



## 5U Overview

This is brief overview of the Thornhill Baseball philosophy, and some tips on how to structure your approach when coaching in our 5U division.

## **5U Philosophy**

- 5U is an introduction to baseball, where we attempt to develop some **very** basic skills. Really, what we want is for the kids to have lots of fun, and enjoy baseball now and going forward. There are no games in the 5U division.
- We also need to stress safety, so please make sure helmets with cages are worn AT ALL TIMES.
- I encourage you to actively seek parent support and participation during practice and games, where it is helpful for you. As I'll outline later, ideally, when your team is hitting, what you want is to be stationed at home plate, loading balls onto the tee, while there is a parent at first and one at third, directing your runners, and one parent on the bench, making sure the kids are sitting in order, ready to hit. When fielding, you should have parents (with gloves) in the OF, and in the IF at SS and 2B, teaching and directing traffic. So, yeah, you will need help. Don't be shy to ask - when sending your initial note to parents, I would plant the seed...

## **Practice**

- Two teams that will be playing against each other in the game will be using the field at the same time to practice, so one team should run their drills in the OF to start, and one in the IF, and then you can rotate. Everything you will be doing can really happen anywhere.
- Recommendation: Upon arrival do sprints in the outfield and some team stretching. Mainly, during practice, you will be working on ground balls and hitting in the drills, maybe fly balls later in the season.
- Ideas

- Ground balls - Line the kids up in a single file line, and throw them ground balls. Teach them to start in the ready position, move left / right if needed & watch the ball into their glove. They should then throw the ball back to you, and go to the end of the line. If you have enough parents, you can break the line into two groups. When throwing back to you, have the kids aim for your chin (hoping the throws will end at your chest).
- Fly Balls (later in the season) – Ready position, move forward/back, catch ball at chest.
- Hitting – Ready position, Swing high to low. If you have enough help, have half the team fielding, half hitting, then switch.

### **Parents**

- Parents are ultimately responsible for their children — not the coach; thus parents should not leave the field. We are not a city program with paid, trained staff. We are volunteers.
- Profanity, rudeness, aggressive behaviour etc. are not acceptable.
- Report any issues to VP, House League

### **Personal Equipment**

- Helmets with face masks / cages are highly recommended for batting and fielding.
- Plastic cleats are allowed (optional). Metal cleats are not allowed. Sneakers are fine.
- If children bring their own bat, it can (and likely will) be used by the entire team.
- Full uniforms, including Thornhill Baseball hat, should be worn.
- Each child should bring their own labeled water bottle.

### **Team Equipment**

- Take care of equipment
- Return it at the end of the season
- Home team set up bases – 50-foot bases (max)
- Home team provides game balls
- It is the responsibility of both teams to clean up their bench, stands, garbage, all equipment, etc. after each game. Keep our parks clean