Miracle League of the South Hills Training Manual

Coaches Training Manual
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The Miracle League of the South Hills Mission

- To provide every child and adult, the opportunity to play baseball
- To promote teamwork, sportsmanship, and respect for all
- To foster peer relationships through player and "buddy" interactions, so that barriers to friendship and opportunity are removed
Miracle League of the South Hills Video

www.miracleleagueofthesouthhills.org
A Miracle League Coach

"I have been playing baseball since I was 4 years old. The sport has brought me so much joy throughout my life, and I wholeheartedly believe that all children, no matter their ability, should have the chance to experience all the fun and happiness it brings. As a Miracle League coach, I get to turn that belief into a reality for countless players week in and week out. The smiles on their faces as they are rounding third and heading for home after hitting a home run are priceless. I am so thankful to have this opportunity."

Kayla Frattini - Coach of the Miracle League Mets
Coaches Responsibilities

- Insure a safe playing environment.
- A Coach is an important volunteer position in the Miracle League. It is probably one of the most rewarding, too.
- A Coach is responsible for all aspects of their team to include communicating to parents, players, and team volunteers.
- The Coaches during the game are responsible for everything that happens inside of the fence on the field.
- All Coaches must pass a criminal background and child abuse background check.
- Coordinate team activities with the coaching staff and maintain contact with players and families.
- Insure that each player receives a uniform.
- Communicate concerns regarding specific players to the League officials.
- Manage team equipment and insures its arrival before each game.
- Provide copies of team line-up to umpire and announcer before each game.

- Make sure players have the opportunity to learn new skills.
- Keep up the team spirit.
- Pitch
- Responsible for coordinating all aspects and activities for the Buddies assigned to a team and communicating with the Buddies.
- Insure that each player has an assigned Buddy if required by the league.
- Find replacement buddies if you don’t have enough
  a. Parents or siblings
  b. Other volunteers
- Determine if there are “extra buddies” attending each game and assign meaningful tasks/volunteering (Umping, bat boy, dugout clean up, etc.)
- Contact Buddies before a game is played to determine who will be at the game to make sure players are covered.
League Rules - Non-competitive

- Games are 1 hour long & 2 innings
- Every player hits, scores, and all games end in a tie
- There are no walks or outs
- Players can use a tee if needed
- The majority of players require a buddy
- If a player comes late, we will add them to the lineup
- If a player is the catcher, they must wear a helmet
- Use of plastic or foam bats only (no metal)
League Rules - Competitive Teen and Adult

- Games have a 1 hour and 30 minute time slot to play a 4 inning game
  - No additional innings
- Innings are decided by 5 runs scored or 3 outs recorded
- If a true home run (over the fence) is hit, all runs will count for that team
  - **Example:** A team may have scored 4 runs already in the inning. If they have a runner on 1st base and the batter hits a true home run, both runs will count for that inning totaling 6 runs, and the inning will be over.
League Rules - Competitive Teen and Adult

- Defensive players can’t run to a base to get an offensive player out unless they are the defensive player assigned to that position
  - **Example 1**: The pitcher *can’t run* to 1st base to get the runner out. They have to throw the ball to the 1st baseman
  - **Example 2**: The shortstop *can run* to tag 2nd base because they are playing the middle infield, but *can’t run* to 3rd base. They must throw it to the 3rd baseman

[Download the Fielding Diagram Here](#)
League Rules - Competitive Teen and Adult

- The home team will still bat in the 4th inning even if they are winning or can’t score enough for a comeback.
- Each batter will receive a half bucket (roughly 15-20 balls) to get a hit (coaches discretion).
- If the batter doesn’t hit the ball after their allotted pitches, they will draw a walk to first base.
League Rules - Competitive Teen and Adult

- Once the ball is in the infield (controlled or not controlled), players are to remain at the base they occupy
  - It is okay to send a player back to a base if/when they continue to run. That player can't be tagged out if a coach is the one to send them back
- The game can be stopped briefly by any coach for teaching moments of any player
  - If a player doesn't understand a rule/call, stop the game & explain. Coaches discretion on if that play results in an out or not
  - **Example:** Player is safe at 2nd but overran the base. Player gets tagged but doesn't understand why they are out. Stop the game, teach them the rule, coaches discretion if you'd like that runner to remain on 2nd base or call them out
Practices - Competitive Teen and Adult

Practice Planning: Try to teach 1 skill & 1 rule during each practice. This will help the players to better understand our game.

Sample Practice Schedule

Practice 1: Playing Catch (skill) and Fielding Diagram (rule)

Practice 2: Taking ground balls (skill) and Running the bases (rule)

Practice 3: Taking fly balls (skill) and Force Outs (rule)

Practice 4: Taking infield/outfield (skill) and Defensive positioning/standing in baseline (rule)
Helping Buddies

Make sure to direct and assign buddies to certain tasks. Often, they are new, shy, or need specific instruction. They want to feel needed and helpful, but many won’t simply act on their own.

Assign a buddy to a player. If you have more buddies than players, the extra buddies can:

- Double up with a player
- Become the first base, second base, or third base coaches
  - High five the players as they run
  - Direct them to the next base
  - Wave them home to score!
- Stand behind home plate and help keep the area clear of bats, balls, etc.
- See if the other team needs any extra buddies
- If there is no scorekeeper, have them help the announcer with that task
Baseball is a game. Games are meant to be fun.

Things we care about:

- Having fun
- Safety
- Building relationships
- Learning the game
- Promoting teamwork and sportsmanship
- Building confidence and self-esteem
- Having positive attitudes

Things we don’t care about:

- The scoreboard
Coaches should be positive T.E.A.M. Members

T - Treat everyone with respect
E - Everyone is important
A - Always try your best
M - Maintain a positive attitude
Video - Join Our Team