

AAA Coaches Responsibilities

Background Checks: Supply the background check committee a list of all your coaches and wait for approval from them before you begin practicing.

Work Party: Each team MUST supply two workers to our field clean up day on March _____

Uniform Sheet: In order to receive your teams' hats you must fill out and turn in your uniform sheet to Scott Grillo. That sheet must also have your team parent and parking coordinator listed.

Kimberton Fair Parking: As part of the agreement to use the Firehouse's field each team is assigned a day to park cars for the Kimberton Fair. Each team must supply one person for that day in late July.

KYAL League Meetings: The 3rd Monday of each month at 8 PM is the Monthly Meeting. All coaches are encouraged to attend but each team MUST send a representative. If you do not attend field practice privileges maybe revoked. These meetings are important to keep everyone up to date on league matters. If you can't send a representative you must notify a board member.

Snackbar: Each team must have a person working the snackbar for each game. Games will not start until both teams have their representative in the snackbar.

Umpiring: Teams are responsible for umpiring their own games. Home team provides a base umpire and the visiting team provides the plate umpire. Plate umpires must umpire from behind the plate. We will have an umpiring clinic that all coaches are encouraged to attend.

Field Maintenance: You must rake and drag your field when no one takes the field after you on any particular day. Be sure to rake away from the grass. This means up and down when doing the area between the mound and home plate. Also, be sure to take the extra time to line the fields correctly for your 5:45 games. Use the rope and make them straight. There are major games after you.

Picture Day: You are expected to notify your team of you time and have them all present 5 minutes before your scheduled time. This is a league fundraiser and each team is expected to participate.

Communication: Please communicate with your parents. Have a parent meeting before you begin practicing. Explain how often you plan on practicing, snackbar duties, picture day, and lay out your expectations.

Prepare your players for the next level: Teach each player the skills they will need for the next level. Please use the back of this sheet to reference the basic skills KYAL expects taught at the AAA level. You can also access the Master Skills Sheet through the KYAL website if you'd like to look at a comprehensive list of skills.

Basic Skills for AAA

The following are several basic skills that should be reinforced at the AAA level:

- Knowledge of backup responsibilities in the IF and OF
- Footwork around bases on steals and when turning double plays
- Knowledge of how rundowns should be executed
- Understanding of everyone's role in a relay throw using a cutoff man
- Knowledge of bunt rotations
- How to bunt
- Down fair and back foul when coming of the base at 3B
- How to slide
- Infield Fly, Obstruction, and Interference rules
- How to approach an at bat based on the game situation and the count

The following are several basic skills that should be mastered at the AAA level:

- Creep steps as the pitcher delivers the ball
- Judging and catching a routine fly ball in the outfield
- Understanding the chain of command for fly balls and calling for ball in the air
- Picking up your base coaches at the correct point when running the bases
- Basic pitching mechanics from the stretch and windup
- Have an understanding of the strike zone
- How to protect yourself from a pitched ball coming at you
- Balanced hitting stance with a level swing avoiding bat wrap and dropping of the hands

Please refer to the Coaches Resources' tab on the KYAL website to see a full list of skills.