



# Miracle League of the South Hills Training Manual

Coaches Training Manual



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# WE BELIEVE

## **Vision**

The Miracle League of the South Hills envisions a community where all people with disabilities have opportunities to enhance their lives as athletes, teammates, and in everyday life.

## **Mission**

The Miracle League of the South Hills creates an environment of acceptance for people with disabilities and their families, with baseball as the root, as we promote meaningful, authentic relationships that connect people on the field as well as in the community.

## **Core Values**

- Provide every child and adult the opportunity to play the game of baseball
- Nurture peer relationships as we merge communities together so that barriers to friendship and opportunity are removed while promoting teamwork, inclusion, and helping people reach their full potential
- Develop life skills that empower and challenge everyone to foster acceptance of all individuals

# Miracle League of the South Hills Video



[www.miracleleagueofthesouthhills.org](http://www.miracleleagueofthesouthhills.org)

# A Miracle League Coach

"I have been playing baseball since I was 4 years old. The sport has brought me so much joy throughout my life, and I wholeheartedly believe that all children, no matter their ability, should have the chance to experience all the fun and happiness it brings. As a Miracle League coach, I get to turn that belief into a reality for countless players week in and week out. The smiles on their faces as they are rounding third and heading for home after hitting a home run are priceless. I am so thankful to have this opportunity."

Kayla Frattini - Coach of the Miracle League Mets



# Coaches Responsibilities

- Insure a safe playing environment.
- A Coach is an important volunteer position in the Miracle League. It is probably one of the most rewarding, too.
- A Coach is responsible for all aspects of their team to include communicating to parents, players, and team volunteers.
- The Coaches during the game are responsible for everything that happens inside of the fence on the field.
- All Coaches must pass a criminal background and child abuse background check.
- Coordinate team activities with the coaching staff and maintain contact with players and families.
- Insure that each player receives a uniform.
- Communicate concerns regarding specific players to the League officials.
- Provide copies of team line-up to umpire and announcer before each game.
- Make sure players have the opportunity to learn new skills.
- Keep up the team spirit.
- Pitch
- Responsible for coordinating all aspects and activities for the Buddies assigned to a team and communicating with the Buddies.
- Insure that each player has an assigned Buddy if required by the league.
- Find replacement buddies if you don't have enough
  - a. Parents or siblings
  - b. Other volunteers
- Determine if there are "extra buddies" attending each game and assign meaningful tasks/volunteering (Umping, bat boy, dugout clean up, etc.)

# League Rules - Miracle Division

- Games are 1 hour or 2 innings
- Every player hits, scores, & all games end in a tie
- There are no walks or outs
- Players can use the tee if needed
- Buddies are an important part of your team, every athlete should have a buddy
- If a player arrives late to a game, simply add them to the bottom of the order and tell the announcer
- Due to bat flips, we don't want athletes to be the catcher. Some are "grandfathered" in to the position, but they must stand against the fence with a volunteer and be wearing a helmet
- Plastic or foam bats only
- If you have slower athletes, place them in the middle of the lineup so the game flow can continue as they round the bases



We see a lot more bat flips at our field because the guys we watch are doing it. Nothing wrong with it, but we need to make sure everyone stays safe. Helmets are required in both non-competitive and competitive leagues.

# League Rules - Advanced Skills Division

- Games are 90 minutes or 4 innings
- Innings are decided by 5 runs scored or 3 runs recorded
- If a true home run (over the fence) is hit, all runs will count for that team
  - Example: A team may have scored 4 runs already in the inning. If they have a runner on 1st base and the batter hits a true home run, both runs count for that inning totaling 6 runs, and then the inning is over.
- **Each batter gets 15 TOTAL pitches (bad pitches or good). After 15 pitches, the batter will hit the ball off the tee**
- Metal and wood bats are allowed
- Helmets are required for any athlete in the batter's box, on base, or in the on deck circle
- Only one athlete in the on deck circle at a time
- The home team will still bat in the 4th inning even if they are winning or can't score enough runs for a comeback





# League Rules - Advanced Skills Division

- Defensive players can't run to a base or tag a runner to get an out unless they are the defensive player assigned to that position
  - Example: The shortstop can't run to 3rd base to get the runner out. They can tag the runner going from second to third, or throw the ball to the 3rd baseman
- **An athlete may only play the same defensive position twice in one game**

## RULE CHANGE\*

The pitcher **can tag** the runner going from 3rd base to home plate, however, they must follow the position rule of the pitcher.

If the pitcher doesn't start within the pitcher's circle until the ball is hit, they can't tag the runner going from 3rd base to home plate.

\*amended spring of 2024

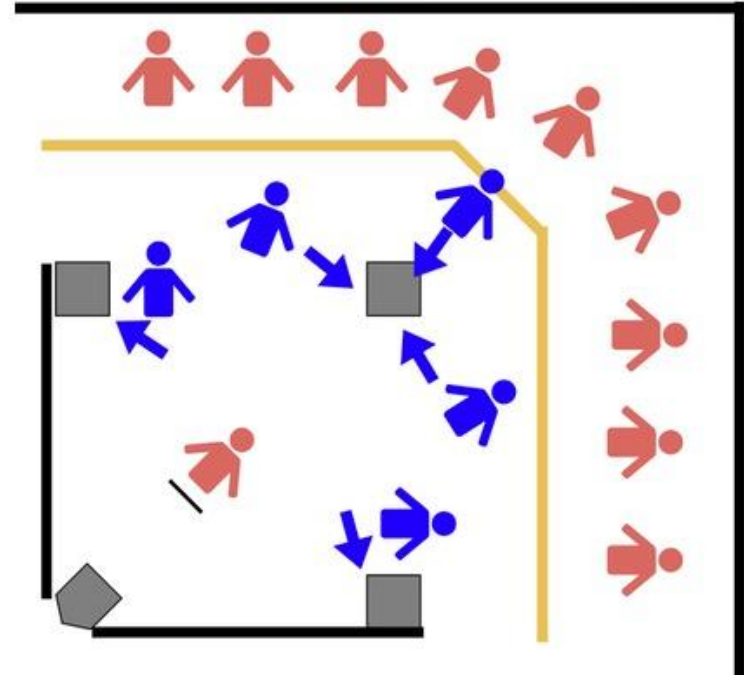
# Competitive League Fielding Diagram for Players



You can run to a base to get an out



You have to throw the ball to your teammate



# League Rules - Advanced Skills Division

- Once the ball is in the infield (controlled or not controlled), or controlled by an outfielder, players are to remain at the base they occupy or the base they are on their way to
  - It is okay to stop the game and send a player back if they continue to run with no penalty or chance of getting out
- The game SHOULD BE stopped briefly by any coach on the field for teaching moments for any player
  - If a player doesn't understand a rule/call, stop the game & explain the situation to them and the team.
  - Example: Player is safe at 2nd but overran the base. Player gets tagged out but doesn't understand why they are out. Stop the game, team the m the rule, coaches discretion if you'd like that runner to remain on 2nd base or call them out (warning)
- Outfielder must remain in the outfield during game play
- Infielders must remain in the dirt colored area until the ball is hit (except the pitcher) - no creeping up!
- **Pitcher must start within the pitcher's circle until the ball is hit**



# Practices - Advanced Skills Teen and Adult

Practice Planning: Try to teach 1 skill & 1 rule during each practice. This will help the players to better understand our game.

## Sample Practice Schedule

Practice 1: Playing Catch (skill) and Fielding Diagram (rule)

Practice 2: Taking ground balls (skill) and Running the bases (rule)

Practice 3: Taking fly balls (skill) and Force Outs (rule)

Practice 4: Taking infield/outfield (skill) and Defensive positioning/standing in baseline (rule)



# Helping Buddies - Miracle Division

Make sure to direct and assign buddies to certain tasks. Often, they are new, shy, or need specific instruction. They want to feel needed and helpful, but many won't simply act on their own.

Assign a buddy to a player. If you have more buddies than players, the extra buddies can:

- Double up with a player
- Become the first base, second base, or third base coaches
  - High five the players as they run
  - Direct them to the next base
  - Wave them home to score!
- Stand behind home plate and help keep the area clear of bats, balls, etc.
- See if the other team needs any extra buddies
- If there is no scorekeeper, have them help the announcer with that task





# Baseball is a game. Games are meant to be fun.

Things we care about:

- Having fun
- Safety
- Building relationships
- Learning the game
- Promoting teamwork and sportsmanship
- Building confidence and self-esteem
- Having positive attitudes

Things we don't care about:

- The scoreboard (this includes the miracle division and the advanced skills division)



# Coaches help everyone be positive T.E.A.M. Members

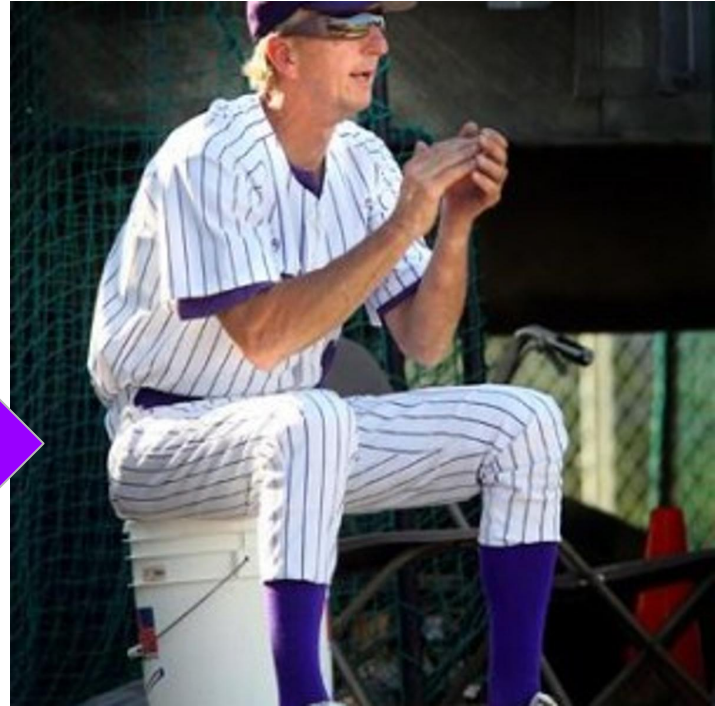
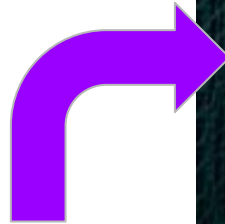
T - Treat everyone with respect

E - Everyone is important

A - Always try your best

M - Maintain a positive attitude

**DON'T BE A BUCKET COACH!**



# Video - Join Our Team

Play. Volunteer. Donate.

