



Skills Clinic & Team Practice Coach Protocol

This document outlines the expectations, standards, and procedures all Silver Sluggers coaches must follow during skills clinics and team practices.

Attendance & Punctuality

Be On Time

- All coaches must arrive at the facility **at least 10 minutes prior** to the start of clinics or practices.
- Failure to be present without prior notification will result in being marked late.

Late Notification Policy

- If you anticipate being late, you must notify **Trevor or Brad at least 30 minutes in advance**.
 - Failure to notify will be treated as a **no call, no show**.
 - Repeated violations may result in **loss of pay or termination**.
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Pre-Clinic Communication

Clinic Planning

- Coaches must meet briefly before each clinic to:
 - Review the session plan
 - Assign roles and responsibilities
 - Ensure alignment across all coaches
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Clinic Structure & Responsibilities

1. Dynamic Warm-Up



- Lead and/or assistant coach:
 - Oversees and guides the warm-up
- Supporting coaches:
 - Observe and assist players as needed

2. Instructional Segment

- Lead instructor:
 - Presents the mechanical or skill-based instruction
- Supporting coaches:
 - Observe, reinforce, and assist players

3. Mental Approach

- Lead or assistant coach:
 - Teaches the mental approach component
- Supporting coaches:
 - Reinforce concepts and assist players

4. Drills & Rotations

- Lead and/or assistant coach:
 - Explains and demonstrates drills and sequencing
- All coaches:
 - Are assigned specific stations
 - Must actively engage and coach **every player** at their station

5. Competition (If Time Allows)

- Lead or assistant coach:
 - Organizes and runs competitive activities

Coaching Standards During Clinics

20-Second Rule (Coach Communication)

- Coaching focus must remain on players at all times.
- Coach-to-coach communication should be:
 - Brief (under 20 seconds)



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- Relevant to player development or clinic flow
 - Longer discussions should be saved for after the session.
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No Sitting Policy (2-Minute Rule)

- Coaches are **not permitted to sit** during clinics in the training area.
 - If necessary, a short break may be taken:
 - Outside the training space
 - Limited to **2 minutes maximum**
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No Eating During Clinics

- Coaches may not eat meals during clinics.
 - Quick snacks (e.g., protein bars) are permitted if:
 - Consumed quickly
 - Do not interrupt coaching responsibilities
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Phone Usage (30-Second Rule)

- Personal phone use is not permitted during clinics.
 - If necessary:
 - Limit usage to **30 seconds** for urgent communication
 - Phones may be used for:
 - Reviewing clinic or practice plans
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Coaching Expectations

- Be **engaged, active, and present** at all times
- Provide **individual feedback** to every player
- Maintain **professionalism and energy** throughout the session
- Prioritize **player development and experience** above all