



LITTLE LEAGUE
BASEBALL CANADA
www.littleleague.ca

Special points of interests:

- TBJ / Jays Care Foundation – Top of the First Workshops
- LL Diamond Leader Training Program (p.2)
- Featured Coach (p.2)
- 2023 Rule Updates (p.3)
- Challenger Baseball Coach (p.3)
- Little League University (p.3)
- USA Baseball (p.4)
- Contest Winners (p.5)
- New Contest / Draw (p.5)

Editors:

Corinne Chow
Ken Bradley
Candice

COACHES CORNER

Coach – Inspire - Play

Issue 2

February 2023

Little League Canada is proud to present Top of the First - a **FREE** workshop series for coaches, officials, league administrators and adult volunteers. This initiative is designed and delivered by the *Toronto Blue Jays* and *Jays Care Foundation*.

Top of the First offers a combination of training, tools, and professional development credits. This program equips participants with clear action plans, tools, and enhanced skills for creating more equitable, inclusive, and accessible programming. NCCP registered coaches receive **three PD Points** upon receiving official certification.

How it works:

Sign up using the link below and gain access to a series of **FREE** practical virtual workshops. Join participants from across the country to learn and connect around ways to make your programming more accessible and inclusive to communities historically underrepresented in baseball.

Virtual workshops are divided into 1.5-hour sessions conducted live by *Jays Care Foundation* and *Blue Jays Baseball Academy* staff. You have the option of interacting and participating live with audio and video. While this is not required, active participation is highly encouraged.

Upon completion of the workshops, participants will be provided access to an online toolkit and certification portal. The toolkit includes resources and templates that can be adapted for use by you and your association or league. A certificate from the *Toronto Blue Jays* is provided upon completion of a short on-line learning assessment. Upon receiving official certification, NCCP registered coaches receive **three PD Points**.

Top of the First is offered through two different streams:

- **Stream 1:** is designed for **coaches, officials and adult volunteers**. Participants receive full certification upon completion of the **two** workshops and their corresponding short on-line learning assessments. NCCP registered coaches receive **three PD Points** upon receiving official certification.
- **Stream 2:** is specifically designed for **league administrators and organizers** including but not limited to: executive staff, league staff, volunteers, registrars and board members are encouraged to register for the **three** 1.5 hour sessions. The *Toronto Blue Jays* and *Jays Care Foundation* are pleased to provide this introductory course **free of charge**.

There are multiple workshop dates and times (February 7 to May 17) offered but hurry as spaces are filling up quickly. Dates and registration information can be found at bluejays.com/topofthefirst.



LL Diamond Leader Training Program

Featured Coach

For baseball and softball tournament coaches, there is a requirement to complete the **Little League Diamond Leader Training Program** (LittleLeague.org/DiamondLeader). At this time, the training is not mandatory for Canadian coaches, However, Little League Canada is strongly encouraging the

completion of this program which focuses on the social and emotional aspects of coaching. The program consists of several one to two minute videos with an optional review test at the end. The total training can be completed in 30 minutes and a certificate is emailed to you upon completion.



Jim Wilson – District I, Nova Scotia

This month we feature long time Glace Bay Colonel's coach, Jim Wilson. Jim hails from Glace Bay, Nova Scotia and is retired. He has been coach of the world famous Glace Bay Colonels and is one of the most winning coaches in Canadian Little League history. Jim is 69 years old and has no plan on giving up what he loves to do, which is coaching his beloved Colonels.

Jim has been involved with Little League for over 56 years, while coaching over 26 years with the Colonels. Jim has been to 19 National tournaments and has made it to seven finals, winning two and runner-up five times. This is an impressive record as most coaches are still looking for their first title.

We sat down with Jim and asked him a few questions.

1. **How would your players describe you as a coach?** *They would say I'm strict but fair.*
2. **What do you think are your coaching strengths?** *As a coach, my strengths are: I try to instill a work ethic in my players by practicing a lot, constantly going through the game situations, emphasizing the importance of teamwork and having them come together as a group.*
3. **How do you develop trust with your players?** *I develop trust with my players by always encouraging them to achieve their potential.*
4. **What is the most rewarding part of coaching?** *Most rewarding part of coaching is seeing the players smile after they accomplish their goals.*
5. **What is the biggest achievement you have had as a coach?** *The biggest achievement I have had is being a part of Glace Bay Little League and seeing this league grow and prosper. I like to meet all coaches and players and reminisce of years gone by. Also my two appearances in the Little League World Series as Canadian champions are probably my biggest achievements as a coach.*



We would like to thank Jim for his time and dedication to Little League over the past 50+ years. Each issue we will feature a little league coach or volunteer in our coaching newsletter. We look forward to hearing from you on your suggestion for the next coach featured!

2023 Rule Updates

2023 Rule Updates are available - www.littleleague.org/playing-rules/rule-changes/ .

RULEBOOK APP IS NOW FREE

Along with the 2023 Little League® season updates, the Rulebook App is now a FREE download on both the Apple App Store and Google Play Store.

Download the FREE Rulebook App Today!

Download on the App Store | GET IT ON Google Play

Additional Coaching Resources



Requirements for Challenger Baseball Coaches

Challenger Baseball coaches are required to complete the following in order to officially join the growing team of coaches across the country:

- Identify the Challenger Baseball league closest to you that you are interested in joining.
- Send an email to the League Coordinator letting them know that you're interested in joining their league as a coach.
- Read **Challenger Baseball coaches: What you need to know to get the job done well!**
- Sign up to complete a **Jays Care Child Protection training** (these are offered through Zoom and are free).
- Complete a Police Record Check and submit it to your Challenger Baseball League Coordinator.
- Attend a 2-day Challenger Baseball training-workshop to better understand the goals of the program and your specific roles and responsibilities as a coach.
- Show up on time each week and provide support to your Challenger Baseball buddies and athletes.



Featured Drills – The Basics (available on the Little League University website:

www.littleleague.org/videos/video-tags/basics/)

These are short (one minute each) videos introducing the basics of hitting, catching, throwing and baserunning.



Browse the library which has over 250 instructions and videos for position and skill-specific drills sorted by skill set or difficulty level. Each video ranges from 30 seconds to 10 minutes in length, with written and a diagram of the drill: <https://usabdevelops.com/page/1363/drills>

1st Base Receiving – video link: www.usabdevelops.com/page/1363/drills/3327/1st-base-receiving

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Gloves, bucket of baseballs, base

Goal: Wait until the ball is thrown to stride towards the ball with the glove side foot

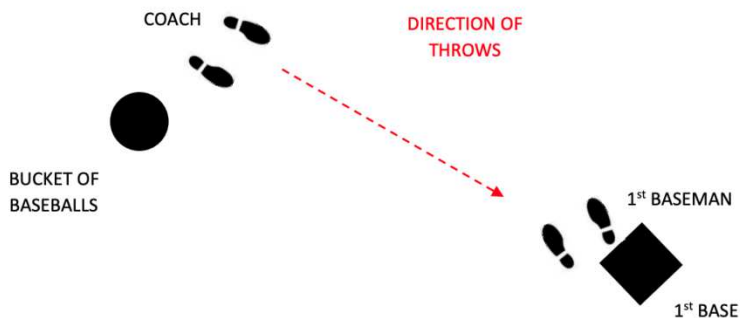
Description of the Drill:

- Player is on 1st base, with throwing side foot on the bag facing the coach
- Coach is in the 2nd baseman position with a bucket of baseballs
- Coach throws baseballs to the 1st baseman
- 1st baseman should wait until the ball is thrown to stride towards the ball with the glove foot and catch the ball with their throwing side foot still on the bag
- 1st baseman places balls off the side and gets ready to receive another throw
- Coach throws the 1st baseman balls until they have had 10 repetitions (players may rotate if more than one 1st baseman)
- This can also be done with the coach throwing from different positions

Add Difficulty:

- To add a degree of difficulty, the coach can throw the ball to the right and left of the 1st baseman, making them stretch to different types of throws

Layout of Drill:



Contest Winners

Congratulations to the following five winners who each received a set of LL Canada Congress Pins!



Tony Dreger - I have been coaching Little League for 18 years and have been on the Moose Jaw Little League Board for 18 years as well. I have been MJLL President for the last 5 years. I have coached in mostly Major (11-12) and have been to the Little League Canadians 3 times as a coach and one time as a player!! This experience is a chance of a life time for any player or parent to have! You can't see all the plaques but our TEAM has been fortunate enough to have won the Joe Shea Award 2 times and I have won the Marthe Dubroy as District Volunteer of the Year Award. I love the game and giving back to my community by coaching the kids and making them better young people.

James Fischer – (pictured with his son, Brett) I have been involved in Little League for the past 12 years in a multitude of capacities. In my youth I played locally at East Park Little League in Edmonton. In my adulthood, I have coached both of my sons (Jacob and Brett) at Community Park Little League here in District 2 Edmonton, Alberta. I started as an assistant coach with my older son, and once my youngest was 5, I began as Head coach for his Teeball team. I soon joined the executive at Community Park becoming the Teeball director (and subsequently Minor, Major, and then Junior/Senior director). I am currently holding the position of Vice-President, and also assisted at the district level volunteering as the Inter-league director here in Edmonton as well. In addition over this time, I have coached multiple all-star teams that have participated in Provincial Championship Tournaments at varying levels.



Allan Gillis - I have been involved with the Glace Bay Little League for 8 years now. I had the opportunity to coach alongside the late Henry Boutilier and continue managing the Colonels along with Jimmy Wilson and Ryan Boutilier. The highlight of my career was in 2017 coaching my son in the Canadian Little League game where he hit a homerun against the Prairies. Hope to be back in 2023.

Amanda Williamson – President of Upper Ottawa Valley Little League in Ontario



Myrna Southoff – Wainright, Alberta



In coaching others, we teach ourselves.

New Contest / Draw

Complete **any** coaching training (must be dated after January 1, 2023) and enter to win one of three prizes. Draws will take place February 28, April 30 and June 30th.

Suggested Training:

- **Little League Diamond Leader Training Program**
(LittleLeague.org/DiamondLeader)
- **TBJ Top of the First** (bluejays.com/topofthefirst)

Send a copy of your completion certificate to Ken Bradley (bradleysdj@ns.sympatico.ca). The winner will be asked to take a selfie with the prize for the next newsletter.

On behalf of the Coaching Advisory Action Group, thank you for reading our newsletter.

If you have any ideas or suggestions for future issues such as featured coach, stories or jokes, please submit them to: bradleysdj@ns.sympatico.ca

Thank you.

