

# HOW TO COACH YOUNGER PLAYERS

Cindy Bristow

*Narnia comment*



*They might be cute, but they aren't "mini-me's"*

## HOW TO COACH YOUNGER PLAYERS

### SHORTEN THE TIME SPAN:

- YOU pack it into a shorter practice time vs. asking THEM to pay attention longer



## HOW TO COACH YOUNGER PLAYERS

### TALK THE WAY THEY LISTEN:

- Ask if they understand what you mean
- Then ask them to tell you what you mean...
- Small words for small kids

**ZOOM IN** *instead of Focus*

**FINISH** *instead of Follow through*

**POW** *instead of Expode*

**SNAKE** *instead of Grounder*

**BIRDIE** *instead of Airball*

EQUIPMENT:	TYPE YOU USED:	YOUR AGE:	POINTS FOR ANSWER:	YOUR SCORE:
<b>BALL</b>	• White	• Old	•+0	
	• Yellow	• Current	•+4	
<b>BAT</b>	• Wood	• See “Dinosaur”	•+0	
	• Just Metal	• Old	•+1	
	• Aluminum (no clue about 3 of walls)	• Middle Aged	•+2	
	• Double or Triple Walled	• Current	•+4	
<b>HELMET</b>	• None	• Dinosaur	•+1	
	• Required	• Old	•+2	
	• Custom painted	• Middle Age	•+3	
	• Air Vents & 1 per Kid	• Current	•+4	
<b>BALL BAG</b>	• Must have had one	• Old to Dinosaur	•+1	
	• Floppy-shaped like a hat	• Middle Aged	•+2	
	• Multi-compartment to Apartment sized.	• Current	•+4	
<b>CHEERING</b>	• Secondary to game	• Ancient	•+2	
	• Practiced & choreographed	• Middle Aged	•+3	
	• Get them off the internet	• Current	•+4	

**Totaling Your Score:**

18 – 20 points

11 – 17 points

5 – 10 points

0 - 4 points

Able to Relate to Current-Day Players

Probably Contemplating a Tattoo

Take Good Notes Today – You’ll Need Them

You’re Better Suited to Coach Mummies

## HOW TO COACH YOUNGER PLAYERS

### ENCOURAGE FUN – LET GO OF PERFECTION:

- Get them to LIKE IT and WANT TO COME BACK
- Perfection can wait for someone else's team



## HOW TO COACH YOUNGER PLAYERS

### PUMP UP THE ACTIVITY LEVEL:

- They still want to – and LIKE TO – move around...let them
- Do it early and wear them out



# HOW TO COACH YOUNGER PLAYERS

**TALK AT THEIR EYE LEVEL:**



## HOW TO COACH YOUNGER PLAYERS

### HIT THE HIGHLIGHTS:

- They can't listen long so say the key things first (leave out the rest)



## HOW TO COACH YOUNGER PLAYERS

### HELP THEM SUCCEED:

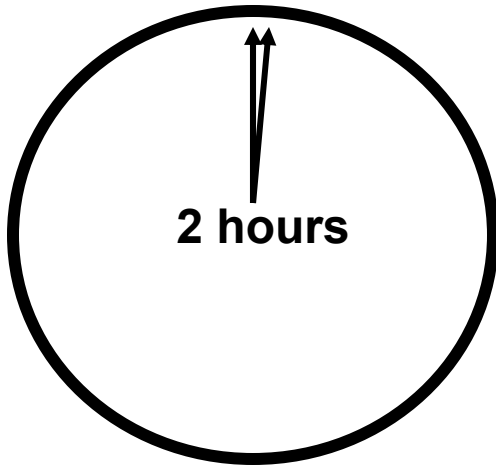
- Simplify
- Bigger balls to see and hit
- Smaller balls to throw
- Softer balls to catch



## HOW TO COACH YOUNGER PLAYERS

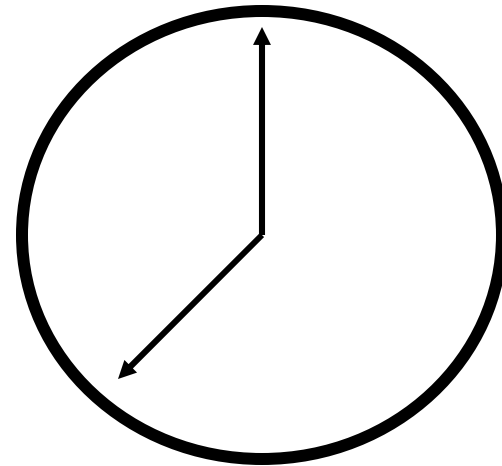
### SPLIT THEM INTO SMALLER GROUPS:

- Instead of 15 - 9 year olds for 2 hours, have 3 groups of 5 - 9 years olds for 40 minutes each group



*15 – 9 year olds*

**40 minutes each**



*5 – 9 year olds*

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### DRILLS:

- Big Ball Pitching
- Wall Pitching
- Wall Throwing
- Kickball
- Glove Flips

## HOW TO COACH YOUNGER PLAYERS

Remember that we're all really just **YOUNGER PLAYERS**

