

Esko Fastpitch Softball Association Coaches Expectations

1. The goal of your team should be to have fun and get better. Not just to win games. Place the emotional well-being of your players ahead of your personal desire to win.
2. Have organized practices. Teach the fundamentals. Keep players busy. Make it fun. Develop players at all levels. Be creative with space. Talk with the high school coaches for suggestions or hints on how best to accomplish this.
3. Give all players a chance to play positions that will not put them in danger. No one knows who is going to turn out to be the best pitcher, shortstop, or catcher. TEACH. DEVELOP. ENCOURAGE.
4. Encourage players at all times.
5. Be a role model. Teach fair play and sportsmanship. Do not argue with umpires. Do not use foul language. Do not use drugs, alcohol or tobacco. Lead by example in shaping acceptable behavior patterns whether the team wins or loses. Provide a sports environment for your players that emphasizes teamwork over individual recognition.
6. Demonstrate an appreciation of the philosophy of EFA and cooperate with others in making the program of mutual benefit to all children in the program. Have open, productive and strong relationships with the EFA, head coaches, parents, and umpires at all times.
7. Take an active interest in the game of softball and know the rules. Official rules are posted at www.arrowheadfastpitch.org website. Abide by the rules as set forth by the league you are participating.
8. Keep track of and care for your equipment.
9. Actively participate in field preparation before and/or after games. Rake. Pick up garbage. Thank you!
10. Esko Fastpitch Regular Season Level Expectations:

8U: Focus at 8U should be primarily around fun, teamwork and development. All players should play at least one inning of infield per game regardless of skill set.

10U: Primary focus for 10U should continue to be fun, teamwork and development. All players should play infield a minimum of one inning per double header unless the coach

and parent agree that there are safety concerns. Coaches are encouraged to allow as many players as possible to pitch during practices and games. A continuous batting order should be used for double headers to allow for as many at bats per player as possible.

12U: At 12U competitiveness should become a factor in coaching decisions in addition to the primary objective of player development and a positive experience. This may result in less positional changes and a strategic batting order. Playing time should be balanced as much as possible and multiple pitchers are encouraged.

14U-18U: At the high school levels coaches are encouraged to balance player development and competitiveness with a shift toward competitiveness for older levels. This may include limited position changes, strategic batting orders and uneven playing time.