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## Coach's Clinic Agenda

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### 1. Welcome and Introductions

- Background as athlete, parent, and coach
- Disclosure
- Books, DVDs, & websites- Positive Coach's Alliance

### 2. Positive Coaching Alliance

- Established 1998 by Stanford. Gentleman's game.
- Positive doesn't mean happy talk. Fun doesn't mean clowns etc.
- **R.O.O.T.S**
  - R-** Rules. Refuse to bend the rules to win. Play the way the game is supposed to be played.
  - O-** Opponents. Not collective enemy. Kids, classmates, etc. in other uniforms.
  - O-** Officials. Even when you disagree. Not perfect. No judgment calls!
  - T-** Teammates. Never do anything disrespectful on or off the field towards team
  - S-** Self. Regardless of other team's actions.
- Redefine Winner
- In this society usually determined by scoreboard
- **ELM**
  - E-** Effort. Reward regardless of outcome. (POG/Coach's Award)
  - L-** Learning.
  - M-** Mistakes are okay. Establish mistake ritual.
- Player's goals are obtainable; they have control of effort. If you increase your team's self confidence, your players will work harder and practice longer.
- Filling the Emotional Tank
  - Criticism
    - Always in private
    - Ask permission
    - Sandwich technique
    - 5:1 ratio good to bad
  - Communication
    - Ask what players did wrong
    - Ask what team needs to work on
    - Ask where they want to play and why
    - Fun activities- ice cream, Ports game, play games at practice

### 3. Communication with Parents

- Meeting
  - Contract
  - PCA concepts
  - Expectations

### 4. Practice Plan

- One Theme
- Approximate game length
- Juniors & Seniors always practice pitching
- Establish "time bomb" or other action word
- Drill PCA during practices. Seize teachable moments (Bonds, Sosa, etc)

### 5. Game Plan

- 1 hour before game for warm up stations
- Line up
- Rotate line up, starters, and positions
- Post game- team talk, POG, acknowledge effort, narrate model behavior

## Resources

*Baseball Skills & Drills*- ABCA. Human Kinetics

*Baseball Games*- Kirby Puckett. Workman Publishing

*Making Little League Baseball More Fun for Kids*- Randy Voorhees. Contemporary Books

*Baseball for Dummies*- Joe Morgan. IDG Books

*The Baseball Drill Book*- ABCA. Human Kinetics

*Coaching Baseball Technical and Tactical Skills*- ASEC. Human Kinetics

*Fastpitch Softball*- Barry Sammons. Masters Press

*The Softball Pitching Edge*- Cheri Kempf. Human Kinetics

[www.postivecoach.org](http://www.postivecoach.org)