



## U7s Clinic

- Welcome and thanks for taking the time to coach your teams and attend the clinic.
- Background and reason for the clinic:
  - Trying to figure out how to teach the kids to catch a hard ball, throw and hit safely
  - You don't need to know the game to be a great coach, you will learn with the kids.
- This is not the only way to coach, just some examples that worked for my teams.
- Main objectives:
  - Have fun
  - Players to get better over the season.
- Be prepared:
  - Have a plan for training; know what you are going to do.
  - Have some extra things to do in case what you had planned doesn't work (A/B/C)
  - Get there a few minutes early so you can set up and be ready for the kids.
  - Don't do the same things all the time – kids and you will get bored.
  - Persevere with the basics – kids develop at different rates
- Get help. Have parents involved so we keep the kids playing – not waiting!
- First Training example:
  - Introduce the diamond
  - Base Running – Speed Test
  - Base Running Warm Up (with chasing)
  - Three groups of skills (links in document re techniques). Start with brief intro
    - Batting – Hit Hard!
    - Throwing – Get into good position and knock the target down
    - Catching – Catching technique for safety
  - Finish with a game – Dodge Ball with Tennis Balls
- Other Drills:
  - Hitting – Distance, Direction, Ground / Fly, Drop the Bat
  - Ground Balls – Position to field the ball (movement drill)
    - Not many catches in U7s – Focus on Ground Balls
  - Tag (Running to Second)
  - Out at First (Pitcher throw to Parent on First Base, Runner to First)
  - Catching Fly Balls (same as catching technique)
  - Play Tee-Ball
  - Relay Races
  - Target Practice (ball on tee)
  - Sliding (soapy water)
  - Chase Down Game (Batter, Fielders on 1<sup>st</sup> and 3<sup>rd</sup>)
  - Parents vs Kids



## Coaching Clinic Notes

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- Game Day:
  - Consistent warm up – Hitting and then Fielding
  - Be ready for the umpire on the base
  - Kids to know if they are fielding or batting – use a magnet board?
  - Run in between innings – Get as many innings in as possible.
  - Have fun playing, be fair. Enjoy the challenge of playing good teams.
  - Respect the umpire, your teammates and the other team – you are a Role Model
  - Rotate through different positions (I have sent out a spreadsheet we use)
  - No Suicide Running
  - No Practice Swings with the bat
  - No Scoring in U7s (like Auskick)
  - No Strikes – have as many swings as needed.
  - Get the kids to position themselves in the batter's box as soon as you can.
  - Encourage the throw to 1<sup>st</sup>. If goes past the pass ball will be called, but no extra base.
  - Most outs will occur between Pitcher and 1<sup>st</sup> so team up good catchers with good throws, and weaker catchers with weaker throwers.
  - Talk to RF about backing up. Get them in the game.
  - Have all kids playing their position not running where they like. Be ready to backup.
  - Try to get three outs – back to batting.
  - If other team is struggling, don't have to play 3 outs side away, just get as many outs as you can. Talk to the other coach about this before the game.
  
- After the Game:
  - Three cheers for umpire and other team
  - Talk to players about great team play
  - Recognize and celebrate individual efforts and improvements – Give awards.
  
- State Championships:
  - Consider taking part – more info to come from the club about this.
  
- Little things:
  - Good to get down on you knee when talking to the kids, be on their level.
  - Don't talk too long.
  - Don't have the kids looking into the sun when talking to them.
  - Check your gear bag and make sure when you return it everything is there
  - Keep your patience and your sense of humour!
  - Take the intensity out of games, we are the adults and we control the game.
  
- Thanks for attending:
  - Hope the information was useful
  - Hope they enjoy coaching their kids and seeing them develop and have fun
  - Keep learning and trying new things with the kids
  - Check out what other coaches do – take the good, leave the bad
  - Develop your own style and have FUN
  - If they want to have a chat or have questions, let me know and I am happy to help.
  - Thanks!