

Dugout Captain | Overview

About Dugout Captain



Dugout Captain is the greatest collection of youth coaching content online. Focused on the positive development of young men and women through athletics and competition, Dugout Captain promotes a philosophy of process over results.

All content focuses on a subtle and consistent message of development (rather than winning), providing a much-needed and healthy perspective to the arena of youth sports.

Dugout Captain is built on a passion for serving the volunteer youth coach, and the ultimate goal of improving the athlete-family experience. With an improved experience, athletes play longer, providing the game a bigger, more significant, opportunity to teach life's lessons... the unique way that only sports can!

The DC Toolbox

Here's a quick look at our integrated, comprehensive toolbox.

- [Drills](#) - Over 200 proprietary drill videos, each accompanied by diagram, description, equipment lists, and DC Keys to success. Uniquely addressed to the recreation baseball parent and coach, these videos coach-the-coach to develop skills using efficient, fun, and competitive activities.
- [Practice Plans](#) - 200+ ready-made and professionally programmed team practice plans, built with the drills from the DC Library. Each plan includes notes specific to *that* drills use at *that* practice for *that* age level. Plans available by age and by time length.
- [Curriculum](#) - The *DC Athlete Development Plan* provides a standardized curriculum for coaches, teams, and leagues. With bullet-point development objectives organized by age level, the curriculum is a running narrative to guide and support the volunteer coach. DC Practice Plans combine to achieve these objectives, and provide the coaching roadmap to effectively and efficiently expose the athletes to all of the goals laid out by the curriculum.

- [Clipboard](#) - Dugout Captain's proprietary Virtual Clipboard technology (patent-pending) is the unique tool that allows users to apply instructional content to the field. Build or borrow a practice plan onto the clipboard, then share an interactive plan to assistant coaches and team families. Share a homework drill with a struggling team member, or use DC's Skill Training Lessons to train your own athlete in hitting, pitching, infield, or the catching position.

About Dan Keller

Dan Keller literally wrote *the* book on how to coach youth baseball: [The Survival Guide for Coaching Youth Baseball](#) (Human Kinetics, 2013). Keller has conducted more than 17,500 individual lessons, directed 150+ weeks of camp activities, and presented at hundreds of coaching clinics reaching tens of thousands of attendees. He also has over 16 years of team coaching experience at all levels—from youth, high school, and college to the Cape Cod Summer League. Currently, Keller serves as Pitching Coach for Cypress College in Southern California.

The American Baseball Coaches Association (ABCA) recognizes Keller as one of the top coaches in the world, nominating him to present at the inaugural *2017 Youth Clinic* portion of their annual convention. Attended by 6,000 organizations and 8,500 members, the ABCA National Convention is the biggest event of the year in amateur baseball. Keller also serves as a founding member on the ABCA's *Youth Committee* assisting with the effort to establish a stronghold in the market of youth coaching. He currently sits on the ABCA's *Ethics in Coaching Committee* as well.

Keller was drafted by the Baltimore Orioles out of high school but chose to attend UCLA on a full scholarship where he was an All-American pitcher and four-time student-of-the-year.