

HOW TO STAND OUT ON YOUR TEAM

&

IMPRESS YOUR COACH

I think I was the
best baseball
player I ever saw.

-Willie Mays



DO YOU LEAD BY ACTION OR BY WORDS?

A true leader on the field leads his team and sets himself apart from his competition by going the extra mile and playing the game the right way.....always.

THE ART OF IMPRESSING

Now before you dive into this PDF understand something.

You're not playing baseball to impress anyone.

Forget what coaches, scouts, and recruiters think of you. Paying too much attention to the opinions of others will only hinder you in your progress of becoming the best player that you can be!

Now with that being said there is a practicalness to proving to coaches, recruiters coaches, recruiters and scouts that you are a valuable asset to the ball club.



WHAT IS THE PRACTICALITY OF IMPRESSING A COACH?

Besides earning more playing time and the ever increasing space of room for failure, showing that you're a baseball player with a vendetta will show a coach that you want to be there which for some baseball programs, is half the battle.

What it boils down to is playing time right?

You want to prove that you will be a valued asset to the baseball program.

There are actually a list of things that you can do to be a valuable player and if you apply what's shared in this PDF you'll be treated accordingly.

1. SHOW YOU WANT TO BE THERE

There is a lot that goes into being a successful baseball coach. Chances are there is also someone who is evaluating his performance as a coach.

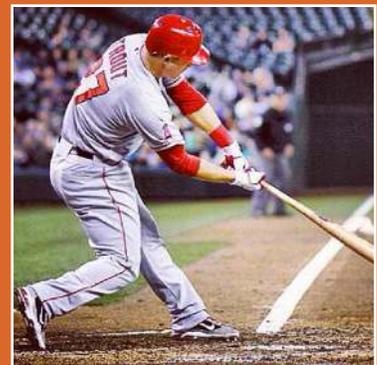
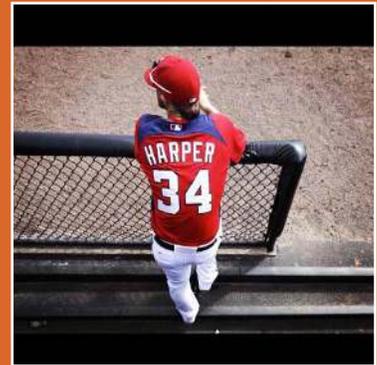
He's trying to implement his baseball philosophies, establish expectations, and communicate the roles of each player all while hoping that the players will buy in and play for one another instead of for themselves.

Show you want to be there and you'll find yourself being the "go to guy" which is what you should be striving for right?

2. SHOW YOU'RE THERE FOR A REASON

Be there on purpose. When you're in the process of stretching. When you're hitting, be present with that. Cultivate an awareness with the little things that help prepare you for the big things. This is integrity personified and will take you a long way!

DO YOU HAVE INTEGRITY?



Always pick up a team-mate.

Always be on the look out for little things that you can do to make the team a better unit!

3. DON'T SHOW EMOTION

I apologize for the following phrase but my intention is to get my point across.

Don't be a "**mental midget**". A coach wants to see poise and a certain level of grace with players that they depend on. Throwing your equipment is a sure tell sign of a guy who doesn't have control of his emotions. What these means to a coach is that he's probably a "**fair weather player**". Plays great when things are going well but put pressure on him and he'll fall. Don't be that guy. Keep your highs low and your lows high, so that the next time you face adversity, it will be easier to handle

4. KEEP YOUR CLEATS CLEAN

Not just your cleats but all of your equipment. Now this says a lot about a player because they have a certain level of dignity that is rare even in the big leagues. You think professional scouts don't notice a guy with clean cleats at the beginning of a ball game in mid-season. You bet your bottom dollar they do. Your equipment is an extension of your body. So treat it as a such.

5. BE INVOLVED

Have you ever seen Derek Jeter at short-stop during a game. He's constantly communicating with the players on the field. He's on the same page with the pitcher, catcher, and coaches in the dug-out. He's involved on every single pitch. Find ways to get involved by communicating with your players. If your on the bench, look for little things that the team could use to their advantage. This is "being a team guy" 101

6. GET THERE FIRST AND LEAVE LAST

On a scale of 1-10 , how would you grade your work ethic? Do you ever go "**over and beyond the call of duty**"? Are you setting a standard for the rest of your team on what it means to be a "winner"? Do you think scouts and recruiters evaluate work-ethic? You'll be absolutely right if you said yes.

7. TAKE THE GAME INTO YOUR OWN HANDS

One **QUICK** way to impress your coach is to take the game into your own hands. Is there no one covering second? Take it! Are the corners playing back? Drop down a bunt! Is the pitcher tipping his pitches, let the guy in the on-deck circle know!

Coaches love a player with a good baseball I.Q. How good is yours?

**SEPARATE YOURSELF BY GOING
THE EXTRA MILE!**



8. ALWAYS KNOW THE SITUATION

At higher levels, sometimes it's the team that makes the least amount of mistakes that comes out the winner. The room for error gets smaller and smaller. Missed signs, not hitting the cut-off, not backing someone up could be the deciding factor to who wins. This ties in very closely with taking the game into your own hands. Know the situation and be a leader!

9. TAKE ONE FOR THE TEAM

Don't be afraid to get hit. Your job is to get on base! Here is a rule of thumb on moving out of the way of a pitch. Turn with the body but never move your feet unless the pitch is at your ankles. Anywhere else and your instinct should be to turn your body without leaning into the pitch. Now that is what I call a player who is at the plate with a purpose!

10. PROVIDE FEEDBACK (BE A LEADER)

Remind yourself of what the team's mission is and keep the mission clear in the minds of each player. A win is a win regardless of failure. If you're up to the challenge of being the team leader than voice your opinion on what adjustments need to be made. Express this to your team-mates and even your coaches.

Do this always with humility however. No one wants to play with a jerk.

11. LOOK A COACH IN THE EYE

This is the easiest way to show your fortitude. Both testicular and abdominal fortitude:)

12. KEEP THE PARENTS OUT OF IT

I have never meet a coach who enjoyed discussing how to do their job with a parent. If you're a parent reading this and you wan't to make things harder for your player get "too involved".

13. TAKE CARE OF YOUR POSITION

If you're infielder, always take take a little time to the the quality of your position. All you need is a rake and 5 minutes. Your position is your holy ground and you'll be dam*ed if you're going to let a bad hop take away your chances of getting an out. This brings us back to purpose. Excuse my french:)

14. TAKE THE FIELD WITH PURPOSE

Here is the MOTHER of all ways of standing out on your team and impressing your coach. Don't jog to your position.....RUN! It doesn't have to be a sprint. Simply a quarter sprint. This shows passion, discipline and leadership. Your teammates will see this and will follow suite. Coaches will see this and will remember your name.

I've known many baseball scouts who have put just this one quality in their scouting report of a player.

15. ALWAYS PICK UP YOUR TEAM-MATE

Be the first out of the dug-out after a perfectly executed sac-bunt. Have his glove ready for him when you all take defense if he's already out on the field as a base-runner. This is a huge plus because it shows you're a team guy and you're not in a shell during the game, focusing just on yourself!

Remember...there is a difference between **“false hustle”** and showing effort. Be honest with yourself on how intense you should play this game and do your best to play each game one pitch at a time. There really is no one to impress but proving that you belong on the field requires ,on a certain level, the good-opinion of others so take this into account.

I hope that this will help you on your journey to becoming the best baseball player that YOU can be.

Good luck!