure every player on the Reds this spring has a positive experience and further develops the fundamentals of the game while being a great team player</p>																
<p><b>Season Goals</b></p>	<p>There are several key objectives the coaches and I will strive to achieve this season:</p> <ul style="list-style-type: none"> <li>• Have fun (players and parents)</li> <li>• Display good sportsmanship (to opposing teams and umpires)</li> <li>• Practice and play to the best of their ability</li> <li>• Teach the importance of TEAM</li> <li>• Provide quality instruction and skill development to the best of my ability with a lot of help from other coaches and parents</li> <li>• Welcome feedback and insights from parents</li> </ul>																
<p><b>My Commitment to Players and Parents</b></p>	<p>As a coach, I've always believed in safety first with players on my team. With that consideration in mind, I also believe in giving every player to play as many positions as possible. So during the season, players will play as many positions as possible. Everyone will play catcher at least once. In the batting line-up, every player will be a leadoff hitter for one game and every player will be placed as the last batter once.</p> <p>During the tournament, we will continue to move players around but on a more limited scale. We will provide the team the best opportunity to play at its best level and be competitive.</p>																
<p><b>Practice Schedules</b></p>	<p><b>Standing Practices</b></p> <table border="0"> <tr> <td>Wednesdays (thru April 29)</td> <td>Saturdays (thru April 11)</td> </tr> <tr> <td>6-7:30 p.m.</td> <td>1-2:45 p.m.</td> </tr> <tr> <td>Field 9</td> <td>Field 9</td> </tr> </table> <p><b>Indoor practice opportunities from OYO: Attendance at these practices is optional.</b> Due to limited availability at each location, these are the times that were available that did not conflict with our Wednesday night practices.</p> <table border="0"> <tr> <td><b>SANDLOT</b></td> <td><b>SPORTS OF ALL SORTS</b></td> </tr> <tr> <td>9220 Harrison Park Court</td> <td>6002 Sunnyside Road</td> </tr> <tr> <td>377.1406</td> <td>823.9555</td> </tr> <tr> <td>Tuesday, March 24</td> <td>Thursday, April 9</td> </tr> <tr> <td>6-7 p.m.</td> <td>6-7 p.m.</td> </tr> </table> <p><b>Batting Practices</b></p> <ul style="list-style-type: none"> <li>• We will receive one scheduled, official batting practice for early May.</li> <li>• As the coaches' schedules permit, we will conduct additional batting practices at OYO during the month of May and early June.</li> <li>• As cage space permits, we may schedule an optional batting practice before most Saturday games.</li> </ul>	Wednesdays (thru April 29)	Saturdays (thru April 11)	6-7:30 p.m.	1-2:45 p.m.	Field 9	Field 9	<b>SANDLOT</b>	<b>SPORTS OF ALL SORTS</b>	9220 Harrison Park Court	6002 Sunnyside Road	377.1406	823.9555	Tuesday, March 24	Thursday, April 9	6-7 p.m.	6-7 p.m.
Wednesdays (thru April 29)	Saturdays (thru April 11)																
6-7:30 p.m.	1-2:45 p.m.																
Field 9	Field 9																
<b>SANDLOT</b>	<b>SPORTS OF ALL SORTS</b>																
9220 Harrison Park Court	6002 Sunnyside Road																
377.1406	823.9555																
Tuesday, March 24	Thursday, April 9																
6-7 p.m.	6-7 p.m.																

- 886 -



# DEVELOP AND POST PRACTICE PLANS

- Secure as many parents as possible to assist with practices
- Break kids into small groups, mix up groups from practice to practice
- Mix-up the practice stations
  - Fielding
  - Throwing
  - Hitting
  - Running
  - Pitching/Catching
- Roam stations, encourage players
- Quality of reps over quantity
- Bring team together for collective end-of-practice activity



RB03 - REDS  
 MARCH 23, 2009/1-2:45 P.M.  
 FIELD 9  
 PRACTICE SCHEDULE

1-1:10 p.m.	Stretching & Opening Jog																																				
1:10-1:15 p.m.	Practice Plan Overview																																				
1:15-2:15 p.m.	<p><b>Hitting Fundamentals Stations</b></p> <table border="1"> <thead> <tr> <th>Station</th> <th>Process</th> <th>Coach</th> </tr> </thead> <tbody> <tr> <td>1 - Live Hitting in Cage</td> <td>10 pitches to each player in group, then rotate work toward "at bat" experience</td> <td>Brian</td> </tr> <tr> <td>2 - Tee work</td> <td>Interchange between waffle balls and baseball</td> <td>Todd</td> </tr> <tr> <td>3 - Soft Toss</td> <td>Interchange between tossing from side and back</td> <td>Jon</td> </tr> <tr> <td>4 - Fielding fundamentals w/ glove paddle</td> <td>Roll 6-8 balls to corners</td> <td>Rob</td> </tr> <tr> <td>5 - Throwing Fundamentals</td> <td>Soft flips to equal-opposites</td> <td>Michael</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th>Start at Station</th> <th>Player 1</th> <th>Player 2</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Zach Lane</td> <td>Will Spear</td> </tr> <tr> <td>2</td> <td>Anthony DeSanto</td> <td>Mason Montgomery</td> </tr> <tr> <td>3</td> <td>Hunter Ekremberry</td> <td>Scott Lehman</td> </tr> <tr> <td>4</td> <td>Cameron Walker</td> <td>Scott Hart</td> </tr> <tr> <td>5</td> <td>Logan Angelopoulos</td> <td>Hunter Davis</td> </tr> </tbody> </table> <p><u>Structure:</u></p> <ul style="list-style-type: none"> <li>- Hitting: Each player takes 6-8 swings and then rotates w/ other player in group</li> <li>- Fielding: Alternate ground balls and throws to ensure player is in proper stance</li> <li>- In-station rotating continues for 10 minutes, then players move to next station</li> <li>- All players advance to next station until all 5 or 6 are completed.</li> </ul>	Station	Process	Coach	1 - Live Hitting in Cage	10 pitches to each player in group, then rotate work toward "at bat" experience	Brian	2 - Tee work	Interchange between waffle balls and baseball	Todd	3 - Soft Toss	Interchange between tossing from side and back	Jon	4 - Fielding fundamentals w/ glove paddle	Roll 6-8 balls to corners	Rob	5 - Throwing Fundamentals	Soft flips to equal-opposites	Michael	Start at Station	Player 1	Player 2	1	Zach Lane	Will Spear	2	Anthony DeSanto	Mason Montgomery	3	Hunter Ekremberry	Scott Lehman	4	Cameron Walker	Scott Hart	5	Logan Angelopoulos	Hunter Davis
Station	Process	Coach																																			
1 - Live Hitting in Cage	10 pitches to each player in group, then rotate work toward "at bat" experience	Brian																																			
2 - Tee work	Interchange between waffle balls and baseball	Todd																																			
3 - Soft Toss	Interchange between tossing from side and back	Jon																																			
4 - Fielding fundamentals w/ glove paddle	Roll 6-8 balls to corners	Rob																																			
5 - Throwing Fundamentals	Soft flips to equal-opposites	Michael																																			
Start at Station	Player 1	Player 2																																			
1	Zach Lane	Will Spear																																			
2	Anthony DeSanto	Mason Montgomery																																			
3	Hunter Ekremberry	Scott Lehman																																			
4	Cameron Walker	Scott Hart																																			
5	Logan Angelopoulos	Hunter Davis																																			
2:30-2:45 p.m.	<p><b>Base Running Drills</b></p> <ul style="list-style-type: none"> <li>- Running out a hit through first base (2x)</li> <li>- Rounding first - with a banana curl - and listening to coach (1x)</li> <li>- From first to second (or third) taking coach's signals (2x)</li> </ul>																																				
2:15-2:30 p.m.	<p><b>Fielding Drill</b></p> <ul style="list-style-type: none"> <li>- Lines formed at SS and 2B, Balls hit from home plate</li> <li>- Players field and drop in bucket at 2nd base - hit two balls max and then rotate</li> </ul>																																				
2:45-2:50 p.m.	<ul style="list-style-type: none"> <li>- Wrap-up</li> <li>- Announce next</li> <li>- Player Homework</li> <li>- Team Spirit</li> </ul>																																				



# DELEGATE TO IMPROVE OVERALL EXPERIENCE

## The Head Coach should...

- Own the team's equipment
- Meet with players
- Manage Code of Conduct signatures
- Develop practice plans
- Develop game line-ups and fielding assignments
- Participate in pre-game meeting with umpire
- Manage the crowd, as needed
- Complete player evaluation card

## • Assistant Coaches

- Run stations
- Coach bases
- Coordinate pre-game routines
- Handle the scorebook duties

## • Team Parent(s)

- Try to find two parents to share duties
- Opening Day and Picture Day activities
- Dugout management
- Team treat tickets
- End-of-season party, gathering

## • All parents on team

- Pre-/post-game field prep work
- Ensure team follows Code of Conduct



# SCHEDULE MATTERS



# 2023 GAME SCHEDULE STRUCTURE

- **GAMES SCHEDULED ON SUNDAYS ONLY**

- No open date reserved for rainouts
- No make-up for rainouts
- Goal is 10 games per team
- Game times are:
  - **9:00 a.m.**
  - **11:00 a.m.**
  - **1:00 p.m.**
  - **3:15 p.m.**
  - **5:15 p.m.**
  - **7:15 p.m. (lighted fields only)**

- **KEY DATES**

- **August 27** | Opening Day
- **September 3** | Labor Day Games
- **September 10** | Team Photo Day
- **October 8** | End of Regular Season
- **October 15** | Tournament
- **October 15** | Tee Ball Games

- **GAME STRUCTURE**

- All divisions play two games on Sundays
- Does **not** apply to Tee Ball or Junior Rookie (just one game on Sundays)

# OYO REC LEAGUE TOURNAMENT

- **END-OF-SEASON TOURNAMENT IS SUNDAY, OCTOBER 15**
  - Tournament Drawing will be a random draw through LeagueApps
  - Tournament Schedule (dates/times) posted on **Monday, September 25**
  - **Tee Ball** does not have a league tournament but will play a game on October 15
  - Game times are different than regular season and will be:
    - **10:00 a.m.**
    - **12:15 p.m.**
    - **2:30 p.m.**
    - **4:45 p.m.**
    - **7:00 p.m. (JBB only)**
  
- **TOURNAMENT RAIN DATE**
  - Rain date for tournament is Saturday, October 22 and Sunday, October 23



# UMPIRE UPDATE

# OYO YOUTH UMPIRE PROGRAM

## OYO YOUTH AND ADULT UMPIRES

- Other leagues have coaches umpire games
- OYO operates a youth and adult Umpire Training Program
- Kids start umpiring at age 11
- Umpire Training:
  - Rules Clinic
    - 50 question test
    - Test review
    - Mechanics clinic and scrimmage games
    - On-field instruction
- Umpires are learning just like the players are



# OYO YOUTH UMPIRE PROGRAM

- The umpire is in charge, regardless of his/her age
- Give the umpires the same kind of respect you want them to give you
- Coaches and fans do not change the calls an umpire has made
- **BE A POSITIVE EXAMPLE TO THE YOUNG BALLPLAYERS AND YOUNG INDIVIDUALS AROUND YOU**



# PRE-GAME MEETINGS

- Pre-game meetings to occur 5-10 minutes before game time
- Coaches should be available to participate in meeting
- Umpire should provide an evaluation card to each coach
- Umpire keeps clock on field
- One minute or five warm-up pitches between innings
- “What is your strike zone, blue?”

**Commissioners will cover division-specific rules  
at your division meetings following this orientation**

# SAFE OR OUT?





# UPCOMING ACTIVITIES AND ASSESSMENTS



# PLAYER EVALUATIONS

- **Who completes evaluations? (available starting September 26)**
  - Done completely within LeagueApps – no paper forms
  - Head Coach with input from assistant coaches
  - Evaluations are due **Sunday, October 9, 2022**
  - All feedback will remain confidential
- **What criteria will players be evaluated on?**
  - Batting, Fielding, Throwing, Base running
  - Pitching, Catching (in applicable leagues)
  - Game Knowledge, Sportsmanship
- **Who enters and reviews data?**
  - League commissioner
  - Data is reviewed by coaches during the next season the player registers to determine proper round assignment for player in team selection process
  - Data never shared with players, families

**Penalty for non-compliance**

Coach may be required to serve a penalty up to and including a one (1) game suspension to be enforced during his/her team's first game of the tournament



# THE MAKING OF A GREAT REC COACH

# INTERESTED AND COMMITTED



- Encouraging
- Positive Outlook
- Integrator

# PREPARED AND ORGANIZED

- Plans
- Fundamental-based
- Variety
- Movement
- Relevant



# DELEGATOR AND COLLABORATOR



- Parent Involvement
- Back-up Plans
- Coaching Fraternity

# COMMUNICATES WELL

- Connects
- Introductions
- Preview of Plans
- Open & Transparent



# WINS AND LOSES WELL



- Teacher in All Situations
- Focus for Improvement
- Calm and Supportive

# PLAN FOR THE TOURNAMENT

- Develop during the season for all scenarios
- Understand and plan for your advantages, weaknesses







**PERFECTING THE  
PERFECT PRACTICE**

# STRUCTURED OPENING TO PRACTICE

- Warm Up
- Organized Throwing
- Consistent Approach
- Opening Drill
- Multi-task for Efficiency



# PROGRESSIVE SEGMENTS



- Short-burst drills
- Baserunning

# SPECIALTY WORK

- Fundamentals with glove positioning, footwork, batting positioning
- Ease into accelerated pace
- Shorten distances to maximize impact



# USE END OF PRACTICE TO BUILD YOUR “TEAM”



- Keep it fun
- Make them want to practice outside of practice
- Team chemistry
- Emphasize effort



# PLAY BALL!

OAKLANDON YOUTH ORGANIZATION  
12150 EAST 62ND STREET  
P.O. Box 36037  
317.767.5170 | OYO WEATHERLINE  
[WWW.OYOBALL.ORG](http://WWW.OYOBALL.ORG)