

WSSA COACHING TIPS

1) MAKE IT FUN

- #1 reason why kids get involved in sports
- Other items to keep in mind:
 - Being part of a team
 - Learning new skills
 - Meeting new friends

2) LESS TALKING, MORE MOVING

- The more kids are waiting or listening, the faster they will lose focus
- Make drills lines shorter by having more stations, even if it's the same drill (Divide and Conquer with your other coach)

3) DISCOVER, THEN CORRECT

- Start a drill, let them do it wrong a couple of times....then stop and explain to ALL, not just one or a few....saves repeating

4) DISCIPLINE FROM START

- Coach must have everyone's attention before giving instructions
- SUGGESTED TECHNIQUE - coach stands quietly until everyone is quiet and making eye contact; good listeners will get others to listen, saves coaches voice; Don't ask for quiet, just stand there....PUT GLOVES & BALLS DOWN
- Try to establish this early

5) COACH PLACEMENT

- Always face player when explaining
- Image you have deaf players and they need to read your lips

6) ALWAYS ASK FOR QUESTIONS BEFORE DRILL

- Ok to answer questions until they become silly

7) HAVE A PLAN (LONG TERM & SHORT TERM)

- Create a template or use ones provided by WSSA
- Key items: Objectives, Drills (diagrams & established times), Equipment, Steps for future improvement
- Lots of stuff on YouTube, Instagram etc...
- You Tube....Pro Speed Baseball

8) DEMO FIRST