



# YOUTH LEADERSHIP GUIDE

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INSPIRED BY

 MLB  
WORLD TOUR  
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SERIES

# INTRODUCTION

**Our Youth Leadership Guide provides an opportunity for schools, clubs or organisations to develop leadership skills with young people through delivering baseball and softball inspired activities.**

The young people will recognise, develop and articulate the types of behaviours, attributes and transferable skills that will prepare them to develop their personal skills and empower them to support others, working together to create a positive sense of belonging through sport. We believe leadership can contribute to young people flourishing as learners now and in their future lives.

The focus of this guide is to build the sense of belonging in all young people, so they feel safe and secure, positive about themselves, connected to other people, purposeful and valued. Through the activities, the young people will primarily help themselves, their peers and their school or club communities by applying the skills they learn.



## GENERIC LEADERSHIP SKILLS

Imagination

Courage

Communication

Encouragement

Self-Motivation

Integrity

Resilience

Self-Discipline

Empathy

Fairness

Respect

Cooperation

Responsibility

Decision Making

Problem Solving

Evaluating

For more on leadership skills, refer to the Youth Sport Trust Leadership Framework\* [www.youthsporttrust.org/leadership-framework](http://www.youthsporttrust.org/leadership-framework).

**Specific skill development that will be focussed on within this leadership guide:**



**Communication:**

Listening and Speaking



**Encouragement:**

Model and Motivate



**Fairness:**

Include and Balance

**All activities will be delivered based on the SMILES Framework:**

**S** Safety

**M** Maximum participation

**I** Inclusive

**L** Learning

**E** Enjoyment

**S** Success

# COURSE CONTENT

**Introduce the Young Leaders to the guide – explain they will be developing their leadership skills through using activities in the MLB First Pitch programme.**

To support you with this, please ensure you refer to the **MLB First Pitch activity cards**.

See Activity Card



## ACTIVITY 1:

Invite Young Leaders to draw the head and shoulders of a Young Leader showing the skills they would need to have to be an effective leader. For example, a big smile to welcome everyone, big ears to listen, a thumbs up to motivate, the kit they would be wearing/ role modelling.

Invite the Young Leaders to then write inside the head and shoulders the skills and qualities they think a great leader would need to have...(some examples are below for you).

Imagination

Courage

Communication

Encouragement

Self-Motivation

Integrity

Resilience

Self-Discipline

Empathy

Fairness

Respect

Cooperation

Responsibility

Decision Making

Problem Solving

Evaluating

## ACTIVITY 2:

Teacher asks Young Leaders to share their diagram with the rest of the group and share their ideas of the skills and qualities needed to be a great Young Leader.

## QUESTIONS:



**What would a great Young Leader look like?**

- Dressed in the correct clothing
- Ready for action
- Smiling to ensure everyone feels welcome and valued

**What would we see in and around the play area?**

- Marked out safe playing area
- Safety zones
- Equipment stored safely not in the safe play area

**What would we hear?**

- Clear instructions
- Encouragement
- Positive reinforcement
- Celebration of success

The diagrams are then displayed and can be used as a reference point throughout the sessions.



### ACTIVITY 3:



Introduce the **SMILES Framework** – As a Young Leader we want everyone to enjoy the activities they undertake and to show they are happy we will see **SMILES** on the participant's faces. The **SMILES** we see will help us to remember:

- S Safety:** Ensuring a safe place to play is identified for all activities
- M Maximum participation:** Everyone is involved and taking part
- I Inclusive:** Everyone feels valued and respected
- L Learning:** Everyone is learning
- E Enjoyment:** Everyone is enjoying the activity
- S Success:** Everyone experiences success

As the lead Teacher you are then able to lead the sessions for your Young Leaders to play the games:

### HITTING

#### Home Run Derby (Dingers section)

After playing, the Young Leaders reflect on the activity and consider the **SMILES Framework**.



### FIELDING

#### Grounders and Flies (Gold Gloves section)

After playing, the Young Leaders reflect on the activity and consider the **SMILES Framework**.



## HITTING QUESTIONS:



Did you enjoy the activity? Why?

### Leadership skills

#### Communication:

- How will you communicate with the players so they all understand the rules of the game?

#### Encouragement:

- What words could you use to encourage the teams to be the best they can be?

#### Fairness:

- How will you adapt the activity to ensure everyone can achieve success?

## FIELDING QUESTIONS:



How might changing the size of the space make the activity easier or more challenging for the players?

### Leadership skills

#### Communication:

- What non-verbal signals can you use to officiate the game giving clear instructions and rules?

#### Encouragement:

- How will you encourage the players to try and try again and show resilience as they take part in the activity?

#### Fairness:

- How can you change the equipment to ensure everyone achieves success?

Introduce the **STEP principle** to ensure all the activities we deliver are inclusive.

## STEP PRINCIPLE

# S

### Space (Where?)

- Size of playing area
- Distance between or to something/ someone
- Levels or heights
- Shape of area
- Use of zoned area or channels to create safe areas

# T

### Task (How?)

- The task itself e.g. running, jumping, underarm, overarm, roll, throw
- Speeds, e.g. fast or slow
- Directions, e.g. forwards, backwards, diagonal, sideways
- Playing cooperatively or competitively
- Different ways of playing, e.g. sitting, standing, lying
- Using different body parts, e.g. hands, feet, head, parts of wheelchair
- The rules, e.g. double bounce, more time, set number of passes

# E

### Equipment (With?)

- Range of equipment e.g. balls, balloons, beanbags
- Hand, bats, racquets
- Hoops, targets, mats, cones, markers
- Scarves, bells, music
- Equipment can vary by:
  - Size
  - Shape
  - Colour

# P

### People (Who?)

- Numbers:
  - Independently
  - In pairs
  - In groups
  - Uneven teams
  - Whole group
- Groupings:
  - Friends
  - Ability
- Roles:
  - Buddy
  - Position in game
  - Coach, official, motivator etc.
- These roles can be taken while engaging in the activity

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# RUNNING



## Relay Rays (Steals section)

After playing, the Young Leaders reflect on the activity and consider the **SMILES Framework**.

- S Safety:** Ensuring a safe place to play is identified for all activities
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# PITCHING

## Bullpen Braves 2.0 (Aces section)

After playing, the Young Leaders reflect on the activity and consider the **SMILES Framework**.



# RUNNING QUESTIONS:



**How might we change the task to make the activity easier or more challenging for the players?**

## Leadership skills

### Communication:

- Why is it important to listen to the teams as they play the activities?

### Encouragement:

- How can you celebrate the achievements of the teams?

### Fairness:

- What can you do to encourage the teams to cheer and support each other during the activities?

# PITCHING QUESTIONS:



**How might we change the equipment make the activity easier or more challenging for the players?**

## Leadership skills

### Communication:

- How will you communicate the timing of the activity to all the players?

### Encouragement:

- If a pair of players drops the ball, what will you say to them to encourage them to try again?

### Fairness:

- How will you manage the scoring during this activity?

## GAMEPLAY

### First Pitch World Series (World Series section)

After playing, the Young Leaders reflect on the activity and consider the **SMILES Framework**.



## CLOSE

Share with your Young Leaders the importance of ensuring that all participants need to feel safe and comfortable to take part and that we use the **SMILES framework** and the **STEP principle** to support us in our planning and delivery of events.

### For further information and support please contact:

BaseballSoftballUK: [info@bsuk.com](mailto:info@bsuk.com)



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## GAMEPLAY QUESTIONS:



**How might changing the number of players make the activity easier or more challenging for the players?**

### Leadership skills

#### Communication:

- How will you change the pitch and tone of your voice so you can be clearly heard by all the players when sharing the rules of the activity?

#### Encouragement:

- What will you do to encourage the teams support each other if they make a good hit or take a good catch?

#### Fairness:

- How will you make sure the teams are playing to the rules and keeping the correct score?

## TOP TIPS FOR TEACHERS:



### Consider all of the possible roles for Young Leaders:

- Event Management
- Equipment Management
- Health and Safety
- Team Leaders
- Activity Leaders
- Officials
- Welcome and Registration
- Marketing and Communications
- School Chaperones