

ERYSA 8U Coaches Guide

More resources available at Elkriveryouthsoftball.org under About Us, then click For Coaches

1. Compliance
 - a. To be on the field, all coaches must have background check
 - b. Head coach should be ACE and concussion certified as well
 - i. You complete these on USA softball (the link takes you there) then the certificates uploaded onto MN Softball under your profile)
 - c. Team must be registered on MN Softball with uploaded birth certificates
2. Communications
 - a. Create a team on your own using Crossbar. There is a Crossbar Guide on our website if you need help. (see above, after "For Coaches" scroll to the bottom under "Essential Coach How-Tos")
 - b. Insist that all parents use it. Makes communication so much easier. Once all the team has joined, use this instead of e-mail to communicate. It also allows you to make events including games and practices. For easier editing, enter them individually instead of as a recurring event. Ask parents to RSVP to both practice and games so you can plan accordingly
 - c. Your and players profiles continue over year after year by using the same email
 - d. Parents can add another guardian to the child's profile
3. Coaching
 - a. You are allowed 2 designated assistant coaches. These must be communicated to our treasurer so that their volunteer check doesn't get cashed. Anyone else that helps out will not get volunteer credit.
 - b. To be on the bench or field helping in any capacity, they **must** have a background check complete through MN Softball. ERYSA will only pay for 3 (head coach plus 2 assistant coaches).
4. Registration
 - a. 6U plays local recreation/house, does NOT need to be registered with Big West
 - b. 8U plays Big West/travel just the same as 10U and 12U
5. MN Softball
 - a. As above, team must be registered with all players uploaded a birth certificate (the player then gets a green check mark by their profile indicating compliance)
 - b. Coach must upload background check, ACE, and Concussion certificates
 - c. This is the only time you will use MN Softball
 - d. This should be done and in compliance by first game
 - e. There is a guide on how to do this on our website (as above)

6. Practices

- Work on the basics; hitting, throwing, fielding, running bases.
- Hitting - games are machine pitch, 4-5 pitches per batter, some games you will be able to use a tee, some it will be counted a strikeout. At practice, work on hitting from the machine, coach pitch and a tee.
- Split girls into small groups when possible with assistant coaches so girls get as many reps as possible. Also helps with attention span
- Make practice FUN! We have a lot of ideas that can be emailed to you if you need ideas. Contact Matt Greenhoe at mgreenhoe@yahoo.com if you need anything.

7. Games

- Games last 60-80 minutes. Some games are home and some are road games. You will get a schedule at the beginning of the season.
- Rotate positions in the field as much as possible.
 - Recommend 2 innings at the same spot, then rotate
 - Keep a spreadsheet of where they played for your planning and in case a parent has an issue.
- Communicate field and practice locations with families; they can be tricky to find. Use Sports Engine to communicate

8. Misc.

- a. Make a treat schedule. 8U girls like it for practice and games, but this is not required. Ask a parent to help circulate a sign-up during practice/games. Or make a sign-up on Google Drive.