



Berwyn Paoli Little League

Spring 2021

Coaching Preparation Sessions

Majors and Minors

Wednesday March 3, 2021

7:15 PM via ZOOM



AGENDA

- Introductions & BPALL History
- Assessments Plan & Logistics
- Safety
 - Environment
 - Safe Playing
 - BPALL COVID Protocols
 - Team Parent Role
 - GameChanger
 - Weather
 - Emergencies
- Practice Resources
 - Planning
 - Format
 - Drills
- Practice and Game Schedules
- Open Q & A



61 Years of BPALL!

100% Volunteer Supported Baseball & Softball for 60+ Years

1960

- Berwyn-Paoli Little League is founded to support the growing number of families moving to the area

1970's

- BPALL grows, playing on township and school fields

1980's

- A group of visionary parents persuade PECO to lease unkempt land (1988)

1990's

- Clearing the site begins (1992)
- Field 1 Opens (June 30, 1993); Field of Dreams is born! 6 fields follow!

2000 – current day

- Thousands of families have joined the BPALL community
- **BPALL is 100% self-funded**, no local, state or federal funds are received.



See www.bpall.org for more photos and a great video about the construction of Field of Dreams



Assessments & Draft Plan & Logistics

Assessments to be held on Saturday 3/13 (rain date Sunday 3/14)

Minors 1:30 – 2:30 Majors 3:00 – 4:00

Field of Dreams address: 915 Howellville Rd, Berwyn 19312

Drafts to be held via Zoom

Majors – Monday, March 15 at 7PM

Minors – Tuesday, March 16 at 7PM

Approach:

- Players will arrive, register, receive their assessment number, and warm-up
- Players will be separated into groups of 10 and cycle through the assessment stations
- During this time, managers and coaches should “keep their own sheet,” grade players and begin to identify potential draft picks
- After we complete assessments, the results will be compiled and distributed to head coaches and managers
 - What we distribute will match assessment numbers to names, with “grades” for the various baseball skills



SAFETY

Safe Environment

Little League does not tolerate any type of abuse against a minor, including, but not limited to, sexual, physical, mental, and emotional (as well as any type of bullying, hazing, or harassment).

In 2018, the “Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017,” also known as the SafeSport Act, became Federal Law. This national law increases the standard of care and makes it a crime for an individual involved in a national governing body sports organization, including Little League, to ignore, or not report to law enforcement, any reasonable suspicion of an act of child abuse, including sexual abuse, within 24 hours.

The law applies to all employees, volunteers, or hired workers of Little League and makes **all indicated Little League individuals mandated reporters in the eyes of the law.**

All coaches and volunteers must have these clearances (*Good for 5 years*):

1. PA Child Abuse History
2. Federal Criminal History Check
3. Little League Clearance



SAFETY

Safe Environment

Process:

1. Managers will collect all clearances from all volunteers on their team before sending to the Division Director.
2. Division Directors will collect all clearances from all teams in their division before sending to Mike Loftus.

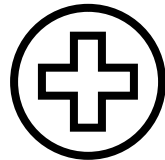
Managers & Coaches must be the eyes and ears of the league

1. If something doesn't look right, let us know
2. We are all mandated reporters
3. <https://www.littleleague.org/downloads/ll-child-protection-program/>



SAFETY

Safe Playing



Physical Environment

Walk the field before practices and games. Remove rocks, fill holes in batter's box and pitcher's mound landing spot, inspect and outfield lips, corners of plate and breakaway bases.

Fix what you can and point out problem areas that cannot immediately be fixed to your players. Let Division Managers know of any safety issues.

Gear

Make sure catcher's gear is adjusted appropriately, catcher's mask has a throat guard and catcher is wearing a cup.

Molded plastic cleats only, no metal spikes.

Players with glasses should get safety glasses.

Players cannot wear jewelry, watches, rings, necklaces, etc during games or practices.

Keep bat racks behind the fence in dugout area.

Injuries

Players who are ejected, ill, or injured should remain under supervision until released to parent or guardian.

First aid kits and ice packs are in the sheds

Coaches should be familiar with how to identify a concussion

Free concussion training

<https://www.cdc.gov/headsup/youthsports/coach.html>



SAFETY

Safe Playing



Game Play

Thorough warm-ups before practices and games, especially preseason. Kids have been quarantining and homeschooling for a while. Careful with arms and pitching reps early in practice season.

Only players, managers, umpires, and coaches allowed on playing field during practices or games.

No on deck batters outside the dugout.

Teach players how to correctly avoid wild pitches: Turn away from pitch, bat down.

No parents/adults should ever be hitting off a league player that is pitching.

Except when returning to a base, headfirst sliding is not permitted.

Correct sliding technique-face away from the throw. Incident last year.

Most injuries are caused by collisions-teach heads up baserunning



SAFETY

COVID Protocols

All coaches must read the updated safe play guide on the website

What we're doing in 2021 to keep players and families safe and engaged.

- Tee ball and machine pitch: parent or guardian must remain at practices and games
- Required wellness confirmation from parents before each practice and game - ***The league reserves the right to check temperatures prior to practice and games.***
- Revised seating for players and families
- No more than two players in the dug out at the same time (“on-deck” and “in the hole”)
- Digital tools to communicate (GameChanger app)
- Staggered schedules to reduce crowd size and allow for distance
- No catcher position for TBALL and Machine Pitch
- **No sharing bats, gloves, helmets, etc. - *Bring your own gear!***
- Multiple sets of baseballs to allow for sanitization between innings
- Masks are required at Field of Dreams facility for players, volunteers, coaches, and spectators
- Distanced pre-game and end-of-game sportsmanship acknowledgements - ***Tip caps instead of shaking hands at the end of each game.***
- Umpire positioning farther back from home plate or at the pitching mound, depending on division

***Hanging our hat on having ZERO reported cases last year.
We need to keep it going.***



Team Parent Role

Coordinates all non-coaching activities to support our players and the league.

Coaches and managers will work with team parents to assign the following roles for each practice and game. All BPALL coaches are volunteers, please help and support them as they work to keep our players safe!

On Field / Dugout Areas

Home Team

- Line field before games
- Rake / drag field after games and practices
- Supply game balls

Both Teams

- Safety Coordinators (3 – 5 per team)
 - Check temperatures for children at the start of practice / games
 - Keep players and their gear bags 6 feet apart when on bench / bleachers or waiting to take the field
 - Parent to remind players to sanitize hands and to sanitize catcher's gear

Off Field

Away Team

- Announce game
- Manage and clean up concession stand

Both Teams

- Trash Duty – Clean up after every practice and game using provided trash bags. Place full bags in dumpster.
- Scorekeeper uses GameChanger app on game days

Team parent should have parent contact information and should give announcer a list of players before games



GameChanger

- Berwyn Paoli Little League website (www.bpall.org)
 - What you will find here
- Game Changer Team Manger App (for Apple and Android)
 - The GameChanger APP to be used for
 - Sharing schedules, updates / cancellations due to weather
 - Player availability to participate; attendance day of games
 - Batting orders and lineups
 - Sharing roles that will need to be supported by parents during games and practice
 - Attendance data will be kept on file electronically. *All privacy rules apply.*
 - BPALL will use Game Change Attendance data to support contact tracing in the event of a suspected or confirmed exposure
 - Should the need arise for communication as the result of a suspected COVID exposure, communication will go to all persons “in-close-contact” with the individual who tested positive within the prior 14-day period. To protect privacy, the name of the impacted person will not be shared.
 - Data requested by state and county contact tracing efforts will be shared with those agencies. *All privacy rules apply.*



SAFETY

Weather

1. Be “weather aware” on game day.
2. Keep an eye out for emails for cancellations on days with weather coming our way.
3. Majors have to cancel Umpires at least 1 hour before the game, so you will know by then
4. For games on days after significant rain, arrive earlier to provide for additional field prep.
5. In event of lightning, send families to their cars. Play resumes 30 mins after thunder and lightning comes to an end.
6. Lightning can be seen, and thunder can be heard from 10 miles away.
7. If time between thunder and lightning is 30 seconds or less, the storm is 6 miles away or less.
8. **If someone is struck by lightning, call 911.**
 - i. Heart and breathing may have stopped. Initiate CPR.
 - ii. Victims of lightning strikes do not carry an electrical charge and should be attended to at once.



SAFETY Emergencies

In an Emergency, call 911 and Your League's Director

Put these League Director numbers and the field address in your phone:

Majors	Matt Goulet	267-972-4772
President	Jon Morgan	610-937-2606
T-ball	Phil Tharnish	678-478-7630
Minors	Anthony Licate	484-801-0366
Machine pitch director	Jeff Esposito	610-470-9007
Baseball Operations	Kurt Wright	972-333-5535

Field of Dreams address: 915 Howellville Rd, Berwyn 19312



PRACTICE Format

Object is to keep kids engaged and moving all the time

Station based format with kids in breakout groups

1. Takes 3-4 coaches other than manager ideally
2. Don't need a lot of baseball knowledge necessarily
3. T-ball/machine-more competition-based stations/drills
4. Minor/Major-more skills/ reps-based stations/drills
5. Have as many stations as you have coaches



PRACTICE Format

Example Practice Schedule:

1. Team Meeting: talk about what you'll be practicing/set stations
2. Warm up: lead warm-ups first few times/then ask 2 players to lead
3. Create groups-Cycle thru stations 1x, grab water
4. Repeat if desired with new stations
5. Situational, position specific, team drills
 - i. Run downs
 - ii. Cuts/relays
 - iii. Bunt coverage
 - iv. First & third defense
6. Scrimmage/game
7. Team Meeting

Successful practice = each player gets 100+ touches



PRACTICE

Format

2-hour

0:00	Meeting		
0:05			
0:10			
0:15	Wam-Ups		
0:20			
0:25			
0:30	Station 1 (1/3 of team)	Station 2 (1/3 of team)	Station 3 (1/3 of team)
0:35			
0:40			
0:45	Station 3 (1/3 of team)	Station 1 (1/3 of team)	Station 2 (1/3 of team)
0:50			
0:55			
1:00	Station 2 (1/3 of team)	Station 3 (1/3 of team)	Station 1 (1/3 of team)
1:05			
1:10			
1:15			
1:20	Team Drill		
1:25			
1:30			
1:35			
1:40	Game		
1:45			
1:50			
1:55	Meeting		
2:00			



PRACTICE

Format

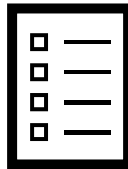
1-hour

0:00	Meeting		
0:05	Warm-Ups		
0:10	Warm-Ups		
0:15	Warm-Ups		
0:20	Station 1 (1/3 of team)	Station 2 (1/3 of team)	Station 3 (1/3 of team)
0:25	Station 3 (1/3 of team)	Station 1 (1/3 of team)	Station 2 (1/3 of team)
0:30	Station 3 (1/3 of team)	Station 1 (1/3 of team)	Station 2 (1/3 of team)
0:35	Station 3 (1/3 of team)	Station 1 (1/3 of team)	Station 2 (1/3 of team)
0:40	Station 2 (1/3 of team)	Station 3 (1/3 of team)	Station 1 (1/3 of team)
0:45	Station 2 (1/3 of team)	Station 3 (1/3 of team)	Station 1 (1/3 of team)
0:50	Game		
0:55	Meeting		
1:00	Meeting		



PRACTICE

Minors & Majors



Practice Planning

<https://www.youtube.com/watch?v=GLQAHPbqxyo>

Hitting

Tee work

<https://www.littleleague.org/university/articles/power-thru-drill-tee-work/>
https://www.youtube.com/channel/U_CqDUxE4O4ghkQY97NZGmIKg

Soft Toss

<https://www.littleleague.org/university/articles/power-thru-soft-toss-drill/>
<https://www.youtube.com/watch?v=5m9IXlyPuhY>

One handed drills

<https://www.littleleague.org/university/articles/isolating-arm-soft-toss-drill/>
https://www.youtube.com/watch?v=wwjPwt_F1lg&feature=youtu.be

Bat path drills

<https://www.youtube.com/watch?v=YtLmgDXDSng>
<https://www.youtube.com/watch?v=4vg6-bhqXG0&pbjreload=101>

Hands inside drills

<https://www.youtube.com/watch?v=rZFty2eHelU>
<https://www.youtube.com/watch?v=0ZmkXw1JsYs>
<https://www.youtube.com/watch?v=rI1LWtNFuzw>

PVC Pipe drills

<https://www.youtube.com/watch?v=XAYHVP-jtJk>

Bunting

<https://www.youtube.com/watch?v=ueahw9wYwZ0>



PRACTICE

Minors & Majors



Fielding and Throwing

<https://www.youtube.com/watch?v=iRzepPsERBc>

https://www.youtube.com/watch?v=fSTmvPm_77I

<https://www.youtube.com/watch?v=61kkCh5t0sc>

<https://www.youtube.com/watch?v=EZtJ9JNPE2k>

<https://www.youtube.com/watch?v=ij1mqZbLXdU>

<https://www.youtube.com/watch?v=IEgNqvpw4no>

<https://www.youtube.com/watch?v=GxCkUgWvDnA>

Outfield

<https://www.youtube.com/watch?v=vHPlqUVaY-g>

<https://www.youtube.com/watch?v=WUIM8NqNETg>

Situation

Run downs

<https://www.littleleague.org/university/articles/softball-drills-pickle-drill/>

Bunt defense

<https://www.youtube.com/watch?v=mhBNOZzyVDQ>

1st and 3rd defense

<https://www.youtube.com/watch?v=p43vrYFpQTU>



PRACTICE

Minors & Majors



Base running

<https://www.littleleague.org/university/articles/breakdown-baserunning-drill/>

<https://www.youtube.com/watch?v=XBYbfyqxn-M>



Position

Catcher

<https://www.youtube.com/watch?v=hgeqS1CTLEk>

<https://www.youtube.com/watch?v=KJZHdoPxxW0>

<https://www.youtube.com/watch?v=V4IVF-IrADg>

Pitcher

https://www.youtube.com/watch?v=86yS_uh52xl

<https://www.youtube.com/watch?v=McHb2hXrTrE>

https://www.youtube.com/watch?v=GHid0hnc4_M

<https://www.youtube.com/watch?v=O0zMUWmvSCY>

First

<https://www.youtube.com/watch?v=UONEYy3A8K8>



Majors

Regular season games start	April 5
Regular season games end	May 15
# weeks of regular season	6
# games per week	Alternate between 2 and 3 games per week
# regular season games	15
Playoff format	Double elimination
Playoffs start	May 18
Playoffs end	June 1 (June 3 if necessary)

- Cappelletti Field is reserved for Majors.
- Radbill Field will be split between Majors and Minors.
- Games scheduled Monday, Tuesday, Wednesday, Saturdays
- Thursdays, Fridays, and possibly Sundays to be used for making up rain outs
- Practices must be scheduled through <http://bpall.org> - if they are not on the master schedule, then they are not scheduled
- Cages behind Cappelletti:
 - One cage for team practicing on Toscani (or for both teams playing game on Toscani to hit before a game)
 - One cage for team practicing on Cappelletti (or for both teams playing game on Cappelletti to hit before game)
 - Can take other cage if not in use, but baseball must give up to softball (and vice versa)
 - These cages are not reservable, they are implicitly reserved by teams practicing or playing on Cappelletti and Toscani



Majors Practice Times

	Before games start (through Apr 4)	After games start (Apr 5)
Weekdays	<p>Cappelletti - Monday through Friday: Time slot 1: 5:15 PM to 6:45 PM Time slot 2: 6:45 PM to 8:15 PM</p> <p>Radbill - Monday through Friday: Time slot: 6:45 PM to 8:15 PM</p>	<p>Cappelletti - Thursday/Friday: Time slot 1: 5:15 PM to 6:45 PM Time slot 2: 6:45 PM to 8:15 PM</p> <p>Radbill - Monday through Friday: Time slot: 6:45 PM to 8:15 PM</p>
Weekends	<p>Cappelletti (Saturday/Sunday): Time slot 1: 9:00 AM to 11:00 AM Time slot 2: 11:00 AM to 1:00 PM Time slot 3: 1:00 PM to 3:00 PM Time slot 4: 3:00 PM to 5:00 PM</p> <p>Radbill (Saturday/Sunday): Time slot 1: 9:00 AM to 11:00 AM Time slot 2: 1:00 PM to 3:00 PM</p>	<p>Cappelletti (Sunday): Time slot 1: 9:00 AM to 11:00 AM Time slot 2: 11:00 AM to 1:00 PM Time slot 3: 1:00 PM to 3:00 PM Time slot 4: 3:00 PM to 5:00 PM</p> <p>Radbill (Saturday/Sunday): Time slot 1: 9:00 AM to 11:00 AM Time slot 2: 1:00 PM to 3:00 PM</p>



Tentative Majors Regular Season Schedule (1 of 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 21 Practice	March 22 Practice	March 23 Practice	March 24 Practice	March 25 Practice	March 26 Practice	March 27 Practice
March 28 Practice	March 29 Practice TE spring break	March 30 Practice TE spring break	March 31 Practice TE spring break	April 1 Practice TE spring break	April 2 Practice TE spring break	April 3 Practice
April 4 Easter	April 5 Team 1 at Team 6	April 6 Team 2 at Team 5	April 7 Team 3 at Team 4	April 8	April 9	April 10 Team 5 at Team 1 Team 4 at Team 6 Team 3 at Team 2
April 11	April 12 Team 1 at Team 4 Team 2 at Team 6	April 13 Team 5 at Team 3	April 14 Team 6 at Team 2 Team 4 at Team 1	April 15 Team 3 at Team 5	April 16	April 17 Team 3 at Team 1 Team 2 at Team 4 Team 6 at Team 5
April 18	April 19 Team 1 at Team 2	April 20 Team 6 at Team 3	April 21 Team 4 at Team 5	April 22	April 23	April 24 Team 1 at Team 4 Team 3 at Team 5 Team 6 at Team 2

Tentative Majors Regular Season Schedule (2 of 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 25 	April 26 Team 1 at Team 5 Team 3 at Team 2	April 27 Team 4 at Team 6	April 28 Team 2 at Team 3 Team 5 at Team 1	April 29 Team 6 at Team 4	April 30	May 1 Team 3 at Team 1 Team 2 at Team 4 Team 6 at Team 5
May 2	May 3 Team 1 at Team 3	May 4 Team 2 at Team 4	May 5 Team 5 at Team 6	May 6	May 7	May 8 Team 2 at Team 1 Team 6 at Team 3 Team 5 at Team 4
May 9	May 10 Team 1 at Team 6 Team 4 at Team 3	May 11 Team 5 at Team 2	May 12 Team 3 at Team 4 Team 6 at Team 1	May 13 Team 2 at Team 5	May 14	May 15 Team 1 at Team 2 Team 6 at Team 3 Team 4 at Team 5



Tentative Majors Playoff Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 16	May 17	May 18 First 2 playoff games	May 19	May 20 Second 2 playoff games	May 21	May 22 First 2 loser's bracket games
May 23	May 24 2nd round loser's bracket game	May 25 Winner's bracket championship	May 26	May 27 3rd round loser's bracket game	May 28 Memorial Day weekend	May 29 Memorial Day weekend
May 30 Memorial Day weekend	May 31 Memorial Day	June 1 Championship game	June 2	June 3 Championship game (if necessary)	June 4	June 5

**Double elimination format



Minors

Regular season games start	April 5
Regular season games end	May 22
# weeks of regular season	7
# games per week	2
# regular season games	14
Playoff format	Double elimination
Playoffs start	May 25
Playoffs end	June 9 (June 11 if necessary)

- Haas Field is reserved for Majors.
- Radbill Field will be split between Majors and Minors.
- Games scheduled Monday, Tuesday, Wednesday, Saturdays
- Thursdays, Fridays, and possibly Sundays to be used for making up rain outs
- Practices must be scheduled through <http://bpall.org> - if they are not on the master schedule, then they are not scheduled
- Minors, Machine Pitch, and teams on Roggio can use the cage by Roggio/Greskoff, coaches should work together to share cage time.
- The upper lot cages are available, too.



Minors Practice Times

	Before games start (through Apr 4)	After games start (Apr 5)
Weekdays	<p>Haas - Monday through Friday: Time slot 1: 5:15 PM to 6:45 PM Time slot 2: 6:45 PM to 8:15 PM</p> <p>Radbill - Monday through Friday: Time slot: 5:15 PM to 6:45 PM</p>	<p>Haas - Thursday/Friday: Time slot 1: 5:15 PM to 6:45 PM Time slot 2: 6:45 PM to 8:15 PM</p> <p>Radbill - Monday through Friday: Time slot: 5:15 PM to 6:45 PM</p>
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Tentative Minors Regular Season Schedule (1 of 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 21 Practice	March 22 Practice	March 23 Practice	March 24 Practice	March 25 Practice	March 26 Practice	March 27 Practice
March 28 Practice	March 29 Practice TE spring break	March 30 Practice TE spring break	March 31 Practice TE spring break	April 1 Practice TE spring break	April 2 Practice TE spring break	April 3 Practice
April 4 Easter	April 5 Team 1 at Team 6	April 6 Team 2 at Team 5	April 7 Team 3 at Team 4	April 8	April 9	April 10 Team 5 at Team 1 Team 4 at Team 6 Team 3 at Team 2
April 11	April 12 Team 1 at Team 4	April 13 Team 5 at Team 3	April 14 Team 6 at Team 2	April 15	April 16	April 17 Team 3 at Team 1 Team 2 at Team 4 Team 6 at Team 5
April 18	April 19 Team 1 at Team 2	April 20 Team 6 at Team 3	April 21 Team 4 at Team 5	April 22	April 23	April 24 Team 6 at Team 1 Team 5 at Team 2 Team 4 at Team 3

Tentative Minors Regular Season Schedule (2 of 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 25	April 26 Team 1 at Team 5	April 27 Team 4 at Team 6	April 28 Team 2 at Team 3	April 29	April 30	May 1 Team 4 at Team 1 Team 3 at Team 5 Team 2 at Team 6
May 2	May 3 Team 1 at Team 3	May 4 Team 2 at Team 4	May 5 Team 5 at Team 6	May 6	May 7	May 8 Team 2 at Team 1 Team 6 at Team 3 Team 5 at Team 4
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May 16	May 17 Team 1 at Team 4	May 18 Team 3 at Team 5	May 19 Team 6 at Team 2	May 20	May 21	May 22 Team 3 at Team 1 Team 2 at Team 4 Team 6 at Team 5



Tentative Minors Playoff Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 23	May 24	May 25 First 2 playoff games	May 26	May 27 Second 2 playoff games	May 28 Memorial Day weekend	May 29 Memorial Day weekend
May 30 Memorial Day weekend	May 31 Memorial Day	June 1	June 2 First 2 loser's bracket games	June 3	June 4 2nd round losers bracket game	June 5 Winner's bracket championship
June 6	June 7 3rd round loser's bracket game	June 8	June 9 Championship game	June 10	June 11 Championship game (if necessary)	June 12

**Double elimination format



