

Rookies FAQs

Practice

1. Practice approximately 1 hour, once per week
2. One game per week, typically Saturday mornings (detailed schedule to come). There may be some games toward the end of the season that are on a weeknight, but almost all games will be on Saturday mornings.
3. There is no assigned practice area or time for Rookies. It doesn't take a lot of space and I have used the following places in the past:
 - a. Grassy areas out beyond the Haverford fields
 - b. Broadway Park
 - c. Broad Ripple Park
 - d. Sidener School
 - e. State Fair Grounds (fields and grassy areas) (46th St. and Crestview)

Games

1. Every player bats in each inning. I would just have them bat in number order to keep it simple. If you play outs and call runners out, everyone still bats even if you get 3 outs. I would let everyone stay on base for the first couple of games even if the defense gets them out. Talk to the other coach beforehand on how you will handle this during the game.
2. Everyone plays in the field, just spread them all out around the bases (and shallow infield depending on how the other team is hitting). You can play one or two pitcher helpers behind either side of the pitcher, but be careful with them if you happen to have some kids who can really hit on the other team. The pitcher helpers and first base will be involved the most in the defensive plays.
3. A total of 4 people (coaches and parent helpers) can be on the field/in the dugout area during games. You will need a coach or parent in the dugout to keep them moving when they are up to bat, getting helmets on, etc. You will need everyone in the field with the kids.
4. A maximum of 4 pitches will be pitched to each batter. If they do not hit the ball in play, then they will hit off the tee. If they are hitting fouls with their fourth pitch, I would keep pitching to them until they miss or hit it in play.
5. The coach who is pitching should be a comfortable distance away from the hitter. I found that slightly in front of the mound worked for me. You'll find (if you haven't already) that pitching is a bit of an art at this age level as you are essentially trying to put the ball in a

location close to the batter's normal swing plane and at a velocity to match the batter's bat speed. Try to throw overhand and using a full arm motion (arm, not pitching motion) for player development purposes. However, this is not a rule per se. You can "throw darts" to the kids as well as even throw from a knee to facilitate success at the plate. I found that throwing from a little longer distance with a low release point and with some velocity had the most success – it gave the kids time to react, the ball came in flatter, and there was less downward motion.

6. Games will have a time limit of 75 minutes, with no new inning starting after one hour. We have found in the past that you will often get through 2 innings in just under an hour. We would often play a third inning and just have everyone hit off the tee (no pitching first) and it goes much more quickly. You will have games when you only complete 2 innings.
7. No lead offs, stealing, bunting.
8. For safety reasons, we ask that you enforce the following rules regarding bats:
 - a. No one can hold a bat unless they are up.
 - b. No warming up with a bat.
 - c. No one can hold a bat unless they are wearing a helmet.
9. Rookies games are the first games of each day (8am or 5:15 pm), so it's important that we start games on time. It's the responsibility of the home team to get the fields ready before the game, but we all appreciate the extra help if you are the visiting coach. Please arrive 15-20 minutes ahead of your players to you can help prep the fields in a timely fashion. Both teams are responsible for dragging the fields and cleaning up after the games.
10. Rookies games that are cancelled due to weather will not be rescheduled by the league.