



ISRAEL ASSOCIATION OF BASEBALL

COACHES MANUAL 2020/21

Find all IAB coaching material and information on the [“Coaches Corner”](#)

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JOB DESCRIPTION

Coaches are responsible for all aspects of running their teams; safety and first aid, maintaining equipment, knowing the rules of your league, executing organized practices and games, communicating with local and regional directors, teaching the rules and skills of the game to the team, creating a professional and positive team environment for kids to learn about baseball and learn life lessons through baseball, regulating the conduct and appearance and attendance of the team, and generally promoting the game as an ambassador of Israel Baseball.

Coaching is a 1-year commitment, with roughly 10 months of activity. In that time, you will be expected to meet with your team once or twice a week, depending on your region.

The Israel Association of Baseball will provide the resources you need to run your team; uniforms, seasonal schedules, equipment, fields, umpires, coaching materials, and general support. And you will be expected to operate your team to the best of your ability and to international standards.

By accepting a coaching position with the Israel Association of Baseball, you understand and agree to these terms.

*On the following pages, you will find **Player and Parent Contracts**. Please read these through, and print out copies for your players to sign and for them to give to their parents to read and sign as well. This will set the tone for the year. Take time during your first practice to read through the Player Contract with your players and talk about their commitment to the team and to baseball. This contract highlights the many values of sportsmanship, dedication and respect that the IAB is working hard to instill in all our players. The Parents Contract is just as important and offers the parents insight into our approach to baseball and to the atmosphere we strive to foster everywhere we play baseball. You can also find these contracts on the Coaches Corner on our website.*

PLAYER CONTRACT

I, _____, member of the _____ team, understand it is an honor to play for this team. I also understand I have responsibilities as a player. Every time I put on my uniform for practice for a game, I represent myself, and my team, so I will do the following:

I will always give my best effort and have a positive attitude.

I will respect my teammates. I will respect my coaches. I will respect the umpires. I will respect the opponent. I will always respect and honor the game.

I will attend all team functions (practices, games, etc.) and be on time.

I will wear my uniform properly.

I will learn about baseball.

I will think of "my team" before thinking of "myself".

And most importantly, I will always have fun when I play baseball, because that's what baseball is all about.

By signing this contract, I promise to do the things listed above, and I understand I will be held to the highest standards of attitude and behavior in the time I play for this team.

X _____

PARENT CONTRACT

I, _____, parent of, _____, recognize the terms of the Player Contract and will help reinforce the ideas regarding attitude, respect, and fun listed in the contract. And I will assist the development of my child and the team by doing the following:

I recognize that having my child play baseball requires time, travel, and sacrifice, and in return great rewards as well.

I will not coach my child, or any child on the team, during a game or practice.

I will not approach the dugout or go on the field during a game or practice unless asked by a member of the coaching staff.

I will not endanger myself, the players or others by getting too close to the field during practices and games, and I will listen to the instructions of the coaching staff at all times.

I will never directly address an umpire, a player from an opposing team, or a coach of an opposing team.

If I need to speak with our coaches about my child's playing time or anything concerning the team, I will approach them individually, and never on a practice or game day.

I will have my child at all team functions (practices, games, etc.), on time unless I have given notice otherwise.

By signing this contract, I promise to do everything listed above, and I understand how I can assist in the process of my child's development in baseball.

X _____

התחייבות שחקן

אני, _____, חבר/ה בקבוצת _____, מבין/ה שיש לי את הכבוד לשחק עבור הקבוצה הזאת.

אני גם מבין/ה שיש לי אחריות כשחקן. כל פעם שאני מתלבש במדים לאימון או משחק, אני מייצג/ת את עצמי ואת הקבוצה שלי, ולכן אני אעשה את הדברים הבאים:

אני תמיד אתן את מיטב יכולתי ותהיה לי גישה חיובית.
אני אכבד את חברי לקבוצה. אני אכבד את המאמנים שלי. אני אכבד את השופטים. אני אכבד את היריבים. ואני תמיד אכבד את המשחק.
אני אגיע לכל ארוע של הקבוצה שלי (אימון, משחק, וכו') ואני אגיע בזמן.
אני אלבש את המדים שלי כמו שצריך.
אני אלמד על בייסבול.
אני אחשוב על הקבוצה שלי לפני שאני שאחשוב על עצמי.
והכי חשוב, אני תמיד אהנה כשאני אשחק כי זה כל העניין של בייסבול.

על ידי חתימת התחייבות זו, אני מתחייב/ת לקיים את כל הרשום למעלה ואני מבין שאני אעמוד בסטנדרטים הגבוהים ביותר של יחס והתנהגות בזמן שאני משחק/ת עבור הקבוצה הזאת.

_____ X

התחייבות הורים

אני _____, ההורה של _____, מאשר את תנאי התחייבות הורים זו ואני אנסה לתמוך ברעיונות הגישה, הכבוד וההנאה הרשומים בה.

אני אעזור עם התפתחות של הילד/ה שלי ושל הקבוצה כולה על ידי הפעולות הבאות:
אני מודעת/ת לכך שהילד/ה שלי משחק/ת בייסבול וזה דורש זמן, נסיעות והקרבה, ובתמורה יהיו להם תגמולים רבים.

אני לא אאמן את הילד/ה שלי או כל הילד/ה אחר בקבוצה בזמן אימון או משחק.
אני לא אתקרב ל"דאג-אוט" או אעלה על המגרש בזמן אימון או משחק, אלא אם המאמן יבקש ממני לעשות זאת.

אני לא אסכן את עצמי או את השחקנים על ידי התקרבות יתר על המידה למגרש בזמן אימון או משחק ואני אציית להוראות צוות המאמנים.

אני לא אפנה ישירות לשופט או לשחקן או מאמן של הקבוצה הנגדית. אם יש לי צורך לדבר עם המאמן לגבי זמן הילד/ה שלי, או כל דבר שקשור לקבוצה, אני אגש אליו בנפרד ולא ביום האימון או המשחק.

אני אדאג להביא את הילד/ה שלי לכל אירוע של הקבוצה (אימון, משחק, וכו') אלא אם הודעתי על שינוי כלשהו מראש.

על ידי חתימתי מטה, אני מתחייב/ת לקיים את כל הרשום למעלה ואני מבינה/ה איך אני יכול/ה לתמוך בתהליך ההתפתחות של הילד/ה שלי בייסבול בזמן שהוא/היא משחק/ת בקבוצה זו.

_____ X

UNIFORM ORDER FORM

Note: Submit uniform orders to margo@baseball.org.il.

T Shirt order # (office use):

Date submitted: _____

Approved by (office use): _____

Team name:	
Region:	
Coach:	
This order submitted by:	
Telephone:	
Fax:	
Cell phone:	
e-mail:	
Address for delivery	

COACHES SHIRTS

Size:	S	M	L	XL	XXL	XXXL	Total
No. of shirts:			1	2			3

TEAM SHIRTS

Size:	10	12	14	16	S	M	L	XL	XXL	Total
No. of shirts:				4	4	3	1			12

Notes:

Shirt color:

IAB logo on front of shirt

Consecutive numbers on back of shirt

INJURY REPORT (English)

Report to be submitted to Margo Sugarman margo@baseball.org.il within 48 hours of the injury

Time: _____ Date _____

Event type: _____ Venue _____

Injured Party's Name: _____

Describe the events leading up to the injury

How did the injury happen?

What signs of the injury were apparent at the venue? Yes/No

Was the injured party conscious after the injury? Yes/No

Were there any signs of abnormal behavior (nausea, vomiting, headache, bleeding) etc.?

Detail: _____

What first aid action was taken at the venue? _____

Was the injured party taken to a hospital? Yes/No

If so how did the injured party get to the hospital? _____

Who accompanied the injured party to the hospital? _____

What hospital? _____

What was the treatment/diagnosis at the hospital?

Witnessed the incident: _____

Date: _____

Reported by _____

דו"ח פציעה

להגיש את הדו"ח למרגו שוגרן עד-48 שעות אחרי הפציעה margo@baseball.org.il

תאריך: _____ שעה: _____

סוג אירוע: _____ מקום: _____

שם הנפגע: _____

תאור המקרה עד האירוע:

איך נגרם הפציע?

במקום האירוע, מה היו סימני הפציע?

האם הנפגע היה בהכרה? כן/לא

האם היו סימנים חריגים(דימום, סחרחורת הקאות, וכו')?

האם ניתן במקום עזרה ראשונה – פרט?

האם הנפגע נלקח לב"ח? כן/לא

אם כן, איך הוא הגיע? _____

מי ליווה את הפצוע לבית החולים? _____

איזה בית חולים? _____

מה היה הטיפול/אבחון בב"ח?

עד למקרה _____

תאריך: _____

דוח על ידי: _____

ANNUAL SCHEDULE

This is a recommendation for how to structure your annual coaching year.

Notes: Break the year into 12-week units so you have shorter timelines with specific goals for each, different “seasons” to work on different things with your team. Use the following guidelines for your annual calendar.

Fall Ball (Sept/Oct/Nov): The fall is time for your team to work on their skills. Get players a lot of repetitions on defense, hitting, and pitching. Fall Ball is a time to get arms in shape, and for instruction and learning. This is time for you to teach, work on mechanics, and to introduce your team systems you will use in the spring season. Have a formal player evaluation at the end of Fall Ball each year.

Winter Training (Dec/Jan/Feb): The winter is time to get in shape. Focus on physical conditioning with your team. We will have an IAB strength and conditioning program for you to consult. Depending on their throwing schedules, this may be a time of year players, pitchers in particular, do not throw.

Spring Season (March/April/May): The spring season is the competitive part of the year. Focus on the process of playing the game the right way with your team. Teach them proper mental approach to the game that allows them to perform in game situations. Have all your team systems in place for the spring season; cuts-and-relays, bunt coverages, team defense and offense.

Summer (June/July/August): Summer is a break from the team, but not from baseball. Encourage players to sign up for baseball clinics and other summer baseball programs.

2-HOUR PRACTICE PLAN SAMPLE

Notes: In the following example, 5 minutes are allotted for flex-time. Have a written practice plan for every practice. Get good at time management. Wear a watch.

5 minutes: Team Meeting/Intro the schedule for the day/Attendance

10 minutes: Warm-up (see "Warm-up")

10: minutes: Throwing program (see "Throwing Program")

5 minutes: water

10 minutes: Individual defense/by position (see "Drills for Individual Defense")

10 minutes: Team defense (see "Team Defense")

5 minutes: water

20 minutes: Individual offense (Stations. See "Drills for Individual Offense")

20 minutes: Team offense (Live at-bats/hitters vs. pitchers)

5 minutes: water

10 minutes: conditioning (base running, push up, squats, sit-ups)

5 minutes: Team meeting/Review next team function

WARM-UP

Notes: Warm up as a team. There are two kinds of warm-ups, dynamic stretching (in motion), and static stretching (standing still). Warm-up routine should take between 5 and 10 minutes depending on age group.

1) Run: Have the team run a “pole”, from the left field corner to the right field corner, and back.

2) Dynamic (Choose any 5 of the following): see [video demonstrations](#) of each exercise.

- High-knees
- Lunges
- Lunges with a twist
- Side lunges
- Shuffles
- Karaoke
- High Kicks
- Quad pull-backs
- Tea Kettles

3) Static (Mostly for stretching arm. Choose any 5): see [video demonstrations](#) of each exercise.

- Trunk Twists
- 90s
- Throwing arm across
- Throwing arm back
- Arm Circles forward
- Arm circles back
- Back Slaps
- Up and Down
- Light Blubs
- Forearms

THROWING PROGRAM

Notes: This is the most important thing you will do with the team each practice. “If you can’t play catch, you can’t play baseball!” Throwing program should take between 5 and 10 minutes depending of age group. THROW BY POSITION, meaning have catchers throw with catchers, pitchers with pitchers, infielders with infielders, and so on. If you do not have time for all 5 steps, choose 3.

- 1) Grip, Release, Rotation.
Have players partner up and stand just 5 feet apart, no gloves. Teach them 4-seem grip. Have them work on grip, their “release point”, and getting proper rotation on the ball.
- 2) Chest to Chest – [video demonstration](#)
Have players stand 10 feet apart, chest to chest, feet spread out, knees bent. Without having them move their lower half, have them turn, or coil, their shoulder, then throw. Teaches players to have good “hip to shoulder” separation and torque.
- 3) Power position – [video demonstration](#)
Have players stand 20 feet apart, turned sideways, feet spread out, knees bent. Have them check their “line” making sure their feet and shoulders are on line with their target, and throw. There are variations of this drill. Teaches players good direction, separation, and arm slot.
- 4) Quick catch – [video demonstration](#)
Have players stay 20 feet apart and play catch getting rid of the ball as quickly as they can. Teaches players footwork, rhythm, how to use two hands, transfer from glove to throwing hand, and to be in control.
- 5) Long toss.
Have players spread out and throw the ball as far as they can. Teach players tempo and arm strength.

INDIVIDUAL DEFENSE DRILLS

Infield

- 1) Short hops: Have players get in proper ground ball position, and throw “short hops” to them. Start with short hops right at them, then forehands, and backhands. Teaches players to have soft hands, focus, and to go from “down to up” when fielding ground balls. Players can throw each other short hops in pairs.
- 2) 2-Ball drill: Have 2 baseballs. Roll the balls from one side to the other having players use only their glove hand (no glove) to field the ball and shovel it back to you. Sets of 10. Players can work in pairs as well. Teaches players footwork and hand positioning.
- 3) Knees: Have players take ground balls on their knees. Either hit or roll the ball. Teaches players to stay low, and how to use hands properly.
- 4) 4-ball drill: Put 4 baseballs in a crooked row. Have players approach all 4 balls as if they were going to field them. Teaches players footwork and angles.
- 5) Multiples: Hit players 5 ground balls in a row rapidly.

Outfield

- 1) L patterns: Have players stand next to you and run “L patterns” like a wide receiver. Teaches players good angles and to pursue the ball.
- 2) Crow hop: Roll outfielders ground balls. Have them close ground on the ball, field it on the run, crow hop, and make a good throw.

Catchers

- 1) Bare hand receiving: Underhand the ball to catchers and have them work on receiving the ball with their bare hands. Teaches soft hands, focus, and hand positioning.
- 2) Blocking: Throw short hops to catchers and have them work on blocking the ball.
- 3) Receive, transfer and footwork, throw: Break throwing into 3 stages so catchers can make sure they’re doing the right thing at each stage.
- 4) Fielding bunts and pop-ups.

TEAM DEFENSE

Notes: Team defense includes the following; cuts and relays, bunt defenses, PFPs, 1st and 3rd defenses, steal covers, pop-up communication, run downs, positioning, and situational play. Here are some recommendations for each.

Cuts and Relays: Work out a system for cuts and relays with your team. We will review specifics in person. Regarding language, there are only 3 verbal signals to use. If the cut-off man hears nothing, he lets the ball go. If he hears a base number, he cuts the ball off and relays it to that base, if he hears “cut”, he cuts the ball off and holds it.

PFPs: Pitchers, 1st baseman, and 2nd baseman need to work together on ground balls to the right side and need regular reps at practice.

Steal coverages: Typically, for a right-handed hitter is up, the 2nd baseman covers 2nd base on a steal. If a left-handed hitter is up, the short stop covers. Middle infielders need to work this out between themselves between hitters using the “open mouth” “closed mouth” system. Practice catch and tags at practice.

Pop-ups: You need to work out a priority-based system with your team for pop-ups. Typically, priority goes like this; center fielder, corner outfielders, middle infielders, corner infielders, catcher, and pitcher. Regarding language, players need to communicate by calling “ball”, or “I got it”, and need to call for the ball as it’s reaching the peak of flight, or, if later, when they know they can catch it.

Positioning: You need to have a system to position your players from the dugout. Typically, hand behind the head means move back, hand in front of face means move in, hand over left ear means move left, hand over right ear means move right. Teach the team situational positioning as well such as “infield in”, and “double play depth”.

Situational play: Put all of this together by simulating game situations in practice.

HITTING DRILLS

Tee: Tee work is very important. Young players often don't want to and don't know how to use a tee. Tell them Major League Players use tees every day. The tee is where we don't have to worry about timing or selection and can understand actual swing mechanics. There are lots of variations of tee work and tee progressions.

Soft toss: Feed players underhand tosses from a 45-degree angle and have them hit into a fence or net. It's important not to throw the ball soft, despite this being called soft toss. You do not want hitters swinging at a ball coming down. Feed the ball more or less at the players' belt buckle, or front hip. Teaches players timing.

Front toss: Same thing as soft toss, but from in front, behind an L screen. Teaches same things as soft toss, but from a more realistic angle.

One hand drills: Have players hit with one hand, bottom hand, then top hand. Teaches players to isolate and strengthen pull hand and push hand.

Timing drill: Have players "stride" or approach the ball three times. Throw on the third stride. Teaches players good stride direction and timing.

Rhythm Drill: Have players rock back and forth four times starting forward. Throw on four. Teach players rhythm and how to activate their lower body.

Power Drill: Have the players hit with a big leg kick, like A-Rod. Teaches players balance, timing, and how to use their lower body.

Launch point drill: Have players get to the point in their swing just before they let their hands go, their "launch" point, and get comfortable in that position, then throw the pitch and have them hit from the launch point. Teaches players to land in a strong hitting position and proper positioning.

Contact drill: Have players freeze at the point of contact, get comfortable there, then throw the pitch. Players load back from point of contact and swing. Teaches players proper positioning.

Hip drill: Throw the ball behind player. Have them turn their hips and pull the ball far foul. Teaches players how to use their hips.

Pitch selection Drill: Pitch to hitters. Have them take pitches and tell you as much info about the pitch as they can; location, type of pitch, ball, strike, swing, don't swing....

HITTING MECHANICS

Notes: When you teach hitting, or evaluate hitters, work from the ground up, and go one body part at a time. For now, we are going to break hitting mechanics of hitting in 6 parts.

- 1) **Set up and Stance:** Players need a pre-pitch routine. They need to take their time and go through their routine between pitches. This includes a check list; making sure their feet are in the right position, their knees are bent, they are in motion, knuckle alignment and hand slot is right, that they are athletic, and focused.
- 2) **Load:** Hitting is about timing. Hitters need to mirror the rhythm of the pitcher. When the pitcher goes back to throw the ball, hitter go back to. This is called “loading”. If a player’s load timing is off, their contact timing will be off as well.
- 3) **Stride:** As the pitcher gets to his release point, hitters pick their front foot up, or stride. Stride timing is very important as the swing starts as soon as the front foot lands. This forward motion to the baseball is important for timing, and for power.
- 4) **Launch Point:** The position the hitter lands in is called their “launch point”. This is the position a hitter swing from. As the hitter’s front foot lands from their stride, their back side releases, and their back hip starts turning towards the baseball. At the same time, the hands are still back.
- 5) **Contact:** Contact includes the bat path to the ball. Once a player’s lower body positioning is right, they release their hands. The bat should travel down to flat, meaning the hands and bat should travel on a downward plane until the barrel of the bat is flat behind the ball, and then it should stay flat through the zone. There will always be some bat and torso “angle”. Angle is dictated by pitch location. At contact, the hitter’s backside should be through the ball, the front side should be firm and locked into place, and their hands should be inside the ball.
- 6) **Finish:** After contact, a player should be balanced. Young players should finish with two hands on the bat. Older players should finish with one.

PITCHING MECHANICS

Break pitching mechanics into 7 steps:

1. Step: Have players step back, or sideways, off the pitching rubber to begin wind-up. This is a small, rhythmic movement. It should not throw the pitcher off balance.
2. Turn: The foot that's still on the rubber turns 90 degrees so it's parallel with rubber. This foot angle is important to give pitchers proper direction to their target.
3. Leg Kick: Front leg comes up at least waist-high. At first, have players stop at the top of their leg kick and "balance". Then introduce them to the idea of moving forward as their leg comes up.
4. Separation: At the same time a pitcher starts coming down from the top of their leg kick, their hands separate. This separation timing is important, and is the beginning of their arm path.
5. Strike point: When a pitcher's foot lands, or strikes, it should be directly in line with their target, and their arms should be exactly half-way through their paths. Front side should be "blocked" at 90 degrees. Back arm should be up at roughly 90 degrees. Hand angle on ball should be neutral. Front side is directional. Backside is powerful.
6. Release point: As release, pitchers should sync'd up, front side is firm, back side is clearing through release. Hand angle is on top of ball. Release point is directly in front of eyes.
7. Finish: After release, pitchers back foot release from the pitching rubber and land next to stride foot on a comfortable fielding position.

PITCHING DRILLS

- 1) 1, 2, 3 Drill: Have players stop at the top of their leg kick and balance. Have players stop at the strike point. Have players stop at their release point. Make sure pitchers are in proper position at each of these critical points in their delivery. Teaches players proper isolated positioning.
- 2) Rhythm Drill: Have players spread their feet out wide. A pitcher's stride should be equal to their height. Have them rock back and forth 4 times starting forward, and throw on 4. Teaches players how to activate their lower half and gives them good direction to their target.
- 3) Separation Drill: Have players swing their arms in opposite directions. There should be no tension. And have them throw on 3. Teaches players proper separation tempo and timing. You can add a stride.
- 4) Towel drill: Have players go through their delivery with a towel in the in their throwing hand instead of a ball. Teaches players proper arm action.
- 5) Reverse Drill: Have players begin at their release point, or finishing point, reverse through their wind-up, then deliver the pitch. Teaches players release point and how to "finish" the pitch.
- 6) No release Drill: Have players work on throwing without releasing the ball holding either multiple baseballs or weighted baseballs.

Note: For general arm strength: rubber bands, "no release" drills, and long toss.

BASE RUNNING

Note: Base running is often overlooked. But it is one of the most important things to practice. Work on base running at the end of practice as part of your team conditioning.

Running to 1st base: Have players practice running hard out of the batter's box, and run "through" 1st base properly.

Have players practice "turns" at 1st base on balls hit to the outfield.

Leads and Steals: Have players practice primary and secondary leads.

Have players practice getting good jumps on steals. This a chance for pitchers to work on holding runners and pick-offs. There are slight variations at each base, so use base running stations with a group at each base.

Reads: Have players work on "reads". Reads mean reacting to balls in the dirt, and balls put in play according to situation and defensive positioning. There are large variations at each base, so, again, use stations with a group at each base reacting as if they are the only base runner. For example, if there is a group at each base, the runner from second is not forced, each station runs as if no one else were on base.

Communication: Whenever possible, make base running drills as game-like as possible. Use a 1st baseman, and use base coaches to give verbal and gestural signals.