



WBSC

WORLD
BASEBALL SOFTBALL
CONFEDERATION

Game Time!

COACH LICENCING
BASEBALL CURRICULA



WBSC

WORLD
BASEBALL SOFTBALL
CONFEDERATION

Game Time!

COACH LICENCING PROGRAMMES BASEBALL CURRICULA

The WBSC Licencing Programmes for Coaches is composed of 5 different layers for Baseball and Softball:

- Grassroots
- Level 1
- Level 2
- Level 3
- Level 4

While the Grassroots level is combined for Baseball and Softball, all the others are specifically dedicated to each discipline.

This document is structured to provide clear information on each licencing level with particular focus on:

- Defining the requirements needed to sign up for any licencing course;
- Providing a high-level description of each licencing level;
- Identifying the competences and capabilities that a coach must have acquired to be granted a licence of each relevant level.

The 4th and last level of licencing, being dedicated to high performance, is not part of this document. In the high performance / top professional level, coaches typically specialise in the different aspects of the game, such as hitting, pitching, catching, infield, outfield etc. with great attention to the mental and strategic components that vary significantly based on the countries and leagues in which a coach is working. Therefore, for the purpose of this document, a description of the Level 4 would have turned into something either too superficial or too complex to read given the number of variables it would have to consider

INDEX

CHAPTER 1	GRASSROOTS - INTRODUCTION & ORIENTATION.....	3
CHAPTER 2	LEVEL 1 - BASIC	4
CHAPTER 3	LEVEL 2 - INTERMEDIATE.....	6
CHAPTER 3	LEVEL 3 - ADVANCED	9

CHAPTER 1 GRASSROOTS - INTRODUCTION & ORIENTATION

Entry requirements

None

Description

The Grassroots Course is designed for anyone who wants to gain a better understanding of the games of baseball and softball whether that is school teachers, parents, volunteers, players, coaches, umpires, or fans. The goal of the course is to engage new people, generate excitement about the games, and give the necessary tools to teach the basics of three of the WBSC's disciplines: Baseball, Softball and Baseball5.

Skills acquired

A WBSC Grassroots Certified Coach must be knowledgeable on the importance of the role of the coach and the teaching of the basic fundamentals such as:

- a. **Physical conditioning:** ability to lead players through a warm-up session while introducing the ball and working on body coordination.
- b. **Catch & Throw:** ability to work with players on improving their hand eye coordination, teach the proper way to grip a ball, the different phases of the throwing mechanics, and how to properly use a glove when receiving a throw.
- c. **Fielding:** ability to teach the proper steps defenders must take to prepare themselves whenever a ball is hit their way, as well as the proper fielding mechanics on both, groundballs and flyballs.
- d. **Hitting:** ability to teach how to choose the correct bat (size and weight), how to grip the bat, the proper position in the batter's box, the stance, and what the swing should look like.
- e. **Baserunning:** ability to provide general information about running around the bases, the running path, where to step on each base, and the baserunners task in the different game situations.
- f. **Playing the game:** ability to teach the rules of Mini-baseball and Baseball5 and how to apply and utilise both game modalities with their players.

After the course, a WBSC Grassroots Certified Coach should be able to properly teach the basics of the sport, recruit new players and instill the passion for Baseball/Softball.

CHAPTER 2 LEVEL 1 - BASIC

Entry requirements

Grassroots level completion

Description

The course is designed for Coaches who want to start an Under 12 Baseball program or that are required to work with players with limited experience.

Skills acquired

A WBSC Level 1 Licensed Baseball Coach must be knowledgeable on the importance of the role of a coach and the following fundamentals for Under 12 or less experienced players:

- a. **Role of the coach:** He/she understands, appreciates, and models the Core Themes, Philosophy, and Principles to create a positive culture for learning and developing baseball skills for a life-time love of the sport. Vetted coaches understand his/her role and the expectations and responsibilities of a WBSC Licensed coach.
- b. **Physical conditioning:** ability to actively engage with players while instilling the basic foundation of the sport and introduce the game specific movements to activate the body, increase mobility and strength, while preventing injuries.
- c. **Catch & Throw:** ability to use different drills to improve players catching, throwing and hand-eye coordination abilities.
- d. **Pitching:** ability to develop pitchers with proper throwing mechanics through several drills. To teach the correct grip, arm action, body balance and release.
- e. **Catching:** ability to teach the proper baseline catching fundamentals, such as the correct stance, the correct way to put on and take off the catcher's equipment, receiving, blocking, transfers, and throwing.
- f. **Outfielders:** ability to teach, through various drills, the different scenarios of gameplay and how to correctly field groundballs and catch fly balls in different game situations.
- g. **Infielders:** ability to teach, through various drills, the different phases of a play and how to correctly field groundballs depending on the game situation.
- h. **Hitting:** ability to teach proper breathing techniques before swinging the bat and teach, through different drills, the proper sequence of a swing.

- i. **Baserunning:** ability to teach the on-deck responsibilities, how to get out of the box, the correct way to run to first base depending on the game situation, what a baserunner should do when at first base, and the primary and secondary leads.
- j. **Practice planning:** ability to develop a plan for practices throughout an entire season according to the number of players, coaches, time as well as equipment available.
- k. **International rules:** Knowledgeable on the WBSC Tournament Regulations in place during the Under 12 Baseball World Cups.

After the course, a WBSC Level 1 Baseball Licensed Coach must be able to train and properly equip U-12 or less experienced players with strong fundamentals to build on to become better players.

CHAPTER 3 LEVEL 2 - INTERMEDIATE

Entry requirements

Level 1 certification completion

Description

The course is designed for Coaches who normally work with Under 15 players or that are required to work with players with average experience.

Skills acquired

A WBSC Level 2 Licensed Baseball Coach must be knowledgeable on the importance of the mental readiness and the proper way to develop the following fundamentals for Under 15 and players with average experience:

- a. **Mental Readiness Skills:** knowledge on the importance of learning the process of the mental readiness skills program with the fundamentals taught for Under 15 players. The coach will use mental readiness skills as part of his/her passion of life-long learning. Understanding the mental readiness skills prepares the coach to inform, educate and inspire players to apply and incorporate learned skills into their daily routine. The components that WBSC Level 2 Licensed coaches will use are:
 - Understand the process of the mental readiness skills program.
 - Learn and understand the core skills being developed.
 - Practice the mental readiness skills, personally.
 - Implement the mental skills during practices as readiness for competition.
- b. **Physical conditioning:** ability to recognize the motor skills of their young athletes (conditional and coordinative) and develop a plan to work on those skills (speed, agility, jumping, balance, hand-eye coordination, reaction time); these skills represent a very sensitive goal at this age as well as the introduction to strength training.
- c. **Catch & Throw:** ability to adjust catching and throwing trainings and drills based on the differences from Level 1, adjusting to the longer distance between the bases, the speed of the game becoming faster and the players having a smaller margin for error. The coach must be able to properly teach the importance of playing catch at this age (“every throw matters”), stress accuracy/speed/distance as already mentioned, and teach to the players the execution of the fundamentals through different drills to improve these concepts.
- d. **Pitching:** ability to emphasize the overall value of being fundamentally sound especially in terms of developing consistent, repeatable mechanics. The coach must be able to continue to have his/her pitchers work on learning and developing

consistent delivery mechanics, to have a consistent arm slot and release point. Ability to introduce the 2 and 4 seams fastball, the change-up grip and how to develop control over those pitches and locations, as well as controlling the running game, the in season weekly routine and injury prevention.

- e. **Catching:** ability to continue to instill the basic fundamentals, such as the correct way to put on and take off the catching equipment, the correct stance, receiving, blocking, transfers, and throwing. The Coach must be able to introduce his/her catchers to the concept of “calling the game”, the signs with runners at 1B & 3B, responsibilities on bunt plays, catching fly balls in foul territory, and throwing long to build-up arm strength (also called long toss).
- f. **Outfielders:** ability to continue working on the “Fielding Phases” and to be able to teach the importance of the first step (drop step & cross over step), the correct technique to field different ground balls (front-back-fore hand), the correct technique to catch fly balls with different angles, fielding /catching with runners on base and making an accurate throw to the cutoff man, to 2nd base, to 3rd base, and do or die plays at home plate. The coach must also be able to explain the importance of communication in between players and backing up on all plays.
- g. **Infielders:** ability to work on the different phases before, during, and after the pitch, as well as the 6 F’s. The coach must be able to introduce the different aspects related to each position, 1B, 2B, 3B and SS. The coach must be able to present and coach the infielders on different plays that occur within a game, such as double plays, cut off and relays, and tag plays. The coach must also be able to introduce certain team plays that may occur within a game such as rundowns, bunt defense, and the double steal with runners on 1st and 3rd base (also called runners at the corners).
- h. **Hitting:** ability to continue to instill the proper bat grip, the proper position in the batter’s box, and the stance. The coach will introduce more details on other important fundamentals of the swing, such as the load, the separation, the point of contact, and the bat path. The coach will be able to introduce the right technique for BUNTING as well as some more advanced hitting drills.
- i. **Baserunning:** ability to continue to instill the importance of on-deck responsibilities, the proper way to get out of the batter’s box and running to 1B in different game situations. The coach must also be able to review the runner responsibilities while at 1B, as well as the primary and secondary leads. The coach must be able to introduce advanced tips, such as leads at 2B and 3B, stealing versus a right- or left-handed pitcher, runner responsibilities in different game situations, and sliding.

- j. **Practice planning:** A WBSC Level 2 Licensed coach must be able to develop a practice plan for the entire season according to the number of players, coaches, time and equipment available.
- k. **International rules:** Knowledgeable on the WBSC Tournament Regulations in place during the Under 15 Baseball World Cups.

After the course, a WBSC Level 2 Licensed Baseball Coach must be able to train and develop U-15 and players with average experience by building on the fundamentals laid down at Level 1, and by introducing tips and drills to develop their knowledge of the game and the mental skills needed to perform at higher levels.

CHAPTER 3 LEVEL 3 - ADVANCED

Entry requirements

Level 2 certification

Description

The course is designed for Coaches who normally work with Under 18, Under 23 and Senior teams.

Skills acquired

A WBSC Level 3 Baseball Licensed Coach can master all aspects related to coaching. A coach needs to be a teacher, a communicator, a motivator, as well as a leader. As the coach is constantly dealing with multiple roles, he/she needs to:

- Always work to know the person and the athlete;
 - Inspire through his/her leadership;
 - Effectively communicate goals and expectations;
 - Focus on teaching baseball skills;
 - Encourage peak performance and lifelong learning.
- a) **Mental game & Culture:** A Level 3 coach must have knowledge of the "mental" part of the game, both for the individual athletes, as well as teams. He/she should create a team culture - establishing a team's DNA - by building a team by setting goals, defining the role of each team member and staff member. He/she should have the ability to adjust based on the resources a coach may or may not have, such as equipment, training facilities, assistant coaches, a team manager (logistics), medical assistance etc.
- b) **Physical conditioning:** ability to plan the development of the motor skills according to the principles of continuity, progressiveness, and variation (post-season, off-season and pre-season); the L3 coach must not only be focused on developing the strengths functional to game situations, but must also pay attention to other aspects, such as mobility and stabilization, which are key to injury prevention. He/she should have the ability to consolidate and strengthen the co-ordination aspects due to a better awareness of the athletes and the care of their cognitive abilities
- c) **Pitching:** ability to continue to develop and practice the criteria covered in Level 2 by adding special focus on the importance of developing proper fundamentals and how proper fundamentals relate to performance. The L3 Coach must be able to combine the knowledge gained in the physical and mental domains with the fundamentals of pitching, such as:
- Control and command pitches on both sides of the plate;

- Ability to control the running game;
 - Ability to introduce the breaking pitches;
 - Maintain and apply solid defensive skills;
 - Maintain a good rhythm and tempo;
 - Maintain solid mound presence including composure, poise, focus and confidence.
- d) **Catching:** The Coach must be able to continue working on the fundamentals of framing, blocking and throwing. He/she can teach the correct strategy to call pitches and location vs the different batters according to the skills of the pitcher and the game situation. To share correct strategy on throwing to the bases with different game situations and the score.
- e) **Outfielders:** ability to continue to train the importance of the first step (drop step & cross overstep), the correct technique to field ground balls and to catch fly balls of all types and re-iterate the importance of playing an aggressive outfield. He/she must be able to reinforce the importance of making an accurate throw to the cutoff man or to the bases with runners on. The coach must also remind the players of the importance of communication and backing up on all plays. At Level 3 the coach must be able to teach his/her outfielders how to play the batters according to the pitch count, the scoreboard, the type of hitter, the presence of baserunners, and the weather conditions (sun/wind).
- f) **Infielders:** ability to continue to train footwork, hand skills and co-ordination, the fundamentals of fielding the different types of groundballs from the different infield positions and the use of the drop step. He/she must be able to continue to work on team defense plays. He/she must be able to teach proper approach to strategically oriented situations, such as proper defensive positioning based on the opponent batters, pitch counts, the score and the outs.
- g) **Hitting:** ability to work on getting hitters to perform consistently the swing phases, such as the launch position before the swing, the bat path, the point of contact and the follow through. A L3 coach must be able to introduce the "Hit & Run", teach the importance of moving the runner, the approach with runners in scoring position (situational hitting), as well as some more advanced hitting drills. A L3 coach must be able to introduce his/her players to the importance of a good mental approach to hitting.
- h) **Baserunning:** ability to teach offensive strategies, such as trading bases for outs, executing the double steal, avoiding a tag whenever possible. A L3 coach must be able to address the difference between aggressive baserunning versus over aggressive baserunning. The L3 coach must also be able to introduce the different

ways to gain extra bases (straight-early-delayed steal, hit & run, safety, and suicide squeeze). Ability to explain the importance of being aware of the outfielders' arms and positioning as well as other external elements.

- i) **Practice planning:** ability to Implement practice planning into GPS (game planning strategy), as well as the ability to outline strategic decisions focused on run production versus run prevention. The why's and when's? Why do we call for a "hit & run", when do we choose to "hit & run", why do we bring the infield in, when do we bring the infield in, and so on. Understand Playing the percentages, risk versus reward, and "scouting" are just a few of the strategic decisions a Level 3 coach must master.
- j) **International rules:** Knowledgeable on the WBSC Tournament Regulations in place during the U-18, U-23 Baseball World Cups and Premier12 / Olympic Games.

A WBSC Level 3 Licensed Baseball Coach must be able to train and develop properly U-18, U-23 and Senior teams and provide them with the necessary knowledge and both technical and mental skills to compete in every situation and game.