



BASEBALL COACH GEAR CHECKLIST

Just as players rely on their bats, gloves, and uniforms, coaches need the right equipment to excel in their roles. In this list, we'll specify what the baseball coach gear essentials are and additional, optional gear to consider.

ESSENTIALS



COACHING BAG Coaching bags need to be durable, spacious, and convenient. They also need to have plenty of features to accommodate the needs of the coach. The best coaching bags have multiple compartments that allow the coach to locate items when needed easily. They have comfortable straps for the long walk to and from the field. They are water-resistant to protect equipment during rainouts. They are durable and feature reinforced stitching, robust zippers, and sturdy handles.



BASEBALLS It is important to have enough baseballs for everyone to play catch, conduct infield drills, and batting practice. When deciding what baseballs to bring, try to match the baseballs used in practice to those used in the games. There are many different types of baseballs based on the age and league of the players. For more information, consult our Guide to Different Types of Baseballs.



CLIPBOARD, SCOREBOOK, AND LINEUP CARD

Time is valuable in baseball practices and games. Staying organized helps you stay productive on the field and a great way to stay organized is by using a clipboard, scorebook, and lineup card. During practices, a clipboard can display a practice plan to ensure everyone knows what is going on. During games, a scorebook helps the coach keep track of the score, player statistics, and trends and patterns. These pieces of information help the coach in their decision-making process. Finally, the lineup card is used to communicate to the players the batting lineup and defensive rotation. Displaying a lineup card saves valuable time as the coach does not have to read the lineup every inning.



FUNGO BAT A fungo bat is a specialized, lightweight bat designed for coaches to hit infield and outfield practice to their players. They are normally longer and lighter than regular baseball bats giving the coach better control when hitting. Because they are long and light, the coach does not have to swing as hard when hitting, reducing fatigue and allowing them to hit more without getting tired. Fungo bats are instrumental in facilitating skill development for both infielders and outfielders. Coaches can use them to simulate challenging plays, such as difficult hops, long throws, and deep fly balls, providing players with the opportunity to enhance their fielding techniques and overall game readiness. Most importantly, using fungo bats simulates the spin and trajectory the ball will have off the bat in the game. This repetition is vital as it creates muscle memory and improves players' skills.



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INSTRUCTIONAL, PROTECTIVE, & ACCESSORIES FOR COACHES



BATTING TEE A batting tee is a great tool coaches can use to break down the fundamentals of a player's swing. They allow the player to focus on developing fundamental hitting skills, such as proper swing mechanics, hand-eye coordination, and stance. Coaches can use the tee to help players refine their technique and make necessary adjustments to their swing. The tee also allows for consistent repetition to build muscle memory.



HITTING TRAINING AIDS Examples of training aids include weighted balls, training bats, sensors, and other equipment. Training aids help the player develop proper swing mechanics, bat speed, strength, and muscle memory. When deciding what hitting training aids would be beneficial to your team, consider the needs of your players. For example, if your team needs to improve bat speed, consider training aids like weighted balls and bats to help build quickness through the hitting zone.



FIELDING TRAINING AIDS MoFielding training aids allow the coach to help players develop their defensive skills, improve their agility, and enhance their overall fielding technique. Examples of fielding training aids include training gloves, footwork ladders and cones, and reaction balls. These training aids promote developing proper fielding fundamentals. Training gloves can teach the importance of using two hands while cones can help team quickness and athleticism. When deciding what fielding training aids would be best for your team, think about what aspects of fielding your team can improve on.



PROTECTIVE HELMET Depending on the level you are coaching, wearing a protective helmet might be required when coaching first and third base. These helmets keep the coach safe from foul balls. Traditionally, these helmets are called skull caps. They differ from batting helmets as they do not have ear flaps.



SUNGLASSES Sunglasses protect from the sun's glare and harmful UV rays. Sunglasses with appropriate lenses help reduce the sun's glare, allowing coaches to maintain clear visibility of the field, players, and the ball. High-quality sunglasses offer effective UV protection, shielding coaches' eyes from harmful ultraviolet rays. Coaches can be out on the field all day, and prolonged exposure to UV radiation can lead to various eye-related issues. Sunglasses with UV protection help mitigate these risks, ensuring coaches maintain healthy vision and eye safety.



SUNSCREEN AND BUG SPRAY Sunscreen and bug spray can make your time coaching more enjoyable. Coaches often spend many hours in the sun, so choosing a sunscreen with a high SPF can protect them from burns. It also reduces the risk of sun-related skin damage. Similarly, bug spray can stop annoying bugs from interrupting your coaching. When getting a bug spray, look for a product containing DEET as these are more effective. Sunscreen and bug spray are two small things that can lead to a better coaching experience.