



Coaches Handbook

1. Welcome:

- a. Welcome to the MBSL program! I greatly appreciate your willingness to be a volunteer coach for our 2024 spring season. Your investment into this program is what allows this program to function. Without you, we would not be able to provide this program to our community.
- b. Our job as league administrators is to make your job as a volunteer coach simpler. We recognize that each of you is taking on this responsibility in addition to the myriad of other responsibilities and activities you are involved in. We want to equip you for success because you are helping us bring a quality program to our community.
- c. I truly thank you for the time, energy, and resources that you will invest into the season. I hope that this handbook and the resources in it is helpful and informative to you throughout the season!

2. Coaching Philosophy:

- a. We expect our coaches to maintain a positive and encouraging attitude while promoting the importance of teamwork, fair play, and sportsmanship.
- b. Volunteer Coaches have a large level of influence on the outcome of a child or parent's experience in the MBSL program. You are the on-going hands-on individual that parents and children will directly associate with the league.
- c. We expect all our coaches to conduct themselves with excellence to help create a positive environment for the children to play in and for the parents to enjoy the festivities.
 - i. As a part of this, we expect all coaches to treat all umpires and staff with the utmost respect throughout the season.

- d. There is nothing wrong with wanting to win the game, but there are things more important for kids than the final score of the game.
 - i. We want you to focus on increasing confidence, showing improvement in individual performances, and a positive team atmosphere.
 - ii. Kids will remember the friends that they made and the enjoyment they had while playing more than any game result.
 - iii. When a loss does occur, focus on the reaction and perseverance to try your best the next time you play.
- e. Strive to find the balance between a healthy level of competition and a focus on the importance of teamwork, improvement, sportsmanship, and perseverance.

3. Coach Registration:

- a. Coach registration opens before player registration to secure enough head coaches to meet the expected enrollment of players in any particular age group.
- b. Registration is then monitored based on the number of coaches to find the right balance of a full team where all players can have an enjoyable experience with enough quality playing time.
- c. Registration for head and assistant coaches is the same.
- d. Head or assistant coaches may register at any time prior to the start of the season.
- e. Coach registration is done via an online application.
 - i. Once the application is completed, the coach is invited to take a background check through Sterling Volunteers.
 - ii. Once the Miamisburg Parks and Recreation Department reviews the background check results, a final determination is made on the coach's application.
- f. Once a coach is approved, more information will be emailed to them from the league administrators.
- g. Approved head coaches will receive 1 free player registration for the season.
- h. All coaches must have a current Concussion in Sports Certificate on file with the City of Miamisburg Parks and Recreation Department from the NFHS. This is a free online course.
- i. Only approved volunteer coaches through the City of Miamisburg Parks and Recreation department are allowed to be in the dugout and on the field with the players during team activities.
- j. All approved volunteer coaches will receive a league hat and coach jersey to easily identify them.

4. Coach Qualifications:

- a. All coaches must have completed the volunteer coach application process which includes:
 - i. Coach application
 - ii. Background Check
 - iii. Lindsey Law Training
 - iv. Concussion in Sports Course
- b. Head Coaches Must:
 - i. Be able to attend team games and practices regularly.
 - ii. Be able to utilize email and TeamSnap software for communication and organization of the team.
 - iii. Have a general knowledge of the sport along with a willingness to grow and learn as opportunities are available.
 - iv. Uphold the values of the MBSL program of teamwork, fair play, and good sportsmanship as they interact with players, coaches, fans, and umpires.
- c. Assistant Coaches Must:
 - i. Be able to attend team games and practices on a consistent basis.
 - ii. Be willing to support the head coach in leading the team through games and practices.
 - iii. Have a willingness to learn the sport.
 - iv. Uphold the values of the MBSL program of teamwork, fair play, and good sportsmanship as they interact with players, coaches, fans, and umpires.

5. Starting the Season:

- a. All head and assistant coaches will be invited to attend the pre-season coach's meeting for your particular age group. This will be a discussion about schedules, rules, and expectations for the season.
- b. League Rules will be posted on the MBSL webpage for ease of reference and transparency – please make sure that you are familiar with your age group's particular rules.
- c. The Pre-Season coach meetings will take place on March 16, 2024, at the Miamisburg Community Center in the following schedule:
 - i. All T-ball Coaches – 9:00 AM – 9:45 AM
 - ii. 8U Baseball – 10:00 AM – 10:45 AM
 - iii. 8U Softball – 11:00 AM – 11:45 AM
 - iv. 10U Baseball – 12:00 PM – 12:45 PM
 - v. 10U Softball – 1:00 PM – 1:45 PM
 - vi. 12U Baseball – 2:00 PM – 2:45 PM
 - vii. 12U Softball – 3:00 PM – 3:45 PM
 - viii. All 14U and 18U Coaches – 4:00 PM – 4:45 PM
- d. Forming Teams

- i. Teams at the T-ball level will be formed by the league office to make teams as fair and equal as possible.
 - 1. Head coaches may submit up to 4 automatic picks for their teams to accommodate things such as – coaching staff children or children of a team sponsor.
- ii. Teams at the 8u age levels and older will be formed via a player draft that will take place during the March 16 coach meeting.
 - 1. Head coaches may submit up to 4 automatic picks for their teams to accommodate things such as – coaching staff children or children of a team sponsor.
- e. During the week of March 18th, team rosters will be inputted into league TeamSnap software.
 - i. Once your team roster is uploaded, please reach out to your team for initial introductions and instructions.
- f. Acquiring Team Gear
 - i. The league office will provide each coach with the following equipment for the season:
 - 1. Tees for t-ball teams (if available, tees can be used by older age groups as well)
 - 2. Full set of catcher's gear – helmet, chest protector, shin guards, and glove
 - 3. Batting helmets – we have ones with and without facemasks.
 - 4. Game balls
 - 5. Practice balls
 - 6. Scorebooks
 - ii. Coaches may provide their own additional equipment for team use at their own expense and discretion.
 - iii. Gear pickup for all coaches will be on Saturday, March 23 at Rice Field in the following schedule:
 - 1. T-ball – 12:30 – 2:00 PM
 - 2. Baseball & Softball – 2:00 – 3:30 PM
- g. Practices will start the week of March 25th.
 - i. For ease of scheduling, each age group (with the exception of t-ball) will have a dedicated practice night.
 - 1. T-ball will be spread throughout the week due to the number of teams.
 - ii. It is the league's intention to have 2 scheduled practices per week in the preseason – 1 weekday and 1 weekend.
 - iii. Once gameplay starts, it is the league's intention to have 1 practice per team until the approximate midway point of the season.
 - iv. Once the midway point of the season has arrived, it is the league's intention to replace weekday practices with games while still hosting games on the weekend.

- v. If a coach would like extra practice time at any point during the season, please reach out to the league office for field availability.
- h. Opening Day for Gameplay is April 20, 2024
 - i. It is the league's intention to schedule games on Saturdays until the midway point of the season when games will replace scheduled practices.
 - ii. Game schedules will be uploaded into your TeamSnap page during the first week of April.

6. Throughout the Season:

- a. Communication with your team
 - i. Please communicate with your team throughout the season regarding upcoming events, cancellations, reschedules, and other general information.
 - ii. For ease of communication, there is a chat/messaging feature in our TeamSnap software that allows you to send information to your team in a quick and efficient way.
 - iii. Do not expect the participants of your team to be actively checking for upcoming events.
 - iv. Parents would rather have too much information instead of not enough.
- b. Communication with league office
 - i. If you need to contact the league office throughout the season, the most efficient way is to email mbsl@cityofmiamisburg.com
 - ii. If you need assistance with something at Rice Field, please call the on-call MBSL site coordinator – 937-477-6712
 - iii. Other methods of communication and key contacts will be listed on the final page.
 - iv. The league office will also send out information to the whole league throughout the season using the TeamSnap software.
- c. Weather Cancellations
 - i. We utilize the Rainout Line which is available on the PlayMiamisburg website, the PlayMiamisburg App, Rainout Line App, or calling the Rainout Line – 937-400-2004
 - ii. **Monday – Friday** - Staff will update rainout line each afternoon based on game schedules and field conditions. Initial decisions on field conditions will be made by 3:30 PM. If field conditions are initially deemed questionable, final decisions on field statuses will be made by 5:00 PM. In the event of questionable weather conditions during gameplay, MBSL staff will make additional updates throughout the evening.
 - iii. **Weekends** - Staff will update rainout line by 8:30 a.m. on weekend mornings. In the event of questionable weather conditions during the day, MBSL staff makes additional updates throughout the morning/day.

- d. Makeup Games
 - i. The league office will handle the rescheduling of all cancelled games.
 - ii. Coaches are welcome to make requests when a game is being rescheduled.
 - iii. Games that are forfeited will not be made up.
 - iv. We have built an empty week into the schedule on June 10-15 for the purpose of makeup games.
 - 1. If games do not need to be made up that week, we will add more games into the schedule.
- e. Scorekeeping
 - i. Each team will be supplied with a scorebook.
 - ii. Coaches are responsible for finding a qualified individual to keep the scorebook for your team. This can be an assistant coach, a parent, or another spectator.
 - iii. Please keep scoresheets from previous games in case there is a discrepancy when game results are recorded.
- f. Posting Results
 - i. For all age groups that keep score, coaches are responsible to input the game results via TeamSnap.
 - ii. This is the avenue that the league office will use when looking at team standings throughout the year.

7. Postseason:

- a. For T-ball, all team participants will receive a participation award at the conclusion of their last scheduled game.
- b. All teams aged 8U and older will participate in a single elimination tournament to crown a league champion.
 - i. This tournament is currently scheduled for the week of June 17-22, 2024. The tournament could be delayed back to conclude on June 27, 2024 due to weather cancellations during the tournament.
 - ii. Awards will be given out to the individual team members who finish in 1st and 2nd place in the tournament.
 - iii. There will be no team trophy awarded.
- c. Tournament Seeding will be based on regular season winning percentage for teams that played more than 5 games.
- d. Tiebreakers will be assessed in the following order:
 - i. Head-to-Head Results
 - ii. Results against the top 3 teams in the league
 - iii. Head-to-Head Run Differential
 - iv. Coin Toss

8. All Star Teams:

- a. The league office will put together one recreation all-star team from each age group 8U and up.
- b. Any coach from the current season is welcome to be a part of the All-Star Team
 - i. We do need a head coach for each age group. If you are interested in being a head coach for an all-star team, please reach out to the league office for approval.
- c. The league office will provide uniform tops for this recreation all-star team.
 - i. Please provide a uniform order to the league office by June 3, 2024
- d. Coaches will hold an all-star tryout practice during the week of May 13-17.
 - i. This tryout practice is to be open to any individual that was registered for that age group in the league.
 1. Individuals that played up in an age division for the regular season may NOT play down for the all-star team.
 2. For Example, if your birthday assigned age group is in the 8U age group, and you decided to play in the 10U age group, that player is only eligible to play 10U all stars.
 - ii. This tryout practice will be put onto the Teamsnap schedule of all teams in that age group.
- e. Please use discretion when holding a tryout practice. Allow all participants an equal chance to showcase their skills and abilities for all-star team consideration.
 - i. The league office can supply coaches with a tryout practice template if a coach is in need of some ideas.
- f. All recreation all-star teams will be entered at no cost to them into the Recreation All Star Tournament hosted at Rice Field on July 5-7, 2024.
 - i. This tournament is for baseball and softball.
- g. All-Star teams may participate in other local all-star tournaments throughout the month of July at the expense of the all-star team – whether through sponsors or coach/parent funding.

9. Umpires:

- a. There will be no umpires at the t-ball level – coaches are asked to control the game based upon the league rules.
- b. Umpires will be provided for all other league games to the best ability of the league office.
 - i. We have 3 different options to cover all games.
- c. It is a struggle to get umpires for recreational games, and the number 1 deterrent we hear from umpires is due to the behavior of coaches and

spectators. Negative or aggressive comments toward an umpire will not be tolerated.

- i. You can greatly help our umpire situation by being gracious and positive toward them.
 - ii. Please know that umpires are humans, and they will make mistakes or calls that you do not agree with.
- d. Every game we play has 3 teams on the field – home team, away team, and umpire team.
- i. Your team may have a head coach, 3 assistants and 15 parents representing you and helping with ideas.
 - ii. The umpire team usually is a team of 1 that has to react to everything in real time. Often this umpire is younger and still learning the game. Allow them time and space to learn, react, and grow in the skill they are working on.
- e. If you have an issue with the performance of an umpire, please bring it to the attention of the league office.

10. League Sponsors:

- a. MBSL endeavors to procure 1 jersey sponsor per team from local businesses. Coaches are more than welcome to seek out a sponsor for their own team. If your business is interested in being a team sponsor, please reach out to the league office or go on the league website for the sponsor application.

11. Equipment Information:

- a. Please refer to the table below for information regarding bat and cleat restrictions for the league:

| League | Cleat Requirements | Bat Requirements |
|-------------------------|--------------------|---|
| 4U COED Tball | Rubber | T-BALL Rated |
| 6U COED Tball | Rubber | T-BALL Rated |
| 8U COACH PITCH SOFTBALL | Rubber | ASA or USA Softball Rated |
| 8U COACH PITCH BASEBALL | Rubber | Max barrel diameter 2 3/4" BPF (bat performance factor) of 1.15 or less. Must be affixed to the bat for identification. No negative drop applied. |
| 10U KID PITCH SOFTBALL | Rubber | ASA or USA Softball Rated |
| 10U KID PITCH BASEBALL | Rubber | Max barrel diameter 2 3/4" BPF (bat performance factor) of 1.15 or less. Must be affixed to the bat for identification. No negative drop applied. |
| 12U SOFTBALL | Rubber | ASA or USA Softball Rated |
| 12U BASEBALL | Rubber | Max Barrel Diameter = 2 3/4" Maximum Negative Drop is -12 |

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|--------------|-----------------|-------------------------------------|
| 14U SOFTBALL | Rubber | Bat restrictions follow OHSAA Rules |
| 14U BASEBALL | Rubber or Metal | Bat restrictions follow OHSAA Rules |
| 18U SOFTBALL | Rubber | Bat restrictions follow OHSAA Rules |
| 18U BASEBALL | Rubber or Metal | Bat restrictions follow OHSAA Rules |

12. Key Dates Table

- a. More information can be found about these dates and events on the MBSL webpage

| | |
|--|--------------------|
| Coach Registration Opens | January 8, 2024 |
| Online Player Registration Opens | January 15, 2024 |
| Customer Service Day | March 2, 2024 |
| Online Late Registration Starts | March 4, 2024 |
| Online Registration Deadline | March 11, 2024 |
| Coach Meeting | March 16, 2024 |
| Player Draft | March 16, 2024 |
| Team's Formed in Teamsnap | March 18-22, 2024 |
| Dicks Sporting Goods Shopping Weekend | March 22-24, 2024 |
| Rice Field Clean Up Day | March 23, 2024 |
| Teams Practice Start | Week of March 25th |
| MBSL Baseball and Softball Player Clinic | March 30, 2024 |
| MBSL 5K | April 20, 2024 |
| MBSL Opening Day | April 20, 2024 |
| Home Run Derby | May 11, 2024 |
| All Star Tryouts | May 13-17, 2024 |
| Open Week (For Makeup Games) | June 10-15, 2024 |
| Tournament Week | June 17-22, 2024 |
| Fall Ball Online Registration Opens | July 1, 2024 |
| MBSL Fundraiser Golf Scramble at Mound Golf Course | August 3, 2024 |

13. Coaching Resources:

- a. We have a number of different resources available to coaches to aid them in leading their team:
- i. Teamsnap – Scheduling of team games and practices; Communication with team
 - ii. MBSL Coach Clinic with Homefield Instruction – Date and details TBD
 - iii. Dominate the Diamond
 1. This is an online resource that has free tools you can download.
 - a. [Dominate the Diamond Free Practice Plans & Templates](#)
 2. Video and Drill Tutorials on Youtube
 - a. [Dominate The Diamond - YouTube](#)

- b. They come out with more videos almost every week. Find drills that are appropriate for the age group you are coaching.
- b. Overall skills to teach at each age group: Taken from *Coaching Youth Baseball* by Cal Ripken Jr., Bill Ripken, Scott Lowe, and Ripken Baseball
 - i. Tball
 - 1. The Basic Rules – Right Direction to Run, Runners must touch the bases, how to record outs, running past 1st base, how many outs in an inning.
 - 2. Throwing Mechanics – Turn the body so the front shoulder points at the target, elbow above the shoulder, step toward the target and release the ball.
 - 3. Tracking – follow the ball with the eyes into the glove, whether on the ground or in the air (use softer balls); use two hands to catch and field; try to catch the ball out in front of the body.
 - 4. Hitting - how to hold and swing the bat; batting safety (when not to swing bats, wearing batting helmets); hitting off a tee.
 - 5. Positional Play - if the ball is hit to your buddy, let him or her field it.
 - ii. 8U
 - 1. The Basic Rules - force outs; tagging up; baserunning (when you don't have to run; not running into or past teammates on the basepaths); balls and strikes.
 - 2. Throwing Mechanics - introduce the four-seam grip; point the front shoulder, step, and throw; introduce the concept of generating momentum toward the target and following the throw.
 - 3. Catching and Fielding - thrown and hit balls; fingers up versus fingers down; see the glove and the ball; use two hands; forehands and backhands; introduce the underhand flip; first base fundamentals; crossover and drop steps.
 - 4. Hitting - choosing the right bat; proper grip; hitting pitched balls; introduce drill work (tee, soft toss, short toss).
 - 5. Learning Positional Play - learn the positions and the areas each player should cover; cover the nearest base when the ball is not hit to you; basics of cutoffs and relays.
 - iii. 10U & 12U
 - 1. The Basic Rules – infield fly rule, balks, etc.
 - 2. Baserunning – Leads, steals, advancing, extra base hits.

3. Pitching & Throwing Mechanics - wind-up versus stretch; four-seam grip; shuffle, throw, follow; pitcher covering first.
 - a. If you want to teach a secondary pitch, we recommend teaching an off-speed changeup pitch...not a breaking ball.
 4. Hitting - repetitions; drill work (tee, soft toss, short toss, stickball, lob toss, one-arm drill); bunting.
 5. Team Fundamentals - cutoffs and relays; basic bunt defenses; basic first-and-third situations; underhand flip (box drill) and double plays; defending the steal; infield and outfield communication and priorities.
- iv. 14U
1. Throwing Mechanics and Pitching - emphasis on generating momentum toward the target and following the throw (larger field); breaking balls; change-ups; pitching mechanics and using the body effectively (longer distance); pickoff mechanics for baseball; flat-work (drills); introduction to long toss.
 2. Hitting - introduce situational hitting (inside-out swing; hitting behind runners; hit and run; productive outs); sacrifice bunting versus bunting for a hit; understanding the count.
 3. Baserunning - first-and-third situations; steal breaks; delayed steals; reading situations and reacting to them.
 4. Fielding - generating momentum back toward the target on throws when necessary; crossover and drop steps; backhands and when to use them; double-play depth; pitcher covering first; infield communication.
 5. Team Fundamentals - pickoff plays; full bunt defenses; full first-and-third defenses; pop-up and fly ball priorities; double plays and underhand flips.
- v. 18U
1. Throwing Mechanics and Pitching - —long toss; flatwork (drills); continue mastering breaking and off-speed pitches; throwing for accuracy; generating momentum toward the target and following the throw; pickoff mechanics for baseball.
 2. Hitting - mental aspects (hitter's count versus pitcher's count); two-strike hitting; aggressive versus defensive swings; situational hitting; productive outs; advanced game situations and defenses.
 3. Baserunning – Leads, when to leave a base; reacting to batted balls; tag-up situations; third-base rules; no-out, one-out, and two-out rules.

4. Fielding - understanding and adapting to playing conditions (grass versus dirt, sun, bad fields); fence drill (outfield); crossover and drop steps; do-or-die plays at the plate; preventing runners from taking extra bases; communicating between pitches.
5. Team Fundamentals - —cutoffs and relays (introduce the trailer concept); advanced pickoff plays and when to use them; double plays; advanced game situations and defenses.

14. Key Contacts and Resources

- a. League Website - [MBSL - Miamisburg Parks and Recreation \(playmiamisburg.com\)](http://MBSL - Miamisburg Parks and Recreation (playmiamisburg.com))
- b. League Email – mbsl@cityofmiamisburg.com
- c. League Administrators
 - i. Megan Rutledge
 1. Cell – 937-219-3673
 2. Email – megan.rutledge@cityofmiamisburg.com
 - ii. Darren Miller
 1. Office – 937-847-6418
 2. Cell – 937-603-4687
 3. Email – darren.miller@cityofmiamisburg.com
- d. Parks and Recreation Front Desk – 937-866-8999
- e. MBSL Site Coordinator (evenings and weekends for help at your field)
 - i. Cell - 937-477-6712
- f. Rainout Line – 937-400-2004