

Woodbury Baseball  
Drills Packet &  
Safety Guidelines

# Woodbury Baseball League Practice and Drill Packet

## Practice Plans

The best coaches prepare for practices before getting to the field. Baseball teams – especially youth teams – will take the lead from a good, organized coach. When practices are well-defined and all players have continuous activity, it helps the athletes get excited about the sport.

That said, most coaches are parents with lives outside of their volunteer responsibility as coach. So pulling together a practice after a day full of business meetings can be difficult. This packet was assembled to make practice development easier for coaches of players between the ages of 5 and 12. It has been provided in electronic format (Microsoft Word) to make it easy for coaches to mix and match drills, creating a practice plan that gets all players and coaches involved throughout the practice session.

A typically practice session will be one hour (t-ball) or two hours (7-12 year old). The following would be typical schedules for practices of each length:

Typical 2 Hour Practice Schedule Typical 1 Hour Practice Schedule

In the following pages, there are details on how to run practice activities (meetings, warmups, station drills, team drills and games) that have been used by many of Woodbury's rec and travel team coaches through the years. Refer to the left hand column and the number graphics ( 5 6 7 8 9 10 11 12 ) indicating ages that might get the most of each drill. The rough duration for each drill is also provided in the left-most column.

# Team Meetings

(start and end practices with a message)

As 5 min

p

layers progress through higher 5 6 7 8 9 10 11 12

age groups, they will get most of their quality communication from coaches as they kneel in a small circle on the outfield grass. The coaches should all be on a knee in these meetings so they can make sure they have eye contact with every player. Eye contact is a sign of respect and increases the chance that the message is being delivered.

The message about safety is particularly important at this age group as a bat injury is almost a certainty every season. 5 min

5 6 7 8 9 10 11 12

### **Meeting: End of Practice**

Like the meeting at the start of

- Review the one or two important skills learned at

practice, this is a ritual meeting that

practice

will continue through every age

- Give specific examples of new skills that were

group. No need to make it drawn

demonstrated by players during practice

out, but the players should get some

- Compliment players (by name) for showing respect or

reinforcement for the time spent

hustle or effort

together.

- Remind players about next practice or game
- Younger players: (try ending practices with a run around the bases...it makes them smile)
- Pull group together and do a team cheer (hands in the middle) at the end of every practice

### **Meeting: Start of Practice (Young Players)**

- Safety:

o if you're holding a bat, you must have a helmet

o on your head o only swing a bat if you are 20 feet away from the next closest person (show how big 20 feet is) o only throw a ball to another person if they are

looking at you

- Review the drills to be included in practice and explain the game that will be played at the end of practice (anticipation of the game will help keep them engaged)

# Warm Up Routines

(get players ready for athletic activity and generate some team identification)

9 10 11 12

### **Warmup: Sequence**

- Jog 2 or 3 times around the inside of the fence. Have the team stay together to reinforce teamwork.
- Bring team together in the outfield and run through a series of stretches.

2

3

4

Every practice should begin with the same warmup sequence. The older the players, the more important the warmup. At younger ages, the warmup sequence is done to begin a discipline that will be

1

5 6

required of the players as they progress. It also gives the team a chance to interact and do an

1. Quads (pull ankle up to buttocks, hold for 10 seconds...either lying on stomach or standing)

activity together before being broken up into stations.

2. Hamstring (sitting, extend one leg, other tucked into inner

thigh, bend at hips and reach for toe) 3. Spinal twist (sitting, cross leg, twist to that side) 4.

Groin stretch (sitting, butterfly legs in front, push knees to

ground) 5. Shoulder stretch (standing, arm to middle of back over

head, pull on elbow to stretch) 6. Tricep stretch (place hand between shoulder blades, grab

elbow with other hand and gently pull, hold for 10 seconds)

- Pair up, do 4 throwing drills

o On knees, forearm with wrist snap, 10x each o On knees, full windup, 10x each o Standing throws with quick feet, 10x each o Long toss, 20x progressively longer

- Wind sprints from foul line to second base...do it together, coach calls out "go"...walk back to line, repeat 4x

- Team meeting to discuss practice plan

This is more fun than plain wind sprints and it focuses the team on watching the pitcher when leading off on base. These should be sprints, not jogs, to simulate a stealing situation during a game.

10 min

5 6 7 8 9 10 11 12

### **Warmup: Pickoff Sprints**

- Players line up on foul line in outfield
- Coach stands in roughly the same orientation that a pitcher would have to the runners
- Coach mimics pitcher's motion, stepping on the pitching rubber and getting into a stretch position
- When coach's foot is on the "rubber", runners move off of the line as if leading
- Coach either mimics a pickoff move or a delivery to home plate
- Players watch the coach and go back to line if pickoff
- If the coach "delivers" the pitch, runners sprint 70 feet into centerfield (a coach can line up 70 feet from line as a marker for distance to run)
- Players jog back to the foul line and repeat sprints 4x

### **Warmup: Playing Catch (Beginner)**

- Pair up players with parents
- Line up perpendicular to foul line in the outfield:
- Play catch using a wiffle ball or tennis ball and no glove
- Start about 10 feet apart and back up if the player is catching the ball easily
- Coach can toss underhand or overhand, depending upon the skill of the player

Catching is the hardest skill for a young player to learn. By using a waffle or tennis ball and no glove, you'll be doing two things: (1) increasing the player's confidence in their ability so they don't turn away or close their eyes when a ball approaches, and (2) conditions the player to catch with two hands.

Players should learn to do their throwing warmups in the outfield as they'll be doing that for as long as they play baseball. Having them throw in parallel prevents injuries.

Have players keep track of number of consecutive catches without dropping the ball.

5 6 7 8 9 10 11 12

### **Warmup: Base Running**

Many older players (9-12 year

• Line up at home plate

olds) don't run hard "through" first

• Each player takes an imaginary swing and runs to first base

base, opting to slow down on the

• A coach is at first base encouraging the runner to go fast

• Repeat the drill, but start at first base, second base or third base

• End the drill by having the players run out a home run touching all bases

last few steps. The sooner the players learn this simple skill, the less frustrated older age group coaches will be. Also, by having a coach shout encouragement from the coach's box, the players learn to listen to the base coach – something that will become important in later years. Strangely enough, this drill will help ensure that players run the right way around the diamond during games. The home run is fun for kids of all ages (since that's what their baseball heroes do on television) so be sure to end with the home run.

10 11 12

### **Warmup: Side to Side Drill**

Great warmup drill. Only do this

- Players pair up. \

drill after players have done some

- One player (tossing) kneels on ground with 6 balls in front of

warmup as they will work their

him.

legs hard and get winded after one

- Other player stands 8-10 feet away, facing the tosser.

cycle. The coach should toss the

- Kneeling player tosses ball to one side of the fielder then the

ball farther to each side for

players other. Fielder taps the first 5 balls with his closed glove,

that are quicker. Stop the drill

if diving and catching the 6

th

– which is thrown farther to the

the player is standing still and

just opposite side.

moving their glove back and forth.

- Tosses should be far enough that the fielder must move his feet one or two steps, but not too far that fielder can't get to it.

The fun part of this drill is the dive on the last toss. Encourage players to exert themselves trying to make that last catch. Players that do this drill well tend to be the best middle infielders.

# Station Drills

(run several stations in parallel, keeping all players busy at the same time)

7 8 9 10 11 12

### **Station: Fielding Triple Play**

- Place 3 balls on the ground, spaced apart by 5 feet
- Have players, one at a time, run up to the first ball, throw it to a coach about 15 feet away...run to the second ball, throw to coach...and run to third ball, throwing to coach
- Coach should be at an angle to the line of balls, on a line towards first base:
- Repeat the drill until it's time to rotate stations

This is a very basic drill that every player can do, regardless of skill. It provides the opportunity to teach how to field a ball (alligator hands), set the feet and make a throw to another fielder. Coaches should be teaching proper arm position for the throw.

5 min

7 8 9 10 11 12

### **Station: Baserunning on Pop-Ups**

- Have players in batting helmets lined up behind 1

Younger players don't always st

base

understand when to run and when

- One player at a time moves onto the base as baserunner not to run. This is a drill that
- Coach plays at deep 2nd base and another coach tosses

reinforces the rules on pop-ups. At

pop-ups from near home plate

this age, do not teach the infield fly

- When ball is in the air, player runs 3 to 5 steps off of first

rule...just teach going back to the

base and watches to see if the ball is caught

base or running to the next. Make

- If caught, the player runs back to 1st base this more fun by having the rest of
- If not caught, the player runs fast to 2

nd

base and stops on

the team yell “BACK!” if the ball is

the base (doesn’t over-run)

- A coach can be in position at 1

caught or “GO!” if it is dropped. st

and 2

nd

base to make the

The coach at 2

nd

base should catch

play on the runner if they read the situation incorrectly

some balls and drop others (randomly) to give players a chance to see both situations.

7 8 9 10 11 12

### **Station: Force Out at 1**

st

#### **Base**

This is a basic fielding drill

- Put players in a line behind 1st base

designed to help players understand

- Each player, in turn, moves to fielding position off of

where they should be playing when

first base

fielding the ball and how to move

- Coach plays grounders to at 2nd 2nd base and coach • When grounder is thrown to 2 is at home plate rolling

to 1st base, put the correct foot on the an infielder. base, and For make right the handed catch from

1

st basemen, the right foot should be on the base when catching a throw. Lefties use the left player to stand tall foot. at 1st base Teach until the

the ball is thrown, then to stretch toward the ball. This will make it easier to field bad throws.

5 min

7 8 9 10 11 12

moves from fielding position to nd

1 base st

base (coach), to make the the fielder

force out

- After each turn, switch players at 1st base

### **Station: Force Out at 2nd Base**

- Put players in a line in center field

- Each player, in turn, moves to a fielding position at 2

This is a basic fielding drill designed to help players nd

understand how to make a force out

base (i.e., between 1

st

and 2

nd

)

at 2nd base. At these younger ages,

- Coach is playing shortstop and another is rolling

the goal is to ingrain the movement

grounders to the shortstop position

to the base for a force out and to

- When moves grounder from fielding is thrown position to shortstop to 2nd base (coach), to make the the

fielder

make the catch. This drill can be augmented with a baserunner force out

coming from 1

- After each turn, switch players at 2nd base
- Repeat the drill with players at shortstop and coach at 2

st

base. If so, make sure the runner is wearing a helmet nd

and he starts running only after the

base

coach tosses the grounder.

8 9 10 11 12

### **Station: Middle Infielder Force Outs**

- Split behind players 2

nd

base into and two half groups the group with half behind the shortstop

group lined up

Covering 2nd is confusing the base to on a force out at

- Coach hits grounders from home plate to either 2

younger This drill helps condition learn the roles of the 2

players.

nd

nd

baseman

players to

baseman or shortstop

and shortstop on the force out play – staying in position to field the grounder and learning how and when to run to the base to make the catch. Make this a more advanced play by hitting some balls into the hole between SS and 3

- The player fielding the ground ball must stay in position to read where the grounder is going and the player not fielding the grounder must break to 2

between 1st and 2nd.

rd

and

nd

base to make the force out

- After each play, players switch lines
- Coach hitting grounders should mix up the position getting the grounder to make sure players learn to stay in position to make the play

8 9 10 11 12

During this drill, the player needs to stay low to the ground. Emphasize fielding the ball in the center of the body, with glove low to the ground in front of the feet. Throwing hand should be above the glove in an “alligator mouth” position. If the player stays low throughout the drill, their legs should feel the burn. Explain to players that in a real game, they would throw the ball back while standing (i.e., wouldn’t stay low).

10 min

10 11 12

### **Station: Ground Ball Fundamentals**

- In infield, pair up three players with three coaches, separated by 12-15 feet
- Players get into a fielding position
- Coach rolls the ball to the player who fields the ball and tosses it back to the coach, never leaving the fielding position
- Coach quickly rolls the ball back
  - Repeat for 6 reps, with 3 sets per player

- Put a player at 1

There are several important lessons to be learned in this drill: (1) player roles on short field fly balls, (2) communication between fielders, and (3) hustle getting to the ball. A surprising number of older players can’t make this play well – including major leaguers. The coach should strive to toss the ball in a location that forces players to run hard and to communicate. 5 min

5 6 7 8 9 10 11 12

st

base, 2

nd

base and right field

- Remaining players are in a line by the 1st base dugout (out of the way) with gloves on
- Coach stands at home plate and tosses pop-ups behind 1st base and into short left-center field
- Players run to make the catch

### **Station: Soccer Ball Hitting Drill**

- Place a soccer ball on top of the T (if the T is an open tube place a small bathroom plunger inside the tube)

- The batter hits the ball hard off the Tee.
- If the ball doesn't explode off the ball then the player isn't driving through the ball

Every player should be able to hit a soccer ball off the T. And every time they do, they'll gain more confidence in their hitting. Coaches should stress all of the same hitting mechanics (e.g., squish the bug, etc.) that apply when hitting a baseball

5 6 7 8 9 10 11 12

By making the hitting into a contest, players will stay more engaged. At this age, players are naturally competitive and will try harder and listen to instruction better...just to out perform one of their peers. Reinforce good hitting mechanics and take every opportunity to connect good hits with good mechanics.

5 min

6 7 8 9 10 11 12

### **Station: Batting Derby**

- Set up a T at home plate, but have the batter aligned to an imaginary pitcher at roughly 2nd base (allows other stations to run in left field safely)
  - Hit 3 balls off the T into the outfield
  - After hitting, have the batter find the ball that went the farthest and stand in that spot in the field
  - Have the next player hit 3 balls and stand at the spot of his/her farthest hit...repeat for each player
  - The object is to have each player hit the ball farther than his teammates
  - Coaches should be in the field to help retrieve balls and find the farthest of each trio of hits
- Station: Bounce to a Bucket
- Put a large bucket or cooler on a base with the open end on the side, not up.
  - Outfielders try and throw the ball into the container.
  - Make this drill into a game where players get 10 points for throwing it into the bucket and 5 points for hitting the bucket

Coaches should stress good throwing technique including getting feet set, good arm position before the throw and full follow-through. Teach the players to take their time and make a good throw instead of rushing and making a bad one.

9 10 11 12

This drill gives each fielder a better understanding of how to create momentum when throwing the ball and following the throw after release. The cones help the fielder to visualize their momentum during the throw. When making throws, the coach should be emphasizing the proper position of the feet and shoulders (pointed toward the target).

10 min

10 11 12

### **Station: Throwing Momentum Drill**

- Setup basepath 3 cones between approximately 2

nd

and 3

rd

base 6 feet apart along the

- Players at 3rd base

should have their gloves on and standing in a line

- A coach has a bucket of balls at mid infield between home plate and 3

rd

base and another coach stands near 2

nd base

- The first player moves to the first cone and gets into a fielding position
- The coach with the bucket rolls a ball to the fielder who fields the ball and shuffles toward the second cone (toward 2nd base) where he makes the throw to the coach at 2

nd

base

- After making the throw, the fielder continues to move past the third cone then returns to the back of the line

### **Station: Catcher Pop-Ups**

- Have the catcher suit up in full gear including mask
- Pitcher throws pitches and coach stands behind catcher with a few balls ready to toss in air
- When pitcher throws the ball, coach shouts “up” to indicate if the pitch is fouled up in the air – if so, catcher throws off mask, finds the ball and makes the catch

- If not, catcher returns the ball to the pitcher
- Coach should alternate between pop-ups and not at random intervals to prevent catcher from over anticipating the drill
- Pop-ups should be thrown straight up and to either side of home plate to develop skills in moving to the ball and making the catch

Catching pop-ups behind home plate is one of the most difficult skills to develop in a catcher. This drill helps, but isn't a replacement for game experience. Emphasize getting the face mask popped off of the catcher's head to make seeing the ball easier. Also, teach the catcher to turn their back to the field when making the catch.

10 11 12

**Station: Catcher Blocking and Throwdown**

Coach can start with “dry blocks”,

- Blocking drill, 3 dry blocks each side, 5 blocks each side

where the coach simulates the toss

with equipment:

of a ball into the dirt, to help catchers develop proper mechanics.

Actual blocks should be done with coach tossing ball into dirt on either side.

Step and throw drill should develop a quick orientation of feet and arms,

- Step and throw...coach feeds ball, quick jump to align feet, direct throw with good throwing mechanics

ball out of mitt quickly, direct throw without an extra step.

10 11 12

Soft toss hitting should focus on quality, not quantity. Players should work on mechanics and a coach should be nearby to provide tips. When hitting soft toss from behind: toss the ball low, starting slow and increasing speed. Player should work on hitting ball in front of plate.

In batting practice, emphasize hitting pitches inside (left “x”), down middle (center “x”), outside (right “x”):

30 min

10 11 12

### **Station: Batting Practice in Two Cages**

- Players awaiting their turn in the cage practice soft toss from the side, then from behind:
- Inside cage, batting practice off of machine or coach pitch.
- Start with 3 bunts toward third base, 3 bunts toward first
- 10 hits per player – any touch of the ball counted as a hit

### **Station: Infield – Rapid Fire Grounders**

- Split behind group shortstop of players and half into at two 2nd groups base with half in a line
- One coach stands about 20 feet to the left of home plate, another stands 20 feet to the right
- Each coach has 30+ balls at their feet ready to hit
- Coaches hit grounders to the fielders on their side of the infield, one at a time
- As players field the ball, they drop the ball into a bucket sitting on top of second base, then switch lines
- When coaches run out of balls, a player runs in the bucket, dumps half the balls at each coach’s location and the drill repeats

Emphasize good fielding mechanics with legs wide, glove out and down, and throwing hand open above the glove (“alligator mouth”). After several passes through the line, increase the speed of the grounders. Also, make the drill more advanced by hitting the ball to either side of the fielders.

9 10 11 12

Emphasize good throws on the runner side of the base, leading the fielder. Have players work on ball transfer between glove and throwing hand and on good throws. Keep several balls handy as there will be throws that get past the fielders.

30 min

7 8 9 10 11 12

### **Station: Infield – Four Corners Throwing**

- Setup bases at 3/4 distance to shorten the throws
- Have a player standing at each base
- Start throwing around the bases clockwise
- After several warmup throws each, coach signals “go” and then counts the number of catches made in 60 seconds
- Repeat the drill throwing the ball counter-clockwise

### **Station: Outfield**

- Blind toss

- o Younger ages: start with back to coach, toss ball in air, yell “ball”, and have player find and catch
  - o Older ages: start with back to coach, hit the ball

of the bat and have player react to the sound of the hit

- Hit the helmet (place helmet 10’ in front of helmet, toss ball to fielder, throw to hit helmet on a fly):

Each of these drills reinforces important outfielding skills: (1) good first step when chasing down a fly ball, (2) picking up the ball in the air and running to make the catch, (3) making accurate throws on a line to home plate. These drills should be repeated so each player gets 5 to 10 touches on each drill. Also, to make this drill effective, it must be repeated in several practices...not just one. Coaches should position themselves to make corrections in technique with each player once they’ve rotated to the back of the line.

10 11 12

**Station: Rapid Fire Throws – Infield**

- Station a player as 1st baseman, in position to make a catch (foot on the base), with an empty bucket on the ground
- Remaining players, with gloves, positioned behind 2

Run through the line of players no more than twice to ensure arms don't get hurt. Emphasize good

nd

position of both hands in front of the chest when making the catch at base in a line

- Coach has bucket of baseballs adjacent to 2nd base on the

2

shortstop side

- Each player at 2nd base straddles the base and takes 8 rapid tosses from coach in succession, transferring the ball from glove to throwing hand and making a throw to 1

nd

base. Demonstrate the proper position with the of 1st the baseman) shoulders prior (lined to each up

throw. And work on a fast transfer of the ball from glove to throwing hand. the 1 st

To baseman, add some have excitement the last throw

for

from and work each with player 1st be baseman in the dirt on

—

proper fielding mechanics when scooping bad throws.

10 min

10 11 12

st

baseman:

- 1st baseman drops ball into the empty bucket on each throw and gets ready for the next throw
- For younger ages, a coach can play 1st base for safety purposes
- After 8 throws, player returns to the end of the line

## **Station: Pitcher Covering First Base**

- Station a player at pitcher, 1

The purpose of this drill is to teach st

base, and shortstop

pitchers to cover first base on

- Coach is at home plate

grounders hit to the right side of the

- Pitcher shortstop to or coach 1st base

at home who tosses a grounder to either

infield (toward 1st or 2nd base). It also teaches the first baseman when

- When grounder is to 1

st

base, the pitcher moves to cover

to toss it to the pitcher or to tag the

the base

base himself. Teach the first

- The 1st baseman should toss the ball to the pitcher while

baseman to wave the pitcher off if

they're on the run

he takes it himself. Teach the

- Coach mixes up with grounders to short so the pitcher

pitcher to approach 1st base at a 45

doesn't over-anticipate

degree angle. If necessary, setup

- Repeat drill with a runner from home plate

- The first baseman can decide whether to make the putout

cones to guide the pitcher's run to the base. by themselves or toss it to the pitcher.

10 11 12

Pitchers at the age of 10 and above should be working towards better control of their fastball, hitting spots inside and outside on batters. This drill involves enough throws that it allows good initial control (down the middle) followed by practice hitting spots.

10 min

10 11 12

**Station: Pitching – Hitting Spots**

- Pair up a pitcher with a catcher in the bullpen (setup two pitchers/catchers if there is space)
- Have each pitcher throw 12 pitches with catcher setup down the middle...first 6 pitches are fastballs down the middle, next 3 pitches are changeups, final 3 pitches are fastballs increasing in speed progressively
- Pitcher throws 12 more pitches, with 4 thrown inside, 4 down the middle, and 4 outside (catcher sets up in each position before the throw)
- Pitcher keeps track of number of pitches that hit the glove in the proper position

**Station: Infield Grounders**

- Station players at each infield position, including catcher (no gear)
- Coach hits grounders:
  - o to 3rd base, throw to 1st, then to catcher, back to 3rd for a tag on the base, then back to catcher
  - o to shortstop, throw to 1

This is a drill that seeks to put basic infielding skills to the test, but also do it at “game speed”. throws go rapidly from By fielder having

to 1

st to catcher then back to the base, all players must remain engaged in the play. Encourage the throws and tags to be done rapidly, simulating a fast-paced game.

10 min

5 6 7 8 9 10 11 12

st o shortstop to 2nd base, (tag throw on 2nd to 1st base), , , then then then to to back catcher, catcher, to catcher back back to to

o to 2nd 1

(tag st

, make on 2nd the base), tag 1

st

then back to catcher

o back bunt to to catcher, 1

st

(for a throw repeat base, to tag), 1st, throw to catcher,

then back to catcher then back to catcher (tag at home plate)

• Repeat catcher sequence and the same doing from double 2 nd

to plays 1

st

to from catcher

3rd to 1st to

**Station: “Hot Potato”**

• 4-6 players get into in circle and in position to field a ground ball (no gloves)

• Player/coach rolls the ball to wherever they wish

• Any player letting ball past them is out

• Last player standing wins, using deception adds fun, using two balls adds more fun.

This is instructional, a little competitive and fun for the team. The coach should be helping players focus and giving pointers on fielding position.

**Station: Hitting Inside, Middle, Outside**

- Using cones behind 2nd base and shortstop positions, divide the field into thirds
- Setup L-screen 35 feet from home plate for batting practice
- Position a player in left, center and right field
- Remaining players wearing helmets and wait in dugout to bat
- Coach pitches ball at 3/4 speed
- Batter works to recognize whether pitch is inside, down the middle or outside
- Inside pitches should be pulled; down the middle should be hit up the middle and outside pitches should be hit to opposite field
- Coach should vary pitch location to work on all three zones
- After 3 hits to each zone, batters rotate

Batters become more effective when they learn to recognize the pitch they are hitting, and adjust their hitting accordingly. For a right handed batter, the location where the bat should make contact with the ball is indicated by x's:

This drill works well in conjunction with separate hitting stations for soft toss and batting cage hitting.

10 min

5 6 7 8 9 10 11 12

**Station: ESPN Pop-ups**

- Use a tennis or wiffle ball
- Coach tosses a pop-up, making the player run for the ball
- Players attempt ESPN “highlight” plays by running and diving or sliding to make the catch
- Don't hit or throw the ball too high; arc the ball as a 6 or 7 year old would hit it

At younger ages, players don't always realize that they should run for pop-ups, thinking that another player will make the catch. This game reinforces the importance of going after the ball – and the ESPN angle makes it a blast.

# Team Play

(teach players how to interact with others on the field)

## Team Play: Situation Drills – Infield

- Players in position at 1

The coach should work with st

, 2

nd

, 3

rd

and shortstop

baserunners on judging whether to

- Coach is at home plate hitting grounders

break for 3rd base or not. The

- Remaining players are in a line in centerfield wearing

infielders should be communicating

helmets, ready to be baserunners

- Baserunner starts at 2nd base

with each other to alert the 1st baseman whether or not the runner

- Grounder is hit to any one of the infielders

is attempting to advance. Ensure

- Runner attempts to advance from 2

that the 3

rd

baseman is in the proper position to make the tag.

15 min 0 11 12

nd

to 3

rd

base on the throw to first base

- First baseman makes the catch at first and runs the ball into the infield

- If the the ball runner to 3

rd

breaks where for the 3 3

rd

rd

base, baseman the 1

attempts st

baseman to make throws

the tag out

- Baserunners should slide into 3rd base on this drill
- If and the setup infield bases is too to make hard, the move slide the safer drill into to the 3rd

outfield base

- Rotate new players into positions after several rounds through the infield with grounders

### **Team Play: Throwing Star**

- Setup a player at 1

The coaches should make sure that st

base, 2

nd

base, shortstop, 3

rd

base and

players stay in position and don't

catcher (no gear)

cheat into infield. Emphasize good

- Remaining players are behind home plate with helmets

throws and rapid transfer of ball

- Drill running starts to 1

with st

base

a baserunner starting from home plate

from glove to throwing hand. If fielders make good catches and

- When runner gets 1/2 way to 1

st

base, the coach throws a

throws, they should beat the runner

ground ball to the 2

nd

baseman who fields the ball and

every time. throws to the 3rd

baseman, who throws the ball to the 1st baseman, who throws it to shortstop, who throws it home

- Baserunner keeps running around the bases and tries to beat the throw to home
- Rotate players into positions every few runners

10 11 12

### **Team Play: Bunting**

This is a good drill for practicing

- Infield and catcher take positions in the field

bunting (hitters) and proper infield

- Remaining players put on helmets and make a line by the 3rd base dugout

- The coach sets up two orange cones, separating the

rotations during the bunt. Emphasis should be placed on communication between 1 bunting zones into three sections: right side, middle, and left side

- The coach has a bucket of balls about 40 ft. from the plate for pitching to player that is bunting

- An empty bucket is placed at all three bases where infielders deposit fielded balls

- When the coach pitches, the bunter at the plate pushes the ball toward either line.

- The 1

st

and 2

nd basemen. Make sure all the infielders get back to normal depth before the next pitch is delivered. This drill can force plays at be 2

nd

repeated and 3

rd

base. with

Prior to running a specific situation, the coach should walk the infield through their proper motions after

the 2

nd st

baseman and 3

rd

basemen covering charge the bag the at the bunt.

bunt 1 st

. The and fielders throw it must

to

play the ball out, even if it is not fielded cleanly.

- After bunting, the batter goes to the end of the line
- Rotate players in the field after ~10 bunt plays

6 7 8 9 10 11 12

Young players don't always know what to do when playing the outfield. This is a simple, but effective, drill that teaches the outfielder and teaches to the make 2nd a baseman play on the to

#### Team Play: Throwing Ball to Infield (Young Players)

- Split team into two groups, with one group lined up in center field and the other lined up at second base

ball

cover the base.

- Coach throws grounder or popup to center fielder
- Second baseman runs to cover second base
- Outfielder chases down the ball and throws to second baseman
- Outfielder goes to the back of the infielder line
- Infielder goes to the back of the outfielder line

9 10 11 12

These drills are focused on getting the outfield to understand its role during different situations. The coach should use each success and failure as an opportunity to teach the right thinking and skill. This is also a good opportunity for runners to make good decisions – whether to run home or not or whether or not to take an extra base.

15 min

10 11 12

### **Team Play: Situation Drills – Outfield**

- Players are positioned in left, center and right field
- Catcher should be in pads at home plate
- 1st baseman is mid-infield as the cutoff man
- Remaining players have helmets on and are in a line near bases involved in the drill
- Coach sets the drill as one of the following:
  - o Hit and run, with runner at second and attempted throw out at home
  - o Shallow outfield popup with tag at 3rd, throw to home
  - o Runners leading off of 1st and 3rd...catcher attempts pickoff at 1st or 3rd with outfield backups (coach pitches and coaches at bases)
  - o Overthrow of base on a force-out with outfield backup and throws ahead of the runner (coaches at bases)

- Rotate outfielders and runners after 10 plays

### **Team Play: Situation Drills – Infield/Outfield**

- Players in positions – remainder of players wear helmets and are baserunners
- Coach is at home plate hitting ball to different positions
- No outs, runner at first base, coach at third, hit to players in outfield...throw in front of runner
- No outs, runner at 2nd base, grounder to infield...check runner and throw to first base (repeat for runner at 3rd base)
- No outs, runner at 2nd base, fly ball to outfield...hold runner at second
- One out, runner at 1st base, grounder to infield...get the sure out
- One out, runner at 1st and 3rd base, fly ball to outfield...make throw to home OR hold runner at 1st, depending upon depth of hit

- Rotate runners and fielders every few plays

In this drill, everyone should be moving on every play. With runners in position and hits to the outfield, there are lots of possibilities. Before each play, coach calls out the situation. After each play, coach comments on what was done correctly and what should be improved. If done wrong, repeat the situation with the same players to reinforce the learning.

## **Team Play: Ball in the Dirt**

A coach should be positioned at 1

st

- Put players in all infield positions, including catcher (with full gear)

base and one should be near the catcher. The 1

- Remaining players put on helmets and wait in line at the 1

st

base coach should be talking to the baserunner as if in st

base dugout

- Drill can be run with coach or player as the pitcher

- Start with runner at 1

st

base

- Pitcher throws from a stretch position and 1

st

baseman holds runner on base

- Pitcher throws pitch to catcher and baserunner reads whether the ball is in the dirt or not...pitcher should vary pitches randomly, throwing roughly 1/3 of the pitches in the dirt

- If in the dirt, the catcher works to block the pitch from getting past and the baserunner extends their lead – stealing 2

nd

base, if possible

a game situation – telling them how much to lead and whether to go on a passed ball or to come back (good practice for the 1st base coach). Provide instruction on primary and secondary lead. Coach near catcher should be watching for blocking technique and providing catcher with critique. Drill can include a throwdown to the base by the catcher. baserunners It can at 2nd also or be 3rd run base.

with

- After each ball thrown in the dirt, rotate runners

## **Team Play: Pick-off, Steal, and Catcher Throwdown**

This is a fun drill for the team, but

- Have players man positions at pitcher, catcher (in gear, including mask), 1

it also teach many st

base and shortstop with stealing. The • One runner with helmet at 1

st

base

- Remainder territory near of the players 1st base have dugout

helmets on and wait in foul

- First base coach in coach's box

- Runner leads off from 1

st

base

- Pitcher throws from stretch position while 1

st

baseman holds on the runner

- Pitcher move to either 1st base

delivers to the plate or executes pickoff

- If pitcher delivers, runner steals 2nd base

- Shortstop breaks to 2nd base on the pitch to take the throwdown from catcher

skills 1 st

baseman

associated

practices giving the pitcher a target and making a good tag on a pickoff. The pitcher practices their pickoff move and their delivery from a stretch. The catcher gets to practice their throwdown, including footwork. The shortstop can practice proper positioning for the tag at second and the timing of the break for the base. And the baserunner learns how to take a lead, the proper distance from 1

- Runner rotates to end of runner's line

- Change catchers and pitchers after each full rotation of runners (to preserve arms)

st base, the dive back into 1st on a pickoff, sliding into reading

2nd base.

the pitcher and

If catchers and pitchers complain of arm pain, the drill can be simplified with players coaches on

1 st

, doing 2 nd

and throws, as runners. with

# Games

(Fun competition that reinforces basic skill development)

5 6 7 8 9 10 11 12

### **Game: Tag**

- Have all players wear their baseball gloves and stand in the infield
- Have players guess a number from 1 to 12 (or whatever number of players are present)...the person who guesses is “it”
- The person that’s “it” chases others around the infield and only tags them if he/she uses the glove with the ball in it

This is more fun than instructional. Even so, having the players run around with their gloves increases their comfort with the glove. By teaching them to tag with the ball in the glove, they’ll be learning a skill that will become more important at 8 years old and above. If the ball doesn’t stay in a player’s glove, have them tag with two hands. 20 min

7 8 9 10 11 12

### **Game: Nickels**

- Make up 2 teams of 6 players
- In this game, there is no baserunning
- Each player gets an at-bat
- Outs are any ground ball fielded cleanly by infielder, any ball in the air that is caught, or 3 strikes
- A single is any hit where there is an error in the infield or a ground ball gets through the infield
- A double is any base hit that gets by the outfielders
- A triple is any ball hits the fence (or put another marker up in the field)
- A HR is a ball that makes it past a pre-set marker or clears the fence
- Have players in different positions every inning
- Once a team is ready to hit the coach pitches...if defensive players are not ready, too bad – this encourages having gloves ready and running on and off the field

This game is good practice for offense and defense. Players hit the ball so it can’t be fielded. The coach can reinforce hitting mechanics that are obviously wrong (it’s hard to do too much mechanics work during a game like this). Defense must be ready to make the play and must use the skills they’ve been practicing in drills.

7 8 9 10 11 12

Running this drill with a tennis ball and no gloves concentrates players on catching with two hands and making accurate throws.

15-30 min

7 8 9 10 11 12

### **Game: Crosswise Throwing Relay**

- Line up players in two lines as shown without gloves:
- Start with a tennis ball on one end of each group
- Players throw back and forth to the next person in line (crosswise) until the ball gets to the last person
  - Run this as a relay race with two teams or have all players on one team and compete against time Game: Wiffle Home Run Derby
- Setup a base within 30 feet of the outfield fence
- Split group into two teams
- One team is in the field, guarding the fence
- Other team is at-bat
- Use small waffle balls (practice golf balls)
- Each player on the batting team gets an at bat
- Count balls hit over the fence – balls intercepted by the fielding team (whether or not caught) that don't clear the fence do not count as a home run
- Keep score (number of home runs total by each team)

This is a great game because it is fun and it forces players to have good hitting mechanics. The ball won't clear the fence unless there is good bat speed and good contact. This game can be played even when it is drizzling or raining – in fact, it's probably more fun in the rain (for the players). Move the base farther from the fence if too many home runs are being hit.

6 7 8 9 10 11 12

While a simple race, this activity provides the opportunity to teach a few simple, but important, skills:

- Proper fielding position on grounders
- Running with the glove tucked into the chest
- Being ready to make a play when its your turn (baseball is a game of waiting, interrupted by action...like this race)

10 min

7 8 9 10 11 12

### **Game: Grounder Relay**

- Split team into two relay teams
- Line up both teams perpendicular to the foul line in the outfield (Figure 1)
- Players wear their fielding gloves
- Two coaches stand in center field and create a finish line for runners
- Each coach has a soft (t-ball) baseball and rolls a grounder to the first runner
- First runner fields the ball with their glove and runs to the coach in center field
- When runner reaches coach, he/she throws a grounder to the next player in line who fields and runs to center field (repeat until all players have made it to center field)
- If there is an odd number of players, a coach or brother/sister can fill in the last spot
- Repeat the relay two or three times, mixing up teams if they are very unbalanced

### **Game: Baserunning Relay Race**

- Split the team into 2 groups with half of the group lined up behind home plate and half of the group behind 2nd base
- First runner in each line starts with a ball in hand and, on the coach's signal, runs around the bases until returning to their starting base...where the ball is handed to the next runner
- Continue through the group until each player has run once

Before starting this race, show runners how to "round" each base and how the foot should touch the base on the inside corner. For safety, have a coach managing each line to be sure the line of runners stays out of the way of the runner with the ball.

8 9 10 11 12

While a fun game, cut-throat provides the opportunity to make force-outs, for good baserunning, and is a way to give players many swings of the bat without running a boring batting practice. 15 min

5 6 7 8 9 10 11 12

### **Game: Cut-Throat Scrimmage**

- Divide team into three groups of 4
- Two teams are on defense, one is at bat
- Each time a team comes to bat, put a runner onto 1st base
- 4 runs or 3 outs ends each team's at bat
  - Coach pitches and players make plays like a real game
- Use a large wiffle ball and an oversized plastic bat
- Split into two teams, have parents fill in positions on field
- If a ball is hit to a parent, the ball should be handed to the next closest player with instructions on where to throw the ball (be sure the player receiving the ball is looking)
- Team at bat stays in dugout or where dugout would normally be located
- Coach does soft toss to batter from 8 feet away in foul territory (i.e., not from direction of pitchers mound but from the side)
- Run out all hits; if a force-out is made, then have player return to the bench
- Every player bats, then switch teams at bat
- Three innings is the longest this game should last

The most important part of this is that it's a game. Kids like games more than drills, so every practice should end with some kind of game. By using a wiffle ball and bat, the stress of getting hurt or of not getting a hit is eliminated. Kids can just play and enjoy the game. There are a few technical points that can be reinforced during the game:

- Running through first base
- Running and stopping fast between on 2

nd

and bases

3

rd

- Batter should watch the ball until it hits the bat
- “Squish the bug” (during the swing) with the foot farthest from the pitcher’s mound
- Players in the field can shout “1 – 2 – 3, hit the ball to ME!” to keep them focused on the batter
- Explain force-out if it happens
- Have players race in and out of dugout to reinforce hustle on the field

5 6 7 8 9 10 11 12

### **Game: Throwing Baseball Game**

The fun part of this game is that it

- Split into two teams, have parents fill in positions on

field

and running – but without the

- Use a soft (t-ball) baseball

complication of hitting. By

- Team at bat stays in dugout or where dugout would

normally be located

“hit” should be directed, the coach

- Coach whispers to each batter which position to throw

the ball to (i.e., their “hit”)

Those players that can throw the

- Run out all “hits”; if a force-out is made, then have

return to the bench

outfield will feel a real sense of

- If a ball is “hit” to a parent, the ball should be handed to

the next closest player with instructions on where to

throw the ball (be sure the player receiving the ball is

Reinforce the following during the

- Every player “hits”, then switch teams at bat

game:

looks like baseball, with fielding

whispering the position to which a

can teach the positions on the field.

ball hard enough to reach the player

accomplishment doing that (and it

might give them a chance to stretch

their “hit” into a double). looking)

- Three innings is the longest this game should last

- Running through first base

- Running and stopping fast between on 2

nd

and bases

3

rd

- Players in the field can shout “1 – 2 – 3, hit the ball to ME!” to keep them focused on the batter

- Explain force-out if it happens

- Have players race in and out of dugout to reinforce hustle on the field

# Safety

## **Heat and Throwing Injuries**

Heat injuries are conditions that occur when players are exposed to a high Heat Index. The Index factors in the effects of both the actual temperature and humidity levels. There are 3 types of heat injury:

- **Heat Cramps**
- **Heat Exhaustion**
- **Heatstroke**
- **Heat tetany may be considered a 4th type of heat injury**

**Heat illnesses often don't occur in isolation, but rather as a continuum. It is important to recognize symptoms as early as possible and take the necessary steps to avoid progression, since heat stroke can be life-threatening**

### **Heat Cramps:**

- Usually occur in the arms, legs or abdominal muscles
- May be associated with profuse sweating
- May occur with poor fluid and salt replacement when exercising in extreme heat

### **Heat Exhaustion:**

- Dehydration; usually severe
- Profuse sweating
- Pallor
- Muscle cramps
- Excessive thirst
- Headache
- Nausea and vomiting
- Fast heart rate
- Light headedness, especially with standing

Some Key Points: Usually severe dehydration is present as well as hyperventilation and lack of coordination and lethargy. In addition to the symptoms listed, the athlete may also have bizarre behavior.

### **Heat Stroke: A LIFE THREATENING MEDICAL EMERGENCY!**

- Any symptoms seen with heat exhaustion
- Rapid rise in body temperature (often above 106 degrees F)

- Confusion
- Bizarre behavior
- Hallucinations

- Decreased consciousness or unconsciousness
- May no longer show evidence of sweating
- Seizures
- Coma

A Key Point: While associated with high body temperature, this is not usually easily checked on the playing field

Basic First Aid for Heat Injuries ■ Have player stop all activity ■ Move to a cool environment (if unable to move to an air-conditioned area, move

to the shade) ■ Remove helmet and any restrictive clothing ■ Provide fluid replacement ■ Cooling (sponge with cool water, etc.) ■ Watch for signs of progression

**Seek Emergency Care for any symptoms of heat stroke, any progression of symptoms or if the player does not respond to conservative treatment**

**Emergency treatment for heat stroke while waiting for emergency medical personnel:**

■ Move child to cool environment ■ Remove helmet and any restrictive clothing ■ Provide fluids if child is alert enough to drink ■ Cool by any available means including: o Spray or sponge with a cool water o Applying ice bags to neck, armpits and groin

### **Prevention of Heat Injuries**

■ Acclimation ■ Make sure the players are adequately hydrated ■ Limit, modify or avoid practice in the middle of day or on days of high heat index ■ Have children stay out of direct sun when not actively involved in practice ■ Build in frequent breaks ■ Remove head coverings and other unnecessary equipment and clothing when not

needed ■ Have a schedule for practice that includes frequent and mandatory water breaks ■ Be aware of children who may be at increased risk including children who:

- o are overweight or obese
- o have an underlying medical condition
- o taking certain medications, such as some of those used for ADHD
- o have had a recent illness
- o have pre-activity dehydration
- o are poorly conditioned

o are not acclimated to the heat o have had prior heat-related illness o are sunburned

***Some Specific CDC Recommendations:***

*To prevent HRI, use precautions similar to those provided in this course with the modifications below.*

- *Decrease the intensity of activities that last longer than 30 minutes.*
- *Have youth take brief rests if the WBGT is between 73°F and 82°F.*
- *Modify or cancel the activity if the WBGT is greater than 82°F.*

*Modification could involve longer and more frequent rest breaks than are usually permitted within the rules of the sport.*

*Encourage players to ingest fluids at least every 15–30 minutes during activity to maintain hydration, even if they are not thirsty)*

Additional recommendations include:

- Use appropriate sunscreen
- Encourage wearing loose fitting, light colored clothing
- Start activities slowly and gradually increase the intensity

Sources: Recognizing, Preventing and Treating Heat-Related Illness Department of Health and Human Services Centers for Disease Control and Prevention

[http://www.cdc.gov/nceh/hsb/extreme/Heat\\_Illness/index.html](http://www.cdc.gov/nceh/hsb/extreme/Heat_Illness/index.html)

CDC Emergency Preparedness and Response Extreme Heat

<http://www.bt.cdc.gov/disasters/extremeheat/>

Policy Statement from American Academy of Pediatrics Climatic Heat Stress and Exercising Children and Adolescents Updated September 2011

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;128/3/e741#SEC2>

Heat Stroke in Children UpToDate <http://www.uptodate.com/contents/heat-stroke-in-children>

## **American Academy of Orthopedic Surgeons Position Statement on Youth Throwing Injuries**

*The AAOS recommends the following safety guidelines to decrease the risk of injury to the upper extremity in the growing athlete who participates in youth baseball:*

- Follow the guidelines about the number of innings pitched based on the individual's participation, not by the number of teams played on:

### **Maximum Pitch Counts**

#### *Age Pitches/Game*

**7-8 50**

**9-10 75**

**11-12 85**

**13-16 95**

**17-18 105**

*Source: Little League Baseball*

### **Rest Periods Required**

*Ages 7-16 Ages 17-18 Required # of*

*Rest days*

**61+ 76+ 3 calendar days**

**41-60 51-75 2 calendar days**

**21-40 26-50 1 calendar day**

*Source: Little League Baseball*

- Avoid pitching on consecutive days.
- Avoid playing baseball or softball year-round.
- Any persistent pain, loss of motion (especially extension) or documented X-ray abnormalities should disqualify a child from playing until these findings abate or are clarified by a physician.
- Coaches and players in youth baseball should be taught proper throwing technique and proper pitching technique. Skeletally immature players should only throw a fast ball and a change up and work on control. They should not be taught to throw a breaking ball (curve ball) until after puberty.
- Coaches should educate players to the importance of and techniques for stretching and strengthening the upper extremity. Five-minute stretching after play can help young players avoid throwing-arm pain. Pitchers and catchers under the age of 15 often experience tightness of a shoulder ligament known as the posterior-inferior glenohumeral ligament. If this ligament is not stretched, it will lead to pain or injury of the cuff and/or labrum as a player ages and continues to play baseball.

# **SAFETY PROGRAM INTRODUCTION**

The purpose of the Woodbury Baseball and Softball, Inc. Safety Program is to ensure the safest possible environment for all participants is achieved through training, safety rules, information dissemination, and awareness. With implementation of this program, the league hopes to prevent injuries and make youth baseball and softball an enjoyable and constructive activity for all child and adult participants.

This manual outlines the basic tenets of youth baseball and softball safety and provides managers, coaches and umpires with the necessary information to conduct safe sports activities.

## **SAFETY OFFICER**

Woodbury Baseball and Softball, Inc. has a dedicated Safety Officer, who serves as a full member on the Board of Directors. The Safety Officer is Dr. Michael Rosen. It is important to note, however, that ALL managers, coaches and even parents should be considered “deputy” officers and everyone associated with the WBS Baseball and Softball programs, including participants have important roles in creating a safe environment for our children.

### **Safety Office Mission Statement**

***To create awareness, through education and information, of the opportunities to provide a safer environment for children and other participants of Woodbury Baseball and Softball, Inc and to facilitate adherence to all safety- related rules.***

If you have any questions about the Woodbury Baseball and Softball, Inc., or if you have any ideas or suggestions that would enhance the safety of league activities, please feel free to contact the League Safety Officer at any time.

**Remember: SAFETY IS EVERYONE’S RESPONSIBILITY!**

# **WOODBURY BASEBALL AND SOFTBALL, INC. KEY POINTS**

Responsibility for safety is everyone's job.

First aid kits and ice packs should be available at all games/practices.

All managers and assistants should know how to respond to an emergency.

Managers, coaches and umpires should be trained in all aspects of sports safety.

No game or practice should be held when weather or field conditions are unsafe.

Play areas should be inspected frequently for holes, damage, stones, glass or other foreign objects.

Only players, managers, coaches and umpires should be permitted on the playing field during games and practices.

All players should be alert and watching the batter on each pitch during games and practices. Equipment should be inspected regularly to ensure that it fits and operates properly.

Batters must wear approved protective helmets during batting practice and games.

Catchers must wear catcher's helmet, mask, throat protector, shin guards, chest protector and protective supporter (boys) at all times.

Headfirst sliding is prohibited except when a runner is returning to a base.

"Horse Play" is not permitted on or around the playing field at any time.

Parents of players who wear glasses should be encouraged to provide "safety glasses."

Catchers must wear catcher's helmet and mask when warming up pitchers. This applies between innings and in the bullpen.

Players should not wear watches, rings, pins or other metallic items.

All pitching rules should be strictly adhered to.

# WOODBURY BASEBALL AND SOFTBALL, INC. EMERGENCY SAFETY PROCEDURES

***Note: Always have the “Medical Release” for all players with you at all games and practices.***

In case of a medical emergency:

1. Give first aid and have someone call 911 immediately if an ambulance is necessary (i.e., severe injury, possible

neck or head injury, not breathing – error on side of caution). 2. If they are not at the scene, notify parents immediately. 3. Provide Emergency Medical Personnel/Hospital with information from the player’s Medical Release. (Form

included in this Manual) 4. Notify league safety officer by phone within 24 hours. 5. Fill out the Woodbury Baseball and Softball, Inc. Incident Report Form and hand deliver to the league Safety

Officer within 24 hours. Copies of this form are included in this manual. 6. Talk to your team about the situation if it involves them. Often players are upset and worried when another player

is injured. They need to feel safe and understand why the injury occurred. 7. Talk to anyone in Woodbury Baseball and Softball, Inc. you feel will be helpful (i.e., League Safety Officer,

President or V.P., etc.) 8. File an insurance claim with the league Safety Officer (League insurance is usually supplemental to individual insurance).

**REMEMBER:** Safety is everyone’s job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Woodbury Baseball and Softball, Inc., the Safety Officer or a Board member immediately. Don’t play on a field that is not safe or use unsafe equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Boys should be wearing protective “cups” at all practices and games. Check your team’s equipment often.

## **COMMUNICABLE DISEASE PROCEDURES**

While the risk of one athlete infecting another with HIV/AIDS, hepatitis B or C during competition is negligible, there is a remote risk that blood borne infectious disease could be transmitted. Procedures for reducing the potential for transmission of infectious agents should include, but not limited to the following:

1. Bleeding must be stopped, the open wound covered, and if there is any excessive amount of blood on the uniform,

it must be changed before the athlete can continue to participate.

2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is required. A supply of disposable gloves must be available at the fields at all times.

3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids.

Wash hands immediately after removing gloves.

4. Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution (1-100) of

household bleach or other disinfectant before competition resumes.

5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments

or devices.

6. A chest compression only approach to CPR will eliminate the threat of disease transmission through saliva during

CPR.

7. Athletic trainer/coaches with bleeding or oozing skin should refrain from all direct athletic care until conditions

resolves.

8. Contaminated towels should be disposed of/disinfected properly.

9. Follow acceptable guidelines in the immediate control of bleeding and, when handling bloody dressings, mouth

guards and other articles containing body fluids.

## **SAFETY TIPS**

The following information is provided to assist and WBS personnel in carrying out basic safety policies, and making a safer and more enjoyable activity. Those who are engaged in WBS administration, management and execution should have an understanding of how fundamentals of safety can be applied to various assignments and activities in the program. Safety practices should become routine and a way of life for all those involved in the program.

### ***SAFETY CORNERSTONES (THE FOUR E's)***

The four cornerstones for building an effective safety program can be described as follows:

**EDUCATION** refers to the important matter of including suitable safety precautions in instructions, training, communications, drill work and follow-up.

**EQUIPMENT** applies to the safe upkeep and use of physical property, fields, personal protective equipment, bleachers, bats, balls, etc.

**ENTHUSIASM** is the key to selling this important ingredient called safety, which can prevent painful and disabling accidents.

**ENFORCEMENT** should be applied more as an incentive for skillful ball playing rather than as disciplinary action. Far better results can be obtained by praise and recognition, than by forcing players into line. Tactful guidance must be backed by firmness and judicious discipline. However, all safety related guidelines (e.g., pitch counts) must be strictly adhered to!

### ***RESPONSIBILITIES***

The administration of an effective safety program is the responsibility of all individuals involved in the program on all levels. The inexperience and dependence of young children on adult guidance make it imperative that all levels of authority make safety an integral part of their behavior during practices and games, team meetings and when transacting all league affairs.

### ***POINT OF VIEW***

Everyone's approach to the problem of accident prevention must be from a positive point of view if it is to be effective. We should be concerned primarily with controlling the causes of accidents which can be eliminated without taking any action, speed or competition out of the game. An attitude of alertness, hustle and enthusiasm without antagonism should be encouraged. Proper equipment and instruction are absolutely critical in preventing accidents and injuries. Instructions should be given in a positive manner.

## ***BASIC FACTORS***

To minimize accidents, particularly during the initial learning period, instruction in the proper execution of basic baseball skills is essential. This applies particularly to fundamentals such as running, ball handling, batting and sliding which produce the majority of accidents. Correctly taught skills are the best protections against injuries.

A second basic factor that is very important to the safe development and use of baseball skills is the understanding that teamwork and good sportsmanship play an important part in baseball. These intangibles have a direct bearing on accidents involving others and can be emphasized by the following:

1. A courteous and considerate attitude by adults towards umpires, players, coaches, managers, parents and spectators. They  
must set a good example.
2. Continuous emphasis on teamwork and cooperation between teammates and good sportsmanship toward opponents.

## ***SAFETY INSPECTION***

Regular safety inspection of the field, permanent and temporary structures, ball playing equipment and personal protective equipment is the best way to determine which unsafe conditions require correction. The managers and Safety Officer should work together to insure serious accident exposures are corrected promptly.

The following list will be of assistance in determining conditions that cause accidents. Prompt action must be taken on all serious hazards. Some examples are:

1. Unsafe field conditions such as holes, ditches, rough or uneven spots, slippery areas and long grass
2. Foreign objects like stones, broken glass, old boards, pop bottles, rakes, etc.
3. Incomplete or defective screen, including holes, sharp edges and loose edges
4. Wire or link fencing should be checked regularly for similar defects which could injure a participant.
5. Board fences should be free of protruding nails, loose boards and splintered wood.
6. Bat rack and areas behind the screen should be free from protrusions and other hazards.
7. The backstop should be inspected for hazards that could injure the catcher or any other player.
8. The dugout should be clean and free of debris.
9. Dugouts and bleachers should be free of protruding nails and wood splinters.

10. Home plate, batter's box, bases and the area around the pitcher's rubber should be checked periodically for tripping and stumbling hazards.

11. Loose equipment such as bats, gloves, masks, balls, helmets, etc. must be kept off the ground.

12. Constant attention must be given by managers, coaches and umpires to the possible lack or poor fit of personal protective equipment. This would include helmets, masks, catcher's pads and safe shoes. Plastic cup supporters are required for regular and reserve male catchers and are recommended for all male players in addition to regular supporters.

13. Personal jewelry, badges, pencils, etc. can be a hazard to the wearer and should not be permitted.

14. Corrective glasses should be of the sports type and equipped with "industrial" safety lenses. Shatterproof, flip-type sunglasses

are good protection against losing a fly ball in the sun.

15. Bats should be inspected for orderly storage, secure grips and freedom from cracks. Cracked or broken bats should never be used.

16. Safety should be the major factor when making a decision on canceling a practice or game because of bad weather or darkness.

17. The greatest, although the least frequent, hazard in connection with weather conditions is exposure to lightning. Although chances of being struck by lightning are slight, managers and umpires must not take any chances on continuing a practice or game when an electrical storm is approaching. At the first indication of such a storm, everyone should leave the playing field.

18. Congestion is one of the unsafe conditions that must be dealt with by constant supervision. The umpire should keep

unauthorized people out of the way during games. The manager and coaches must control this hazard during practice sessions.

19. Coaches should be fully aware of pitch counts and ensure that all pitching rules are strictly adhered to.

## **CONDITIONING**

This important phase of youth sports training has a direct bearing on developing a safe personal condition. Extensive studies on the effect of conditioning, commonly known as "warm-up," have demonstrated that:

1. Though the value of stretching is controversial, activities that warm up the participant's muscles before games and practices

have been shown to reduce injury. 2. Drills that help develop the strength and stamina

needed by the average youngster to compete with minimum accident exposure can be an important part of a conditioning program.

Specific warm up skills are most effective when the motions are patterned after natural baseball movements such as reaching for a ball, running and similar footwork. This is a good place also to reinforce basic safeguard of keeping the eye on the ball.

## **HYDRATION**

It is important for players to maintain adequate hydration. Even mild dehydration reduces alertness and increases chances of injury. Coaches should give regular water breaks and encourage parents to bring water or other electrolyte fluids to games and practices. Soda and other caffeinated or high sugar drinks should not be used as these will aggravate dehydration.

## **EXPOSURE TO UNSAFE PRACTICES**

Unsafe acts are far more difficult to control than hazardous conditions. Also, they are the most challenging because they are involved almost entirely with the human element. It has been estimated that unsafe acts account for 80% of all accidents. Assuming that every effort is being made to provide safe conditions and equipment for a player, we should look at the exposure to a player's own or someone else's unsafe acts. Identifying the causes and taking definite steps to counteract them is essential.

With proper instruction and drill work, players will develop protective skills that will reduce the risk of accident and injury exposure. As in all endeavors, the development and skill attainment level of children varies (in some cases considerably!) and managers and coaches should be aware of the maturity level of their players and provide appropriate guidance/instructions.

## **1. Attitude**

a. An attitude of alertness, hustle and enthusiasm should be promoted as a way of life in our league. b. Good sportsmanship and courtesy, which are necessary for a harmonious and safe environment, can be taught best through

the good example set by all adults on and off the field. c. Your most effective tool to inspire an attitude of self-confidence and a desire to excel is the use of much PRAISE and RECOGNITION. Of course, this must be given when deserved so as not to be cheapened by overuse. A word of encouragement for a really good try may result in better performance on the next attempt. d. Guidance on the most constructive attitude or point of view for both adults and youngsters can be summarized by recommending a POSITIVE APPROACH to all training techniques. Again, it is emphasized that good training is the most effective weapon against accidents caused by unsafe acts.

## **2. Warm-up Drills**

Warming up before a practice session can safeguard youngsters, at least to a degree, from accidents caused by hasty and sudden demands on muscles that are not ready for the required stretching and contracting.

“Warming-up drills,” which refers to ball handling practice rather than calisthenics, can expose players to accidental injury due to misdirected balls. The following will reduce the danger of being struck by a misdirected ball: a. All unauthorized people should remain off the field during drills. b. One of the best preventive measures is to stress that the eye must be kept on the ball. This safe practice should be drilled

into both adults and youngsters so that it becomes reflex behavior. c. Another danger from misdirected balls is the exposure of inexperienced batters to wild pitchers. The use of batter’s helmets is a must. However, it does not justify permitting a potential pitcher throwing to an inexperienced batter until control is demonstrated. d. The danger of being struck by a ball can be further minimized by the following plan:

i) Throwing and catching drills should be set up with players in two lines facing one another. ii) Random throwing should be permitted only to designated players. iii) Utilizing tennis ball drills aimed at teaching players the appropriate way to avoid injury from errant pitches..

## **3. Safe Ball Handling**

a. Misjudging the flight of a batted ball can be corrected by drills with fly balls that begin easy and are made more difficult as a

player’s judgment and skill improves. b. In addition to a player never losing sight of a ball from the time it leaves the bat, the player should keep the glove positioned

and the body balanced so that a last split-second adjustment can be made if required. c. An infielder can best be protected from an aggressive short-hop fielding play by always keeping the “nose pointed at the ball”

and the eyes glued on it. Also, if moving forward, the player is in a better position to make a throw. d. It is safer for the player to knock a ball down and rehandle it than let the ball determine

the play.

#### **4. Collisions**

Collisions result in more injuries than most other types of accidents. They are usually caused by errors in judgment or lack of teamwork between fielders. It is important to establish zones of defense to avoid collisions between players. It is particularly important when players are chasing high fly balls. Once the zones are established, play situation drills should be held until these zones and patterns become familiar to the players. The responsible players should call out his intentions in a loud voice to warn others away. Here are some general rules to follow:

a. The fielder at third base should catch all balls which are reachable and are hit between third and the catcher. b. The fielder at first base should catch all balls reachable which are hit between second and the catcher. c. The shortstop should call all balls reachable which are hit behind third base. d. The fielder at second base should catch all balls reachable which are hit behind first base. e. The shortstop has the responsibility for fly balls hit in the center of the diamond and in the area of second base. Since the

glove is on the left hand (usually) it is easier for the shortstop than the fielder at second to catch fly balls over second base. f. The centerfielder has the right of way in the outfield and should catch all balls which are reachable. Another player should

take the ball if it seen that it is not reachable by the centerfielder. g. Outfielders should have priority over infielders for fly balls hit between them. h. Priorities are not so easy to establish on ground balls, but most managers expect their base player to field all ground balls

they can reach, cutting in front of the shortstop on slow hit grounders. i. The catcher is expected to field all topped and bunted balls which can be reached except when there is a force play or

squeeze play at home plate.

#### **5. Keep Ground Clear**

Substitute players should be used to pick up bats and store in the bat rack. The clearing up of other loose playing equipment should be included in this assignment.

#### **6. Sliding Safety**

As is the case with other baseball fundamentals, a correct slide is also a safe one. It goes without saying that steel spikes should not be worn. The following can make the learning period safer:

a. Long grass has been found to be better than a sand or sawdust pit to teach sliding. b. The base should not be anchored down. c. Sliding pads are recommended. d. The player should make approaches at half speed and be constantly reminded that hands and feet should be in the air.

Once committed to slide, the player must not change strategy. Last minute hesitation causes most sliding injuries. e. Tennis shoes are suggested for beginning slides and tagging practice to avoid injury to the defensive player. f. If the ground along the baselines becomes soft on a rainy day, such weather offers an excellent opportunity to have sliding

drills. g. It should be stressed that head-first sliding is prohibited except when returning to a base.

## **7. Batter Safety**

A batter's greatest accident exposure is from the unsafe act of others, namely wild pitches, which account for a major portion of all accidents. Again, the best defense is an alert, confident concentration on the ball. This type of injury is more prevalent in Major than in Minor League play. Since the danger is increased as pitchers learn to throw with greater force and competition increases, it is doubly important to take whatever counter measures necessary to offset this exposure.

a. A well-fitted helmet is the first requirement. b. The development of the novice batter's ability to take evasive action can be improved by getting the player to relax and concentrate on the ball from the time the pitcher starts delivery until it lands in the catcher's mitt. Players with slow reflexes can also be helped by simulated batting and ducking practice with a tennis ball. c. The unsportsmanlike practice of crowding the plate or jumping around to rattle the pitcher must not be tolerated. This could

endanger the batter if it causes the pitcher to lose control. d. Painful finger and hand injuries can be reduced by making sure the batter holds the bat correctly when bunting. Youngsters have a tendency to lean too far over the plate and not keep the ball well out toward the end of the bat. This should be corrected. e. When the batter becomes a base runner, that player should be taught to run outside the foul lines when going from home

plate to first and from third to home, to reduce the chance of being hit by a thrown ball.

## **9. Safe Handling of Bats**

A review of the batter's potential for causing injuries to others points up the following:

a. The most easily prevented type of accident is the too frequent fault of beginners throwing the bat while running to first base.

This unthinking act may be corrected through individual instruction to drop the bat safely by:

i) A reminder from the coach before each ball is pitched. ii) Having the player drop the bat in a marked-off circle near where the running starts. iii) Counting the player "out" in practice whenever the player fails to drop the bat correctly. iv) Providing bats with grips that are not slippery.

b. Coaches and umpires should be on the alert to correct batters that have a tendency to step into the catcher as they swing.

## **10. A Dangerous Weapon**

This heading is used to denote the seriousness of accident exposure that may sound unlikely, but is the cause of several very serious accidents annually. The precautions outlined in the previous paragraph apply to the actions of individuals who should have control over the bat they are using. A more serious injury is caused when an absent-minded youngster unconsciously walks into the swing of the coach's bat when the coach is hitting flies, or when an equally unwary player walks into the swing of a player taking practice swings. These situations demonstrate the need for everyone to become safety-minded, not only for their own good but

also for the safety of others. The following precautions are suggested:

a. The player, usually a catcher, assigned to catching balls for the coach hitting flies should be given the specific assignment of

warning away anyone who comes too close.

b. All players and adults should give a wide berth to players taking practice swings. The ingrained safety habit of keeping clear may save someone a painful injury.

### **11. Catcher Safety**

The catcher, as might be expected from the amount of action involved, has more accidents than any other player. Statistics show that the severity of injuries is less in Major than in Minor League play. Again, this bears out the fact that the more proficient the player, the less chance of injury. Assuming that the catcher is wearing the required protection, the greatest exposure is the ungloved hand.

a. The catcher must learn to:

i) Keep relaxed ii) Always have the back of the throwing hand toward the pitcher iii) Hold all fingers in a cupped position near the mitt, ready to trap the ball and throw it. Alternatively, the catcher can place

the throwing hand behind the back prior to each pitch. b. The catcher should also be taught to throw the mask and catcher's helmet in a direction away from the batter when going for

a foul or passed ball. c. As the catcher learns to play this difficult position, a good habit is to keep a safe distance back from the swinging bat.

Estimate this as one foot farther from the batter than the ends of the outstretched fingers. d. To repeat, the best protection is keeping the eye on the ball.

### **12. General Information**

Inattention due to inaction or boredom is another underlying cause of accidents. This situation can be partly offset by using idle time to practice basics of skillful and safe play, such as:

a. Otherwise idle fielders should be encouraged to "talk it up." Plenty of chatter encourages hustle and enthusiasm. b. Players waiting for a game or practice to start can pair off and play catch to improve their basic eye-on-ball technique. c. Practice should include plenty of variety in the drill work. d. Put a time limit on each drill and do not hold the total practice for more than two hours. Reduce the length of practice if

interest begins to lag. e. Idle players along the sidelines can be given the job of studying the form of other players to improve their own techniques. They may then report on what they have learned to improve their own form on running, ball handling, throwing, batting and sliding.

### **12. Control of Horseplay**

No discussion of measures to control the human element in accident-prevention would be complete without going into the problem of horseplay. This includes any type of youthful behavior that could even remotely be the cause of an accident. Even a mild form of childish behavior could distract any player about to catch a ball or possibly when at bat, and result in an accident. After all, team play requires 100% cooperation among all players, and good sportsmanship demands courtesy to opposing players. If show-offs and smart-alecks cannot

find sufficient outlet for their high spirits in the game, quick and impartial disciplinary action must be taken.



### **13. Pitch Count Rules**

There is substantial medical evidence that arm injuries at all levels of baseball and softball are directly related to the degree of use. Pitch counts and stipulations about days of rest have been adopted to protect our players, and MUST be strictly followed. In addition, managers, coaches and parents should be aware of their child's activities in all leagues and settings in which they participate. Pitching 5 innings in a middle school game on Monday and 3 more in a youth recreation game on Tuesday puts a child at high risk for injury, and is unacceptable. For specific details on the rules, please refer to the official Local Rules document.

## **ACCIDENT REPORTING**

***An "Incident Report" form should be completed and provided to the League Safety Officer for all occurrences that meet the criteria as described below. A copy of the form is included in this manual.***

In our effort to prevent accidents in youth sports, we must deal with the unpredictable actions of many small athletes. One of the most widely accepted ways to counteract unsafe acts, which are so often a part of such uncertain behavior, is to inquire into the reasons behind such acts and take suitable counter measures. Since we cannot eliminate all of these disturbing and sometimes tragic mishaps, we must use them as tools to help control similar or related accidents. Also, alert operation makes it possible to get at the causes of "near misses" so that something can be done to prevent the occurrence of injury-producing accidents.

### **1. Which Accidents to Analyze**

Good judgment must be used in deciding which accidents to analyze. The severity of an injury should not be the only basis of deciding to determine reasons for an accident and what can be done to reduce the chances of its reoccurrence. The possibility of a similar and more severe accident occurring should be our main reason for getting at the causes and taking suitable corrective action. Examples of cases that probably would not require details checking would be a "strawberry" from sliding or minor strains and bruises, not associated with serious unsafe acts or conditions.

### **2. Examples of Accidents Requiring Thorough Study**

a. A collision when two players go after the same fly ball, even though no one is hurt, has the possibility of resulting in a serious injury. Questioning players may reveal they had forgotten ball priority assignments in the excitement of trying to make the catch. The corrective measure might be to hold additional ball priority drills. A completed accident cause report passed on the Safety Officer will serve as a warning to managers of other teams.

b. If a player should trip and fall over a bat left on the ground and suffer a small abrasion, the cause and correction of this type of accident may be obvious. A report, however, would serve as a reminder, not only to this team, but also to others in the league that equipment left on the field can cause falls, some of which can result in fractures.

c. Mouth, face or teeth injuries caused by improper use of a catcher's mask or the failure to wear catcher's mask, should

obviously be reported and cause investigated.

d. A turned ankle caused by a hole in the outfield should be reported so that the appropriate league official is aware of the hole and can take corrective measures.

### **3. Other Uses for Accident Reports**

a. Of course, the need for corrective measures is most evident when an injury is severe enough to require professional services. In addition to the need for immediate preventative action, it is very important to have accurate information to complete the insurance claim report.

b. As in any organized endeavor, communications among teams in a league and leagues in a district is important. The safety program can be effective for everyone if each adult, with some safety responsibility, is given a brief report on serious or unusual hazards and the corrective action that has been taken to counteract them. In order to accomplish this, the Safety Officer must be kept informed about all significant accident cases.

### **4. Further Follow-up on Accident**

Even after corrective measures have been put into effect, responsible adults should continue to check back to make sure that unsafe habits have not been resumed and conditions are not allowed to slip. We advise players to keep their eye on the ball. Let's do the same with safety precautions.

*FIELD SAFETY CHECKLIST All umpires, managers and coaches are responsible for checking field safety conditions before each game.*

**Repairs Needed? Yes No Repairs Needed? Yes No**

Field Condition Catcher's Equipment Backstop Shin Guard Home Plate Helmet Bases (Secure)  
Face Masks Bases (Condition) Throat Protector Pitcher's Mound Catcher's Cup (boys) Batter's  
Box Level Chest Protector

Catcher's Mitt Batter's Box Marked

Safety Equipment Grass Surface (Even) First Aid

Kit (each field) Holes Filled In

Safety Manual Infield Fence Incident Report

Forms Outfield Fence Accident Notification Form Foul Lines Marked

Player's Equipment Dirt Needed Batting Helmets

Coaches Boxes Level Jewelry Removed

Dugouts Bats Inspected

Shoes Checked Fencing Bench Uniform Checked

Roof Cup (boys) Bat Racks Gloves Cleanliness Trash Cans

Spectator Areas Bleachers Safely Secured Bleachers Clean Protective Screens

## **WOODBURY BASEBALL AND SOFTBALL, INC. POLICY ON CHILD ABUSE**

Child abuse is a growing problem in youth sports. It may take the form of abusive sexual, physical or verbal behavior, and may also occur by the neglect of a child's needs. Formally defined, child abuse is the maltreatment of a child by a parent, guardian or other adult that includes intentional acts resulting in physical or mental injury, toleration of and complicity in conditions injurious to the child's mental or physical health, or sexual assault upon the child. Woodbury Baseball and Softball, Inc. policy is that any form of child abuse is unacceptable.

Conversely, it is of critical importance that all accusations of child abuse by coaches or other league volunteers be discreetly investigated, assessed and adjudicated with appropriate concern for the rights and reputation of the accused. The potential for false accusations exists.

In order to minimize player abuse and to establish a fair and reasonable due process for accusations, Woodbury Baseball and Softball, Inc. is implementing the following policy effective immediately:

1. All applicants for league involvement will be asked to participate in the organization's formal background review process established as of the 2012 season. The results of the review will be reviewed by an individual or individuals designated by the Board of Directors. No person with a known history of child abuse will be given any access to children in the Woodbury Baseball and Softball, Inc. program.

2. When possible, a pre-season league meeting will be held for managers, coaches and other league volunteers to define and

explain the multiple faces of child abuse and the mechanisms to prevent and detect these occurrences.

3. The league Safety Officer or alternatively, an individual as designated by the Board of Directors, will receive and act on abuse allegations in a confidential manner. The process to be followed in the investigation and adjudication of a child abuse accusation is as stated later in this policy.

4. A liaison will be established with the law enforcement community to assist in the implementation of preventative measures and in response to allegations of illegal behavior.

5. All persons holding positions within the league that provide access to children will be provided with a written copy of this policy.

A statement that they have read and understand that the policy will be required from each person.

## **PROCEDURE TO BE FOLLOWED WHEN AN ACCUSATION IS MADE**

1. The alleged incident will be discreetly and confidentially investigated by the League Safety Officer or alternatively, an individual

as designated by the Board of Directors.

2. An assessment will be made as to the veracity of the allegation based on the results of the investigation.

3. NO further action will be taken if the allegation is judged to be untrue.

4. Allegations judged to be true will be submitted to the League Board of Directors for penalty assignment. Penalties can range from a verbal reprimand for minor offenses to league expulsion for greater offenses. All incidents of child sexual abuse will be cause for immediate league expulsion. Depending on the severity of the offense, civil authorities may be advised of the incident for further action.

5. The accused can appeal the decision to impose a penalty by notifying the President of the Board of Directors within 24 hours of the penalty assessment. The appeal will be considered by the full Board of Directors and a final determination will be made. This determination is final and not subject to appeal.

**Voted on and approved by the Board of Directors, \_\_\_\_\_**

# **WOODBURY BASEBALL AND SOFTBALL, INC.**

## **REMEMBER:**

Please have this Safety Manual, Medical Release Forms with contact numbers and injury/accident reports with you each time you have a game or practice.

Remember, any questions and concerns about WBS safety should be directed to Woodbury Baseball and Softball, Inc. Safety Officer: Dr. Michael Rosen.

## **IMPORTANT TELEPHONE NUMBERS**

Emergency Situations 911

Non-emergency Police

Fire and Rescue

# Incident/Injury Tracking Report

Incident Occurred: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

Parent's Name (If Player): \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_

Parent's Address (If Different) \_\_\_\_\_

City \_\_\_\_\_

**Incident occurred while participating in: A.  Baseball  Softball**

B.  T-Ball  Instructional  Major (9-12)  Koufax

Senior (14-16)  Big League (16-18)

C.  Tryout  Practice  Game  Tournament  Special Event  Travel to  Travel from  Other  
(Describe): \_\_\_\_\_

D.  Batter  Baserunner  Pitcher  Catcher  First Base

Second  Third  Short Stop  Left Field  Center Field  Right Field  Dugout  Umpire   
Coach/Manager  Spectator  Volunteer

Other: \_\_\_\_\_

Type of injury: \_\_\_\_\_

Was first aid required?  Yes  No If yes, what: \_\_\_\_\_

Was professional medical treatment required?  Yes  No If yes, what: \_\_\_\_\_ (If yes,  
the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

## **Type of incident and location:**

***A. On Primary Playing Field B. Adjacent to Playing Field D. Off Ball Field***

Base Path:  Running  Sliding  Seating Area  Travel:

Hit by Ball:  Pitched  Thrown  Batted  Parking Area  Car  Bike

Collision with:  Player  Structure C. Concession Area  Walking

Grounds Defect  Volunteer Worker  League Activity

Other: \_\_\_\_\_  Customer/Bystander  Other: \_\_\_\_\_

***Please give a short description of  
incident:*** \_\_\_\_\_

\_\_\_\_\_

Could this accident have been avoided? How: \_\_\_\_\_

This form is for Woodbury Baseball and Softball, Inc. purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible.

Prepared By/Position \_\_\_\_\_ Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# WOODBURY BASEBALL AND SOFTBALL, INC. MEDICAL RELEASE

(Note: to be carried by a Regular Season or Tournament Team Manager together with team roster or eligibility affidavit at all practices/games.)

Player's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

League Name: \_\_\_\_\_ League ID No.: \_\_\_\_\_

Parent or Guardian Authorization:

*In case of emergency, if I, or the family physician, cannot be reached I hereby authorize my child to be treated by a Certified Emergency Personnel (i.e. EMT, First Responder, and ER Physician).*

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

**In case of emergency, contact:**

\_\_\_\_\_  
Name Phone (Work) Relationship to Player

\_\_\_\_\_  
Phone (Home) Phone (Cell) Pager Number

\_\_\_\_\_  
Name Phone No. Relationship to Player

\_\_\_\_\_  
Phone (Home) Phone (Cell) Pager Number

Please list any allergies/medical problems, including those requiring maintenance medications: (i.e. diabetic, asthma, seizure disorder)

Medical Diagnosis Medication Dosage Frequency of Dosage

\_\_\_\_\_  
Allergies: \_\_\_\_\_

(The purpose of the above listed information is to ensure that medical personnel have details of any medical concern which may interfere with or alter treatment.)

Date of last Tetanus Toxoid Booster: \_\_\_\_\_

Mr./Mrs. \_\_\_\_\_ Date: \_\_\_\_\_

**Authorized Parent/Guardian Signature**

***WARNING: Protective equipment cannot prevent all injuries a player might receive while participating in Baseball/Softball. Woodbury Baseball and Softball, Inc. does not limit participation in its activities on the basis of disability, race, color, creed national origin, gender or religious preference.***