

Chaska Baseball Association

Coaching Tips

1. **Work on your attitude everyday!**
 - Greet players first - be there.
 - Create the environment – *Enthusiasm*.
2. **Be organized.**
 - Have a plan & work your plan
 - Hit them hard with intensity and move on
3. **Have a central theme for everyday.**
 - What is important to you
 - Hammer it in for the day
4. **Improvement can happen only with security and trust.**
 - Develop trust and a secure place first.
5. **Give positive, functional advice.**
 - Tell them what to do, not what not to do.
 - Do they know what you mean - don't assume, ask them for an interpretation?
6. **Attention to details is a must.**
 - Consistency is better than greatness
 - Create competition wherever possible
 - Make practice fun & stay positive
7. **Show up everyday with a great attitude and great work ethic.**

8. **Hold yourself accountable for your own attitude.**

Players should run from station to station during practice in which they have 4-5 minutes to work on a certain drill. Here are a couple of tips to keep the rotation running smoothly:

- The kids should already know how to perform the drill before the rotation begins.
- If you have parents helping you out at different stations, have them look for 1 or 2 common flaws and help the player correct that flaw. Don't assume the parent understands what those flaws are; you may need to show them exactly what to look for.
- While the kids are stretching and warming up, take each parent to the station they will be helping with. Explain what they will be doing and what to look for.
- Emphasize quality over quantity by:
 - Being flexible with time given to the rotation. The rotation will usually take longer than you expect. The younger the kids the more difficult it will be.
 - If you're behind, don't rush through to finish.
 - Don't have stations set up where they need to perform a skill X number of times. Always have them perform the skill for the duration of the time. They will then feel no need to rush through the drill in an attempt to complete it.
 - Communicate with the kids that you want them to hustle to each station, but at the station they need to take their time and work hard on improving.