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*Musing About Coaching from the Head Coach*

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To be a good coach/teacher you need to be a good student.

It's a great game to learn and keep learning about.

A few things to consider when coaching:

Catch your players doing things right and let them know it. Praise in public.

Focus on areas you can teach such as throwing, catching, swinging a bat, and both individual and team defense.

Focus on the mechanics of the above. It is a lot easier to teach it right the first time than trying to undo it, then to trying to teach it properly the second time. Practice makes permanent (and hopefully perfect).

Be Patient – When teaching a new skill, be patient. Players learn at different speeds. Let mistakes happen, remember it is called practice for a reason. Find something the player is doing right or well, praise it, and build on it.

Don't be concerned about areas you can't teach such speed, height and hand-eye co-ordination. The players develop at different times.

Keep your talking to a minimum. Explain the drill, show the drill, and then let the players do the drill.

Keep drills simple at all times and situation (game) oriented most of the time.

Do a variety of drills during the practice. An easy rule of thumb for time spent doing a drill is 1 to 2 minutes per year of the player's age.

Write out a practice plan and stick to it. Keep track of the time.

Ask each player what their definition of fun is. Write it down. Do not impose your definition of fun on them.