



La Costa Youth Organization **Baseball Coach's Handbook**



Developing Players. Building Character. Growing Confidence.

About This Handbook

Welcome to the LCYO Baseball Coach's Handbook.

This handbook was developed by the La Costa Youth Organization (LCYO) Baseball program to support our volunteer Managers and Assistant Coaches throughout the season.

Its purpose is to provide guidance, league expectations, coaching resources, and practical tools that help create a positive, organized, and enjoyable experience for every player.

This handbook is intended to complement the official LCYO Baseball Rules and Policies for each division. Managers are responsible for reviewing and following the current season's division rules, league policies, and safety requirements.

As league rules and procedures may change from year to year, this handbook focuses on the core coaching principles, league expectations, and resources that remain consistent across every season.

Acknowledgments

This handbook is more than a collection of policies and procedures. It reflects the values, expectations, and coaching philosophy of LCYO Baseball, helping every volunteer create a positive experience for our players, parents, and community.

Thank you to our Board Members, Division Directors, Managers, Assistant Coaches, Team Parents, Umpires, and the countless volunteers whose dedication provides a fun, safe, and rewarding baseball experience for every player.

Your commitment is what makes LCYO Baseball a special place for our community.

Version: 1.0

Prepared by the La Costa Youth Baseball Program.

Welcome to LCYO Baseball

Thank You for Volunteering

Thank you for volunteering to coach with La Costa Youth Organization (LCYO) Baseball.

Whether this is your first season as a Manager or you've been coaching for years, your willingness to invest your time and energy makes a lasting impact on the lives of young athletes. Coaches are the heart of our program, and we are grateful for your commitment to our players and our community.

At LCYO, baseball is about more than teaching fundamentals. It is an opportunity to build confidence, character, teamwork, sportsmanship, and a lifelong love of the game. Every practice, every game, and every conversation is a chance to encourage growth both on and off the field.

This handbook was created to help you feel prepared and supported throughout the season. Inside, you'll find league expectations, coaching philosophy, practice ideas, TeamSnap guidance, division-specific information, safety resources, lineup tools, and additional coaching references.

Remember, you are not coaching alone. Your Division Director, fellow Managers, board members, and league volunteers are all here to support you. If you have questions, don't hesitate to reach out.

Most importantly, remember the guiding principle of LCYO Baseball:

The Number One Rule at LCYO... Have Fun!

When players are having fun, they are learning, growing, building friendships, and creating memories that will last far beyond the final out of the season.

Thank you for helping make LCYO Baseball a positive experience for every player.

We hope you have a fun, safe, and rewarding season!

Getting Started

Coaching Expectations

Thank You for Stepping Up

Coaching youth baseball is one of the most rewarding volunteer opportunities in our community. As an LCYO Manager, you have the opportunity to help players develop baseball skills, build confidence, learn teamwork, and create memories that last a lifetime. You don't have to be a baseball expert to be a great coach. The most successful Managers are prepared, patient, encouraging, and committed to creating a positive experience for every player.

Coach the player in front of you. Every player arrives with a different level of experience, confidence, coordination, attention span, and motivation. Teach the fundamentals. Celebrate improvement. Correct with purpose. Give players opportunities to solve problems. The baseball skills will follow. Confidence grows when players know that mistakes are part of learning. Your response to a mistake can teach more than the mistake itself.

Your Role as a Manager

As the team Manager, you are responsible for leading your team both on and off the field. While Assistant Coaches, Team Parents, and league volunteers provide valuable support, the Manager serves as the primary point of contact and leader for the team.

Your responsibilities include:

- Creating a positive and welcoming environment for every player.
- Planning organized, age-appropriate practices.
- Promoting good sportsmanship and respect for teammates, opponents, and umpires.
- Communicating regularly with parents through TeamSnap.
- Following LCYO rules, policies, and division guidelines.
- Working with your Assistant Coaches to provide a consistent experience for players.
- Supporting player development while ensuring every player receives meaningful opportunities to participate.

You Are Not Coaching Alone

One of the greatest strengths of LCYO Baseball is the support available throughout the season. If you have questions or need assistance, don't hesitate to ask. Your Division Director, fellow Managers, board members, and league volunteers are here to help you succeed.

Need Help? Start Here

If you need help with...		Contact...
Rules, schedules, equipment, division questions		Division Director
Umpire questions or rule interpretations		Umpire Director
Volunteer Compliance		Compliance Director
Registration Questions		Registrar
General league matters not listed above		VP of Baseball

If you are unsure who to contact, start with your Division Director. They can answer many questions or connect you with the appropriate board member. Please do not send the same email to different directors to try to get an answer somewhere.

Coach's Tip

Don't feel like you have to do everything yourself. Delegate when appropriate, lean on your Assistant Coaches and Team Parent, and ask questions whenever you need help. Coaching is a team effort.

From the Dugout

The players may only remember you as "Coach," but the impact you make reaches far beyond baseball. Every encouraging word, every lesson, and every high five helps build confidence that can last a lifetime.

Section 3 • Safety & Required Training

Safety Is Our First Priority

At LCYO Baseball, nothing is more important than the health, safety, and well-being of our players.

Every Manager and Assistant Coach plays an important role in creating a safe environment where players can learn, compete, and have fun. While injuries and emergencies cannot always be prevented, preparation and awareness help reduce risks and ensure the best possible response when situations arise.

Before participating in practices or games, all coaches must complete the required volunteer compliance requirements established by LCYO.

Required Training

Mandated Reporter Training

All Managers and Assistant Coaches must complete the required Mandated Reporter Training provided through the LCYO Compliance Director.

This training helps volunteers recognize and respond appropriately to situations involving child abuse or neglect and is required before participating as a coach.

If you have questions regarding training requirements or deadlines, contact the Compliance Director.

Concussion Awareness

A concussion is a serious brain injury that can occur during sports and recreational activities.

Managers and Assistant Coaches should be familiar with the signs and symptoms of a concussion and follow league procedures whenever a head injury is suspected.

If a Concussion Is Suspected:

- Remove the player from participation immediately.
- Do not allow the player to return to play the same day.
- Notify the player's parent or guardian.
- Follow LCYO return-to-play requirements.
- Encourage evaluation by a qualified healthcare professional.

All coaches should review the LCYO Concussion Information Sheet prior to the season.

 Resource: [LCYO Concussion Information Sheet](#)

Sudden Cardiac Arrest (SCA) Awareness

Sudden Cardiac Arrest (SCA) is a rare but potentially life-threatening emergency that requires immediate action.

Managers and Assistant Coaches should familiarize themselves with the warning signs and understand the league's emergency response procedures.

All coaches should review the LCYO Sudden Cardiac Arrest Information Sheet prior to the season.

 Resource: [LCYO Sudden Cardiac Arrest Information Sheet](#)

General Safety Responsibilities

Managers are expected to help maintain a safe environment during all team activities.

Before Practices and Games

- Inspect the field for hazards.
- Ensure equipment is in safe condition.
- Verify players are wearing required protective equipment.
- Review any weather-related concerns.
- Have access to emergency contact information through TeamSnap.

During Activities

- Encourage proper hydration.
- Provide appropriate warm-up activities.
- Monitor players for signs of injury, illness, or heat-related issues.
- Stop activities if conditions become unsafe.

Weather & Environmental Conditions

Safety decisions should always prioritize player well-being.

Heat

During periods of high temperatures:

- Schedule frequent water breaks.
- Encourage players to hydrate before arriving.
- Watch for signs of heat exhaustion or heat illness.
- Modify activities when necessary.

Lightning

If lightning is observed or thunder is heard:

- Suspend all activities immediately.
- Follow league guidance regarding field evacuation and return-to-play procedures.

When weather conditions are questionable, always err on the side of caution.

Injury Response

When a player is injured:

1. Stop play if necessary.
2. Assess the situation calmly.
3. Contact the parent or guardian immediately if needed.
4. Seek emergency medical assistance when appropriate.
5. Notify your Division Director of any significant injury occurring during a league activity.

Never attempt to diagnose injuries beyond your level of training.

League Requirement

All Managers and Assistant Coaches must complete required volunteer compliance requirements before participating in team activities.

Coach's Tip

Players often look to their coaches when something unexpected happens. Staying calm and organized helps reassure both players and parents during injuries or emergencies.

From the Dugout

A successful season isn't measured only by wins and losses. It's measured by creating an environment where every player can learn, compete, grow, and return home safely at the end of the day.

Section 4 • TeamSnap Essentials

TeamSnap is Your Team's Communication Hub

TeamSnap is the primary communication platform used by LCYO Baseball. It helps Managers keep parents informed, organize team activities, and communicate throughout the season.

We encourage all parents to download the TeamSnap mobile app and enable notifications to stay up to date with practices, games, and team announcements.

As the Manager, TeamSnap will become one of your most valuable tools throughout the season.

Accessing TeamSnap

Once your roster has been assigned by the league, you will receive access to your team in TeamSnap.

Within TeamSnap, you can:

- View your team roster
- Communicate with parents and players
- View practices and games assigned by the league
- Track player RSVPs
- Create team reminders
- Add optional team events
- Coordinate with your Team Parent

Take a few minutes before the season begins to familiarize yourself with the app so you're comfortable using it before your first practice.

Communicating with Your Team

Clear communication helps create a positive experience for everyone.

TeamSnap allows Managers to send messages to:

- Your entire team
- Individual players or parents
- Selected members of your team

Consider sending:

- Practice & Game reminders
- Equipment reminders
- Rain or weather updates (when directed by the league)
- Team celebration messages
- End-of-season information

Whenever possible, communicate through TeamSnap so everyone receives the same information.

Managing RSVPs

Player availability is important for planning practices and completing game lineups.

Encourage parents to respond to every practice and game as soon as possible.

Knowing who will be attending allows you to:

- Plan effective practices
- Build fair defensive rotations
- Prepare game lineups
- Communicate if additional players are needed

Checking RSVPs should become part of your regular coaching routine before each team event.

Additional Contacts

Parents may wish to add grandparents, stepparents, or other caregivers to receive TeamSnap communications.

Only the account owner that registered the player can add or update contacts associated with their player's account.

Managers, board members, and league administrators cannot make these changes on behalf of families.

If a parent needs assistance, direct them to update their own [TeamSnap account settings](#).

Snack Assignments

Snack schedules are recommended to be coordinated by your Team Parent using TeamSnap.

Delegating snack coordination helps Managers stay focused on coaching while ensuring responsibilities are shared among team families.

League Schedule Information

Practice and game schedules are created and managed by LCYO.

Managers do **not** have the ability to modify league-assigned practices or games.

If you notice a scheduling concern or have questions about your team's schedule, contact your Division Director.

Managers may add optional team activities, such as team parties or other non-league events, to TeamSnap if desired.

Communication Best Practices

A few simple habits can help your season run smoothly.

- Respond to parent questions in a timely manner.
- Keep messages clear and concise, positive, and respectful at all times.
- Encourage parents to use TeamSnap regularly & update their player's availability.
- Share information with the entire team whenever appropriate.

Good communication builds trust and helps create a successful season.

Coach's Tip

Send a welcome message to your team as soon as your roster is released. Introduce yourself, share your excitement for the season, and let parents know that TeamSnap will be your primary method of communication.

League Reminder

League-assigned practices and games may only be scheduled, changed, or cancelled by LCYO. Managers should not edit league events within TeamSnap.

From the Dugout

The best teams communicate consistently. A quick message today can prevent confusion tomorrow and helps parents stay informed, involved, and ready to support the team.

Section 5 • Your First Weeks as a Manager

Congratulations! Your roster has been assigned, and your season is about to begin.

Whether this is your first time coaching or you're returning for another season, the first few weeks set the tone for everything that follows. A little preparation now will help your season run more smoothly and create a positive experience for your players and parents.

Use the checklist below to help you get started.

Your First Week Checklist

✓ Review Your Team Roster

Take time to become familiar with your players before your first practice.

Review:

- Player names
- Parent contact information
- TeamSnap access
- Player availability (as RSVPs begin coming in)

Learning players' names early goes a long way toward building trust and making every player feel welcome.

✓ Contact Your Assistant Coaches

Reach out to your Assistant Coaches before the season begins.

Discuss:

- Coaching philosophy

- Practice responsibilities
- Game-day responsibilities
- Dugout expectations
- Positive coaching techniques

Presenting a consistent message helps create a better experience for players.

✓ **Connect with Your Team Parent**

Your Team Parent is one of your greatest resources. If you don't have one, ask for a volunteer in your welcome message.

They can help coordinate many non-baseball responsibilities, allowing you to focus on coaching.

Examples include:

- Snack schedules
- Team celebrations
- General reminders
- Volunteer coordination (if needed)

Take a few minutes to discuss expectations early in the season.

✓ **Confirm Your Schedule**

Review your TeamSnap schedule.

If you notice any concerns regarding league-assigned practices or games, contact your Division Director ASAP.

Do not modify league events within TeamSnap.

✓ Pick Up Team Equipment

Before your first practice, confirm you have all required team equipment.

Your equipment may include:

- Baseballs
- Catcher's gear
- Batting helmets
- Equipment bag
- First aid kit (if provided by the league)
- Practice equipment assigned by LCYO

Inspect equipment before the season begins and report any concerns to the [Equipment Director](#).

Preparing for Your First Practice

Your first practice is about much more than baseball.

It is your opportunity to build excitement, establish expectations, and begin developing relationships with your players.

Your goals should be simple:

- Learn every player's name.
- Introduce your coaching staff.
- Establish a positive team culture.
- Keep players active.
- End practice with smiles.

Remember, players don't need to learn everything during the first practice—they just need to leave excited for the next one.

Before Every Practice

Develop a simple routine that helps you stay organized.

Quick Practice Checklist

- ✓ Review your practice plan.
 - ✓ Check TeamSnap RSVPs.
 - ✓ Bring team equipment.
 - ✓ Arrive early for field setup.
 - ✓ Prepare stations before players arrive whenever possible.
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Before Every Game

Being prepared allows you to focus on your players once the game begins.

Game Day Checklist

- ✓ Complete your defensive lineup.
 - ✓ Prepare your batting order.
 - ✓ Bring a copy of your batting order to share with the opposing Manager.
 - ✓ Confirm players have the required equipment.
 - ✓ Conduct a safe and organized warm-up.
 - ✓ Review sportsmanship expectations with your team.
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Working with Parents

Parents are important members of your team.

Establish positive communication early by:

- Introducing yourself before the season.
 - Encouraging TeamSnap participation.
 - Communicating consistently.
 - Setting positive expectations.
 - Remembering that everyone shares the same goal—creating a great experience for the players.
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Coach's Tip

Don't try to do everything yourself. Delegate responsibilities when appropriate and allow your Assistant Coaches and Team Parent to support you throughout the season.

League Reminder

Managers are responsible for preparing game lineups in accordance with their division's playing time and defensive rotation requirements. Lineup templates for applicable divisions are included in the Appendix of this handbook.

From the Dugout

The first few weeks don't have to be perfect.

Players won't remember whether every drill ran exactly as planned. They'll remember whether they felt welcomed, encouraged, and excited to come back.

Relax, stay positive, and enjoy the journey. The season has just begun.

Your First Team Meeting

Your first team meeting is your opportunity to set the tone for the season. Keep it short, positive, and welcoming. Players are often excited—and sometimes nervous—on the first day. Your enthusiasm and encouragement will help them feel comfortable from the very beginning.

Don't worry about covering every rule or expectation. Focus on introducing yourself, getting to know your players, and creating excitement for the season ahead.

Suggested First Team Meeting

Welcome everyone!

"Hi everyone! Welcome to the season! My name is Coach _____, and I'm really excited to be your Manager this year.

We're going to learn a lot, work hard, encourage each other, and have a lot of fun playing baseball together.

Before we get started, I want to share the number one rule at LCYO. Does anyone know what it is?"

(Let the players answer if they know.)

The number one rule at LCYO is... HAVE FUN!

"We're going to work hard, improve every week, and support each other—but most importantly, we're going to have fun doing it."

Introduce Your Coaching Staff

Take a few moments to introduce your Assistant Coaches and any Team Parent who may be present.

Let the players know that everyone is there to help them learn, improve, and enjoy the season.

Learn Player Names

Take time to learn every player's name as early as possible.

One fun way to break the ice is to have each player share:

- Their name
- Their favorite MLB team or baseball player
- Their favorite baseball position
- One thing they're excited about this season

This helps everyone get to know one another while building team connections.

Team Expectations

Keep expectations simple and age appropriate.

Examples include:

- Listen when a coach is talking.
- Encourage your teammates.
- Hustle on and off the field.
- Always show respect for teammates, coaches, umpires, and opponents.
- Do your best.
- Most importantly...have fun!

You don't need a long list of rules. Positive expectations are easier for young players to remember and follow.

End with Baseball

After your introductions, transition quickly into fun baseball activities.

The first practice should include plenty of movement and smiles. Avoid long speeches or extended periods where players are standing still.

Remember, if players leave saying, "I can't wait for the next practice!" you've had a successful first day.

Coach's Tip

Smile, laugh, and enjoy the moment. Your players will feed off your energy. If you're having fun, chances are they will too.

From the Dugout

The first impression you make can shape your entire season. Learn names, celebrate effort, and create an environment where every player feels welcomed from the moment they step onto the field.

Your First Parent Meeting

Your first interaction with parents helps establish expectations and build trust for the season ahead.

This meeting doesn't need to be long or formal. A 10–15 minute conversation before or after your first practice is often all that's needed.

Remember, parents want the same thing you do—a fun, positive season where their child learns and enjoys baseball.

Suggested Talking Points

Welcome

"Thank you all for volunteering your time to bring your players to baseball. I'm excited to spend this season with your children and appreciate your support throughout the year."

Our Goal

"Our goal is simple: help every player improve, build confidence, learn teamwork, and most importantly...have fun."

"The number one rule at LCYO is to **Have Fun!** We want players to enjoy coming to the field while learning the game of baseball."

Communication

"Our primary method of communication will be TeamSnap. Please make sure notifications are turned on and that you respond to RSVPs for practices and games as early as possible."

Practices

"Our practices will focus on keeping players active and engaged. We want players moving, learning, and having fun—not standing in long lines."

Games

"Every player will receive meaningful playing opportunities according to LCYO division rules. We ask for your support as we rotate players through different positions to help them learn and develop throughout the season."

Sportsmanship

"We ask everyone—players, coaches, and parents—to help us create a positive environment by encouraging all players, respecting opponents, and supporting our umpires."

Questions or Concerns

"If you ever have a question or concern, please don't hesitate to reach out. I do ask that we avoid discussing concerns during or immediately after games. I'm always happy to set up a time to talk when we can have a productive conversation."

Team Parent

If your team has a Team Parent, introduce them during the meeting.

The Team Parent can assist with activities such as:

- Snack coordination
- Team celebrations
- Volunteer communication & other team support as needed

This allows the coaching staff to focus on player development and the game.

Questions to Ask Parents

Before wrapping up, invite parents to share any information that may help you support their player.

Examples include:

- Is this your player's first baseball season?
- Are there any allergies or medical considerations I should be aware of?
- Is there anything you'd like me to know to help your child have a successful season?

These conversations help build trust and show parents that you care about each player as an individual.

What to Avoid

- Discussing playing time for individual players.
- Comparing players.
- Making promises about positions.
- Criticizing league policies or other volunteers.
- Addressing concerns publicly.

Keeping the conversation positive sets the tone for the season.

Coach's Tip

Parents who feel informed are more likely to become great partners throughout the season. Clear expectations early can prevent many misunderstandings later.

From the Dugout

Parents are your teammates, too. When coaches and parents work together with mutual respect and open communication, players benefit the most.

Section 6 • Practice Planning

Every Great Practice Has a Plan

You don't need to be an expert baseball coach to run a great practice.

The best practices are organized, active, positive, and fun. Players should spend most of their time moving, learning, and participating—not standing in lines waiting for their turn.

A simple practice plan helps keep players engaged while allowing you to teach fundamentals in a way that's appropriate for their age and skill level.

Remember...the goal isn't to cover everything in one practice. The goal is for every player to leave having learned something new and excited to come back.

LCYO Culture

Players learn best when they are engaged. Keep lines short, create multiple stations whenever possible, and make every player an active participant.

Building Your Practice

A successful practice usually includes five basic parts.

1. Welcome & Warm-Up (5–10 minutes)

Greet players as they arrive.

Begin with light throwing, movement, or dynamic warm-up activities to prepare players for practice.

Use this time to reconnect with your team and create positive energy.

2. Skill Development (20–30 minutes)

Focus on one or two baseball fundamentals.

Examples include:

- Throwing
- Catching
- Fielding
- Hitting
- Base running

Teaching fewer skills thoroughly is more effective than rushing through many different topics.

3. Small Group Stations (20–30 minutes)

Divide players into smaller groups whenever possible.

Stations allow:

- More repetitions
- Less waiting
- Better instruction
- Increased engagement

Assistant Coaches can lead stations while the Manager rotates between groups.

4. Game Situations (10–20 minutes)

Help players apply what they've learned. Learning skills in game-like situations helps players gain confidence.

Examples include:

- Force plays
- Tag plays
- Cutoffs
- Relay throws
- Base running decisions
- Situational hitting (older divisions)

5. Fun Finish (5–10 minutes)

End practice with an activity players enjoy.

Ideas include:

- Relay races
- Around-the-horn competitions
- Base running games
- Throwing challenges
- Team competitions

Players are more likely to remember how practice ended than how it began. Finish on a high note.

Keep Players Moving

One of the biggest challenges in youth baseball is keeping players active.

Whenever possible:

- Create multiple stations.
- Avoid long instructional talks.
- Demonstrate, then let players practice.
- Rotate frequently.
- Keep everyone involved.

If players are standing still for long periods, look for ways to increase participation.

Practice Planning Tips

Great practices don't require expensive equipment or complicated drills.

Focus on:

- High repetitions
- Simple instruction

- Positive encouragement
- Age-appropriate activities
- Consistent routines

Young players improve through repetition and encouragement.

Coach's Tip

Plan your practice before arriving at the field. Even a simple outline helps practices run more smoothly and allows you to spend more time coaching and less time deciding what comes next.

League Reminder

Practices should provide opportunities for every player to participate, develop, and enjoy the game. Managers are encouraged to rotate players through drills and stations so everyone remains engaged.

From the Dugout

A successful practice isn't the one where you covered the most material.

It's the one where players stayed active, learned something new, encouraged one another, and left the field smiling.

Section 7 • Understanding Your Players

Coaching Kids at Different Ages

One of the biggest keys to successful coaching is understanding what is age appropriate.

Players develop at different rates, and every child arrives with a unique combination of experience, confidence, coordination, and athletic ability. Your role as a Manager is to meet players where they are and help them grow throughout the season.

Success looks different at every division, and that's okay.

Focus on progress—not perfection.

LCYO Culture

Every player develops at their own pace. Celebrate improvement, encourage effort, and remember that confidence often grows before skill.

Shetland T-Ball (League Age 5)

What to Expect

For many players, this is their very first organized sport.

You can expect:

- Short attention spans with lots of excitement.
- Players learning how to be part of a team.
- Basic coordination is still developing.
- A need for frequent encouragement and movement.

At this level, your greatest success is helping players enjoy coming to the field.

Focus On

- Having fun.
- Learning names.
- Listening to coaches.
- Running the bases.
- Throwing and catching fundamentals.
- Hitting from a tee.
- Being a great teammate.

Success isn't measured by outs or scores—it's measured by smiles and growing confidence.

Shetland Pitching Arm (League Age 6)

What to Expect

Players begin building on the fundamentals they learned in T-Ball while adjusting to hitting a pitched baseball from the league's pitching arm.

Some players will adapt quickly, while others will need patience and encouragement.

Focus On

- Developing hitting mechanics.
- Tracking the baseball.
- Improving throwing accuracy.
- Understanding simple defensive positions.
- Learning basic game flow.
- Continuing to build confidence.

Keep practices active and celebrate small improvements.

Pinto (Machine Pitch)

What to Expect

Machine pitch introduces a faster pace and new challenges.

Players are beginning to understand the game while continuing to develop fundamental skills.

Focus On

- Defensive positioning.
- Ready position before every pitch.
- Throwing to the correct base.
- Hitting machine pitching.
- Base running awareness.
- Team communication.

Mistakes are expected. Repetition and positive coaching help players improve throughout the season.

Mustang

What to Expect

Players begin understanding strategy in addition to fundamentals.

They are capable of longer practices, more detailed instruction, and game-like situations.

Focus On

- Situational defense.
- Cutoffs and relays.
- Force plays and tag plays.
- Pitching and catching fundamentals.

- Offensive strategy.
- Baseball IQ.

Encourage players to think about why plays happen—not just how.

Bronco

What to Expect

As the field becomes larger, players continue developing baseball fundamentals while learning to adjust to increased distances and a more advanced level of play.

Focus On

- Consistent defensive execution.
- Pitch selection and approach at the plate.
- Base running decisions.
- Communication.
- Team strategy.
- Leadership.

Continue developing fundamentals while introducing more advanced concepts gradually.

Pony

What to Expect

Players are becoming more independent and have a stronger understanding of the game.

Managers should continue emphasizing fundamentals while encouraging players to take ownership of their development.

Focus On

- Advanced baseball situations.
- Team defense.
- Situational hitting.
- Leadership.
- Communication.
- Mental approach to the game.

Remember that players continue developing physically and emotionally throughout these years. Positive coaching remains just as important as technical instruction.

Coach's Tip

Every player improves differently. Avoid comparing players to one another. Instead, compare each player to where they were at the beginning of the season and celebrate their individual growth.

From the Dugout

Some players will remember the championship.

Many will remember the coach who believed in them before they believed in themselves.

Never underestimate the power of encouragement.

Division Playbook

Shetland T-Ball

League Age 5

Welcome to Shetland T-Ball

For many players, Shetland T-Ball is their first introduction to organized baseball.

Your role as a Manager is about much more than teaching baseball skills. You are helping players build confidence, make new friends, learn teamwork, and discover how much fun baseball can be. At this level, success is measured by smiles, enthusiasm, and a growing love for the game.

Remember...

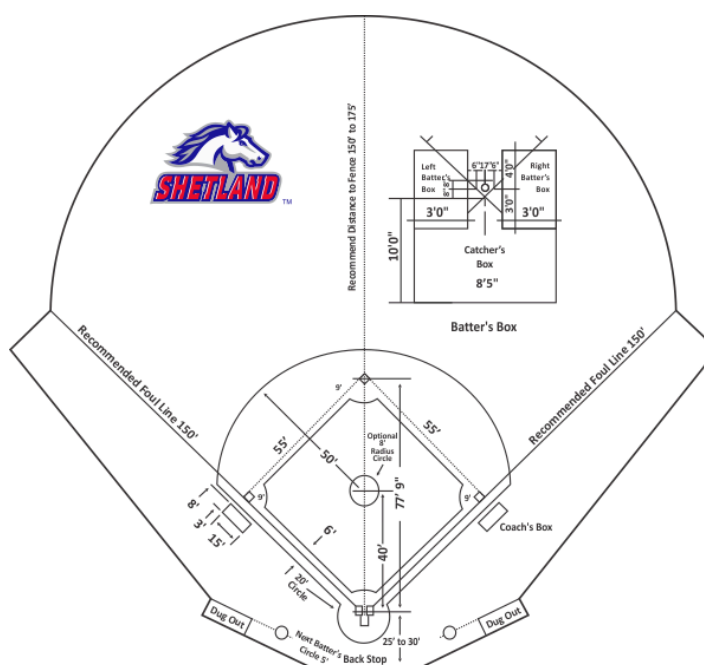
The Number One Rule at LCYO is to Have Fun!



Field Dimensions

Bases: 50 feet

Pitching: Batting Tee



Season Objectives

By the end of the season, players should begin developing:

- Basic throwing mechanics
- Catching with two hands
- Hitting from a tee
- Running the bases in the correct order
- Understanding where to throw the ball
- Listening to coaches
- Being a supportive teammate

Keep expectations realistic. Every player develops at their own pace.

What Players Are Learning

At this age, players are still learning:

- How to pay attention in a group
- How to take turns
- How to work as a team
- How baseball games flow
- Confidence with a glove and bat

Patience, encouragement, and repetition are your greatest coaching tools.

Practice Priorities

Focus on simple fundamentals.

Prioritize:

- Throwing
- Catching
- Tee work
- Running the bases/learning the direction to run in
- Athletic movement
- Fun competitions

Keep players moving and avoid long instructional talks.

Game Day Expectations

Games should be exciting, encouraging, and fun.

Managers should:

- Celebrate effort.
- Encourage every player.
- Keep instructions simple.
- Maintain a positive dugout environment.
- Focus on learning rather than winning.

Remember that many players are still learning the basic flow of a baseball game.

Lineup Expectations

Every player participates every inning.

Because all players are on the field each inning, Managers should rotate defensive positions throughout the season whenever possible to help players experience different areas of the field.

There is no lineup template for Shetland. All players bat each inning.

What Success Looks Like

By the end of the season, players are excited to come back next year, know how to hold a glove, can hit the ball off a tee, run the bases with confidence, and cheer for their teammates.

LCYO Culture

For many children, you will be the very first coach they ever have.

The experience they have this season may shape how they feel about baseball for years to come.

Smile often.

Celebrate effort.

Make every player feel important.

Coach's Tips

- Keep explanations under one minute.
 - Demonstrate whenever possible.
 - Expect short attention spans.
 - Use players' names often.
 - Praise hustle and effort.
 - End every practice with something fun.
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Helpful Resources

- LCYO Baseball Fundamentals Guide
 - [Official Shetland Rules](#)
 - Field Dimension Diagram
-

Quick Reference

Practice Length: Follow LCYO scheduling guidelines.

Everyone Plays: Yes

Primary Goal: Learn the basics and have fun.

Remember: Players will remember how you made them feel far longer than they'll remember the score (and we don't keep score in Shetland).

Division Playbook

Shetland Pitching Arm

League Age 6

Welcome to Shetland Pitching Arm

Shetland Pitching Arm is an exciting transition season for young players. While they continue developing the fundamentals introduced in T-Ball, they also experience hitting a pitched baseball for the first time using the league's pitching arm.

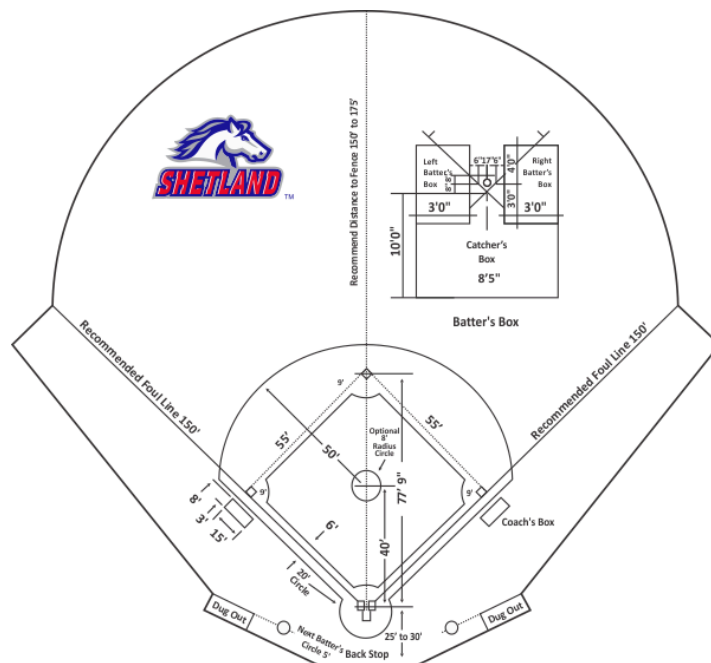
This is a big step in a player's baseball journey. Some players will adjust quickly, while others may need extra time and encouragement. Both are perfectly normal.

Your role is to build confidence, teach fundamentals, and keep baseball fun.

Field Dimensions

Bases: 50 feet

Pitching Arm Distance: 40 feet



Focus This Season

Success at this level comes from helping players become more comfortable with a moving baseball.

Primary areas of focus include:

- Tracking the baseball from the pitching arm.
- Building confidence at the plate.
- Improving throwing and catching fundamentals.
- Learning defensive positions.
- Understanding basic game flow.
- Continuing to be a great teammate.

Remember, improvement looks different for every player.

What Players Are Learning

League Age 6 players are beginning to:

- Follow multi-step instructions.
- Understand simple game situations.
- Develop stronger hand-eye coordination.
- Throw with better accuracy.
- Gain confidence fielding a moving baseball.

Mistakes will happen often—and that's exactly how learning takes place.

Practice Priorities

Keep practices active and positive.

Spend most of your time on:

- Catching fundamentals
- Throwing accuracy
- Hitting from the pitching arm
- Ground balls

- Running the bases
- Fun competitions

Players should touch a baseball often throughout practice.

Game Day Expectations

At this level, games continue to emphasize learning.

Managers should:

- Encourage every player.
- Celebrate effort.
- Keep dugout instruction simple.
- Rotate players through defensive positions whenever appropriate.
- Help players understand what is happening during the game.

Avoid placing unnecessary pressure on players.

Lineup Expectations

All players participate every inning. All players bat each inning.

Continue rotating players through different defensive positions throughout the season whenever possible to help build confidence and overall baseball understanding.

What Success Looks Like

By the end of the season, players are making more consistent contact with the pitched ball, beginning to understand defensive responsibilities, growing in confidence, and looking forward to moving into Pinto Baseball.

LCYO Culture

This season is about confidence.

A player who leaves believing, "I can hit that ball," has achieved something much bigger than a single hit during a game.

Celebrate progress often.

Coach's Tips

- Encourage players after every at-bat.
 - Keep instruction simple.
 - Demonstrate skills whenever possible.
 - Stay positive when players become frustrated.
 - Remember that confidence grows one success at a time.
-

Helpful Resources

- LCYO Baseball Fundamentals Guide
 - [Official Shetland Division Rules](#)
 - Field Dimension Diagram
-

Quick Reference

League Age: 6

Pitching: League Pitching Arm

Everyone Plays: Yes

Primary Goal: Build confidence while introducing players to hitting a pitched baseball.

Remember: The best practices are the ones where every player leaves smiling and excited for the next game.

Division Playbook

Pinto

Machine Pitch

Welcome to Pinto

Pinto is where many players begin to experience the game at a faster pace. The pitching machine introduces greater consistency, allowing players to focus on timing, making contact, and learning the flow of a real baseball game.

This season is about building confidence while introducing more baseball concepts. Players will make mistakes—and that's exactly how they learn.

Your role is to create an environment where players feel encouraged to try, fail, learn, and improve.

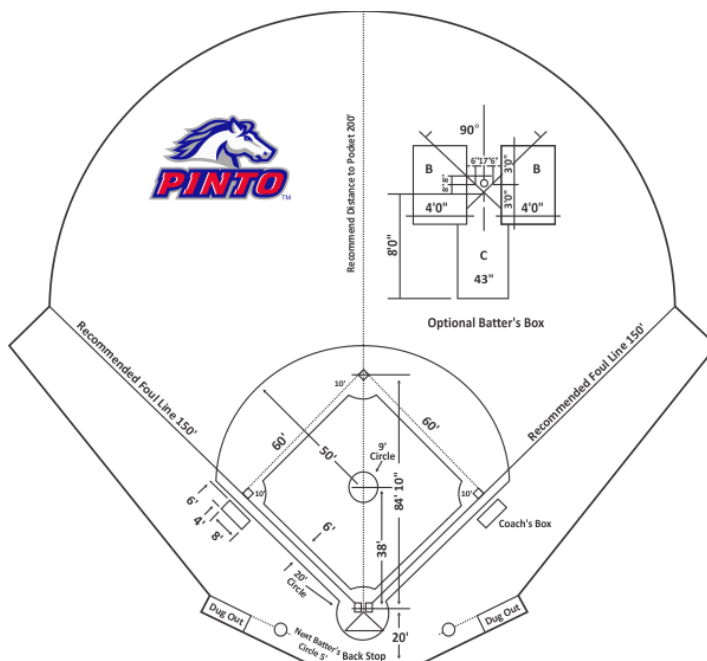


Field Dimensions

Bases: 60 feet

Pitching Machine Distance: 38 feet

Pitching Machine Speed: 40 MPH



Focus This Season

By the end of the season, players should be growing in confidence and understanding of the game.

Focus on helping players:

- Hit a pitched baseball consistently.
- Develop a ready position before every pitch.
- Understand where to throw the ball.
- Learn defensive responsibilities.
- Improve base running awareness.
- Become supportive teammates.

Winning games should never take priority over player development.

What Players Are Learning

Pinto players are beginning to understand baseball beyond simply hitting and throwing.

They are learning:

- Defensive positioning.
- Force plays versus tag plays.
- Backing up teammates.
- Watching the ball before every pitch.
- Thinking one play ahead.

This is often the season where the game begins to "click."

Practice Priorities

The best Pinto practices are active and repetition-based.

Spend time each week working on:

- Throwing and catching fundamentals.
- Ready position and fielding ground balls.
- Hitting off the pitching machine.

- Base running and running through first base.
- Throwing to the correct base.
- Simple game situations.

Use stations whenever possible to maximize repetitions and keep players engaged.

Game Day Expectations

Games are an extension of practice.

Managers should:

- Rotate players according to LCYO playing time requirements.
- Encourage players to think before each pitch.
- Reinforce effort and hustle.
- Celebrate improvement.
- Keep dugout instruction positive and concise.

Remember that players are still learning the game. Patience and encouragement go a long way.

Lineup Expectations

Pinto Managers should prepare a defensive lineup before every game using the LCYO Pinto lineup template.

League rules require that each player:

- Plays at least **two innings in the infield**.
- Plays at least **one inning in the outfield**.
- No player should sit twice before all players have sat once.

Planning your lineup in advance helps ensure every player receives meaningful opportunities to develop throughout the season.

Provide a copy of your batting order to the opposing Manager before the game begins.

Common Challenges

"My players are struggling to hit the machine."

That's okay—this is one of the biggest adjustments players make in youth baseball.

Try these coaching strategies:

- Let players watch a few pitches before stepping into the batter's box.
- Encourage them to watch the ball all the way from the machine to the bat.
- Focus on making solid contact rather than hitting the ball hard.
- Celebrate improvement, even if it doesn't result in a hit.

Confidence grows one swing at a time.

What Success Looks Like

By the end of the season, players are making more consistent contact, understanding basic defensive responsibilities, communicating with teammates, and beginning to anticipate what might happen next in the game.

LCYO Culture

Player development comes before the scoreboard.

Some players will improve quickly. Others may need more time and encouragement. Both are successful seasons when players continue learning, growing, and enjoying the game.

Coach's Tips

- Teach players to get into a ready position before every pitch.
- Keep your dugout engaged by having players watch the game and cheer for their teammates.
- Reinforce hustle on every play.
- Ask questions instead of giving all the answers. ("Where should the ball go if it's hit to shortstop?")
- Keep corrections brief and positive.



Helpful Resources

- [Official Pinto Rules](#)
 - [Pinto Lineup Template](#)
 - LCYO Baseball Fundamentals Guide
 - Pinto Field Dimensions
-



Quick Reference

Bases: 60 feet

Pitching Machine: 38 feet • 40 MPH

Lineup Template Required: Yes

Minimum Defensive Rotation: Two innings in the infield and one inning in the outfield for every player, in accordance with LCYO rules.

Primary Goal: Build confidence hitting the machine while developing sound baseball fundamentals.

Remember: Every pitch is a learning opportunity.

Mustang

Welcome to Mustang

Mustang is an exciting step in a player's baseball journey. Players have developed many of the basic skills introduced in earlier divisions and are now ready to begin understanding the strategy behind the game.

At this level, you'll notice players becoming more independent. They'll start anticipating plays, communicating with teammates, and asking "why" instead of just "what."

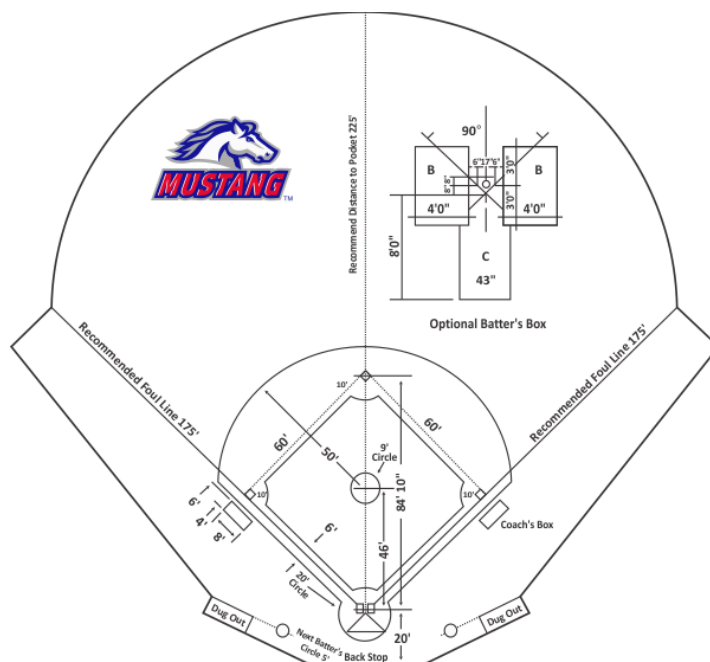
Your role shifts from introducing baseball to helping players understand the game while continuing to build strong fundamentals.



Field Dimensions

Bases: 60 feet

Pitching Distance: 46 feet



Focus This Season

Mustang is where fundamentals meet baseball IQ.

Help players develop:

- Consistent throwing and catching
- Defensive awareness
- Pitching and catching fundamentals
- Situational hitting
- Base running decisions
- Communication on the field

The goal isn't simply to execute plays—it's to understand why they happen.

What Players Are Learning

Players at this level are ready for more responsibility and more detailed instruction.

They are beginning to:

- Anticipate the next play.
- Understand force plays versus tag plays.
- Learn cutoff and relay responsibilities.
- Recognize game situations.
- Communicate with teammates before each pitch.

Continue reinforcing the basics while introducing new concepts one step at a time.

Practice Priorities

Practices should become more game-like while maintaining a strong focus on fundamentals.

Include time each week for:

- Throwing and catching progression
- Infield fundamentals
- Outfield fundamentals
- Pitcher and catcher development

- Team defense
- Base running
- Situational baseball

Whenever possible, end with a competitive drill that reinforces the skill you practiced that day.

Game Day Expectations

Managers should encourage players to think before every pitch.

Ask questions like:

- "Where is the first play?"
- "What will you do if the ball comes to you?"
- "How many outs do we have?"
- "Where should the cutoff be?"

Helping players think through situations builds confidence and baseball awareness.

Lineup Expectations

Use the official LCYO Mustang lineup template before every game.

League rules require that each player:

- Plays at least **two innings in the infield**
- Plays at least **one inning in the outfield**
- No player sits twice before all players have sat once.

Planning your defensive rotation before arriving at the field helps the game run smoothly and ensures every player has opportunities to develop.

Provide your batting order to the opposing Manager before the game begins.

Common Challenges

"Players know the fundamentals but forget what to do during the game."

This is completely normal.

Try asking questions before the pitch instead of giving instructions after the play.

Examples:

- "If the ball comes to you, where's your first throw?"
- "What are you thinking about with one out?"
- "Who is backing up second base?"

Teaching players to think through situations builds confidence and decision-making skills.

What Success Looks Like

By the end of the season, players are communicating more confidently, understanding basic game situations, making smarter decisions on the field, and taking pride in improving as teammates and baseball players.

Manager Mindset

This is often the first season where coaches feel pressure to focus on winning.

Resist that temptation.

Players who understand the game will become better players over time. Teaching them to think, communicate, and solve problems on the field is far more valuable than winning one extra game today.

Development always comes first.

LCYO Culture

Mistakes are part of learning.

If a player makes the wrong decision but was thinking about the game, that's an opportunity to teach—not a reason to criticize.

We coach the decision, not just the result.

Coach's Tips

- Ask more questions than you answer.
 - Praise smart decisions, even when the outcome isn't perfect.
 - Rotate players through different defensive positions when appropriate.
 - Encourage communication before every pitch.
 - Keep instruction positive, specific, and brief.
-

Helpful Resources

- [Official Mustang Rules](#)
 - [Mustang Lineup Template](#)
 - LCYO Baseball Fundamentals Guide
 - Mustang Field Dimensions
-

Quick Reference

Bases: 60 feet

Pitching Distance: 46 feet

Lineup Template Required: Yes

Minimum Defensive Rotation: Two innings in the infield and one inning in the outfield for every player, in accordance with LCYO rules.

Primary Goal: Build strong fundamentals while developing baseball awareness and decision-making.

Remember: Players don't just need to know what to do—they need to understand why.

Bronco

At this level, your role is to continue teaching the fundamentals while helping players think independently, communicate effectively, and compete with confidence.

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Focus This Season

Bronco players are ready to build on the foundation they've developed in previous divisions.

Focus on helping players:

- Make routine plays consistently.
- Improve baseball communication.
- Develop situational awareness.
- Understand offensive and defensive strategy.
- Continue developing pitching and catching skills.
- Grow as leaders and teammates.

Continue emphasizing fundamentals while gradually increasing the complexity of game situations.

What Players Are Learning

Players are becoming more physically capable, but they continue developing emotionally and mentally.

At this age, players begin to:

- Recognize offensive and defensive strategy.
- Understand how situations influence decision-making.
- Communicate more naturally with teammates.
- Develop confidence in leadership roles.
- Learn how to handle success and adversity.

Remember that maturity develops at different rates for every player.

Practice Priorities

Practices should continue reinforcing fundamentals while increasing the pace and complexity of instruction.

Include time for:

- Defensive communication
- Cutoffs and relays
- Double-play fundamentals
- Situational hitting
- Base running reads
- Pitcher and catcher development
- Team defense

Encourage players to ask questions and think through game situations together.

Game Day Expectations

Managers should encourage players to become active participants in the game.

Before each pitch, players should be thinking:

- How many outs are there?
- Where is the first play?
- What happens if the ball is hit to me?
- Who is covering the next base?
- What is my responsibility if the ball isn't hit to me?

Teaching players to prepare before the pitch builds confidence and reduces hesitation during the play.

Lineup Expectations

Use the official LCYO Bronco lineup template before every game.

League rules require that each player:

- Plays at least **two innings in the infield**
- Plays at least **one inning in the outfield**
- No player should sit twice before all players have sat once.

Preparing your lineup in advance ensures players receive meaningful opportunities to continue developing at multiple defensive positions.

Provide your batting order to the opposing Manager before the game begins.

Common Challenges

"Some players are becoming very competitive."

Competition is a healthy part of baseball—but it should never come at the expense of character or teamwork.

Help players understand that:

- Great teammates celebrate each other's success.
- Mistakes are opportunities to learn.
- Respect for opponents and umpires is part of being a complete player.
- Leadership is demonstrated through actions, not just ability.

What Success Looks Like

By the end of the season, players are communicating confidently, understanding more advanced game situations, supporting one another through challenges, and demonstrating leadership both on and off the field.

Manager Mindset

As players become more skilled, your influence extends beyond baseball.

The lessons you teach about resilience, teamwork, humility, and sportsmanship may stay with them far longer than any batting average or win-loss record.

Coach the person first.

The baseball player will follow.

LCYO Culture

Leadership isn't reserved for the loudest player or the most talented athlete.

At LCYO, leadership means encouraging teammates, showing respect, working hard, and helping others improve.

Every player has the opportunity to lead.

Ask Instead of Tell

Instead of: "Don't hang your head after an error."

Try: "What's the next play?"

Instead of: "You should have known where to throw it."

Try: "Talk me through what you were thinking."

Instead of: "Pay attention!"

Try: "What are you expecting to happen on this pitch?"

Questions help players reflect, learn, and grow.

Coach's Tips

- Encourage players to communicate with one another before every pitch.
 - Praise good decisions, even if the play doesn't end perfectly.
 - Give players opportunities to solve problems before stepping in with the answer.
 - Continue rotating players through defensive positions whenever appropriate to support long-term development.
-

Helpful Resources

- [Official Bronco Rules](#)
 - [Bronco Lineup Template](#)
 - LCYO Baseball Fundamentals Guide
 - Bronco Field Dimensions
-



Quick Reference

Bases: 70 feet

Pitching Distance: 50 feet

Lineup Template Required: Yes

Minimum Defensive Rotation: Two innings in the infield and one inning in the outfield for every player, in accordance with LCYO rules.

Primary Goal: Strengthen baseball knowledge, communication, leadership, and confidence while continuing to build sound fundamentals.

Remember: Great players make plays. Great teammates make everyone around them better.

Division Playbook

Pony

Welcome to Pony

Pony is the final division in the LCYO Baseball program and represents years of player growth, development, and learning.

By this stage, players have developed many of the physical skills needed to play baseball. Your role as a Manager is to continue refining those skills while helping players become confident, accountable teammates who understand the game and enjoy competing.

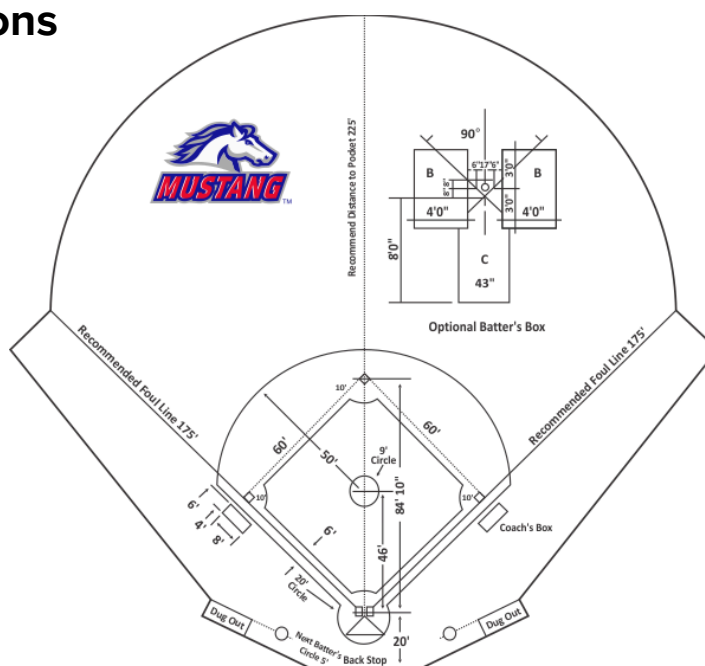
Many players will continue into middle school, high school, or travel baseball. Others may simply enjoy playing recreational baseball with friends. Regardless of where their journey leads, your influence can help shape both the player and the person.



Field Dimensions

Bases: 80 feet

Pitching Distance: 54 feet



Focus This Season

Continue building complete baseball players by emphasizing:

- Consistent execution of fundamentals.
- Advanced baseball situations.
- Team communication.
- Leadership and accountability.
- Mental approach to the game.
- Respect for teammates, opponents, and umpires.

Players should leave Pony prepared for the next level—wherever baseball takes them.

What Players Are Learning

Pony players are capable of understanding more advanced concepts and taking greater ownership of their development.

Encourage players to:

- Analyze game situations.
- Communicate confidently.
- Support younger or less experienced teammates.
- Learn from mistakes.
- Demonstrate leadership through effort and attitude.

Continue coaching the individual player, recognizing that each athlete develops at a different pace.

Practice Priorities

Practices should challenge players while continuing to reinforce fundamentals.

Include time for:

- Situational defense.
- Team offense.
- Pitching and catching development.
- Communication.

- Cutoffs and relays.
- Bunt defenses.
- First-and-third situations.
- Base running reads.
- Competitive team drills.

Remember that fundamentals remain important, regardless of age.

Game Day Expectations

Encourage players to take ownership of the game.

Ask players to think about:

- What situation are we in?
- What's the smartest play?
- How can I help my teammates?
- What adjustments should I make?
- What did I learn from the last inning?

Guide players through conversations instead of providing every answer.

Lineup Expectations

Use the official LCYO Pony lineup template before every game.

League rules require that each player:

- Plays at least **two innings in the infield**
- Plays at least **one inning in the outfield**
- No player should sit twice before all players have sat once.

Planning defensive rotations before arriving at the field helps ensure fair opportunities for player development while allowing Managers to focus on coaching during the game.

Provide your batting order to the opposing Manager before the game begins.

Common Challenges

"Players become frustrated after mistakes."

As players mature, they often place more pressure on themselves.

Help players understand that mistakes are part of baseball at every level.

Encourage them to:

- Learn from the play.
- Reset mentally.
- Focus on the next opportunity.
- Support teammates through challenges.

Resilience is one of the most valuable skills baseball teaches.

What Success Looks Like

By the end of the season, players demonstrate confidence, leadership, sportsmanship, baseball awareness, and a strong understanding of the game. More importantly, they leave LCYO with positive memories, lasting friendships, and a love for baseball that can continue for years to come.

Manager Mindset

Your influence extends well beyond the baseball field.

Some of your players will remember specific games or championships. Most will remember how you treated them, how you encouraged them, and how you helped them believe in themselves.

As a Pony Manager, you're helping prepare young people for whatever comes next—both in baseball and in life.

LCYO Culture

Winning is enjoyable, but character is lasting.

We celebrate effort, resilience, teamwork, and respect because those qualities will serve our players long after their final game at LCYO.

Ask Instead of Tell

Instead of: "That was the wrong play."

Try: "Walk me through what you saw."

Instead of: "You need to be more focused."

Try: "What can you do differently on the next pitch?"

Instead of: "Don't get frustrated."

Try: "How are you going to respond?"

Helping players reflect develops confident, thoughtful athletes.

Coach's Tips

- Continue teaching fundamentals every week.
 - Give players opportunities to lead drills or warm-ups.
 - Encourage players to communicate with each other before every pitch.
 - Praise preparation, effort, and leadership—not just performance.
 - Remember that your example often teaches more than your instruction.
-

Helpful Resources

- [Official Pony Rules](#)

- [Pony Lineup Template](#)
 - LCYO Baseball Fundamentals Guide
 - Pony Field Dimensions
-

Quick Reference

Bases: 80 feet

Pitching Distance: 54 feet

Lineup Template Required: Yes

Minimum Defensive Rotation: Two innings in the infield and one inning in the outfield for every player, in accordance with LCYO rules.

Primary Goal: Prepare players for the next level by strengthening baseball skills, leadership, confidence, and character.

Remember: The greatest measure of a successful season is not just how much players improved—it is whether they leave the game with confidence, respect for others, and a lifelong love of baseball.

Appendix A

Quick Reference Guides



Before Every Practice

Manager Checklist

- ☐ Review your practice plan.
- ☐ Check TeamSnap RSVPs.
- ☐ Bring team equipment.
- ☐ Arrive early for field setup.
- ☐ Set up stations before players arrive.
- ☐ Welcome each player as they arrive.
- ☐ Keep players active and engaged.
- ☐ End practice with encouragement.
- ☐ Remember the #1 Rule at LCYO...

Have Fun!



Before Every Game

Manager Checklist

- ☐ Review your defensive lineup.
 - ☐ Print or bring your lineup.
 - ☐ Bring a batting order to share with the opposing Manager.
 - ☐ Verify players have required equipment.
 - ☐ Conduct warmups.
 - ☐ Review sportsmanship expectations.
 - ☐ Encourage players to compete, learn, and have fun.
-



After Every Game

- ☐ Thank the opposing team.
- ☐ Thank the umpires.
- ☐ Congratulate your players on their effort.
- ☐ Share one positive takeaway from the game.
- ☐ Communicate any important reminders through TeamSnap.
- ☐ Start thinking about your next practice.



Dugout Reminders

Players should:

- ✓ Encourage teammates.
- ✓ Stay engaged in the game.
- ✓ Keep helmets on when appropriate.
- ✓ Keep equipment organized.
- ✓ Cheer positively.

Managers should:

- ✓ Model good sportsmanship.
 - ✓ Keep instruction positive.
 - ✓ Stay calm during adversity.
 - ✓ Let players learn from mistakes.
 - ✓ Keep baseball fun.
-



LCYO Culture

Players learn just as much from watching their coaches as they do from listening to them.

The example you set becomes part of the experience they'll remember.