



Senior Farm - Best Practices & Rules Summary



"The objective of the HLL shall be to implant firmly in the children of the town, the ideals of good sportsmanship, honesty, loyalty, courage, respect for authority, baseball skills, and a love for the game so that they may be well adjusted, stronger, and happier citizens and will grow to be good, decent, healthy, and trustworthy citizens with an understanding of and interest in baseball."

Communication:

- Coaches should send out weekly email to parents to remind them of the week ahead and determine attendance for the week.
- Coaches should have contact information for an adult responsible for each player during all practices and games.

Practice:

- Coaches should aim to practice 1 hour per week. It may be difficult to find an open baseball field, so coaches should use other open field space.
- Routine is important: start each practice the same way (e.g., run, stretch, throw), before moving into infield/outfield drills, batting, baserunning.
- Use multiple stations, with 1 coach at each station, to keep players engaged and active.
- Explain rules and strategy during practice so that players understand what they are practicing and why.

Pre-game:

- Make batting line-up prior the game and post it in the dugout.
- All lines up should be rotational. Please keep the same order but remember who made last out of game so the next kid who would have gotten up, leads off next game (best hitters do not get more at-bats than everyone else)
- Create positional roster for each inning prior to the game (need not be posted). Rotate kids through positions. Kids should switch between IF and OF.

AS A COACH, YOU ARE A ROLE MODEL FOR ALL PLAYERS, COACHES, AND SPECTATORS. YOUR DUTY IS TO FOSTER A POSITIVE ENVIRONMENT FOR THE KIDS TO PLAY BASEBALL. HLL HAS A ZERO TOLERANCE POLICY FOR ANY BEHAVIOR WHICH UNDERMINES THIS OBJECTIVE OF HLL.



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Batting

- Innings are the earlier of 3 outs or batting through the entire line-up
- Coaches pitch. Strikes may be called but there are no strikeouts. If a player is not able to hit the ball after approximately 5 pitches, the player may use a tee.
- If batter gets hit with ball, they can take 1st base. Otherwise, there are no walks

Fielding

- Infielders should play actual positions. Defense may play up to 5 players in the outfield.
- Don't allow outfielders to creep into infield and make sure players are spread out in field at actual positions (to the extent possible)
- Instruct players to not throw the ball around. Throw the ball to pitcher and all runners must stop
- Once the ball is back to the pitcher, any runners on base are frozen and must return to the base from which they came unless they have reached the next successive base by the time the pitcher has the ball

Base Running

- No stealing or leading
- Players may only leave the base after pitched ball has crossed home plate or upon contact; however, no advancement on passed balls is allowed
- Tagging up is allowed
- Base-runners may advance ONE base on an overthrow

Coaching

- Coaches are encouraged to be in the field (with team) to help alert kids regarding # of outs, where they can make a force play, general positioning, and keeping them focused
- On field coach assumes pitching duties after 4 balls.
- Both teams are collectively responsible for post-game field duties, including cleaning dugouts; raking, dragging, and watering pitcher's mound; raking infield; filling in any holes; other repairs.