

I AM LOOKING FOR TWO THINGS AT A TRYOUT: A REASON TO CUT YOU OR A REASON TO KEEP YOU

- **Don't concern yourself with how your peers perceive you, they are competing for your position and your hustle might just be the reason to keep you.**
- **Don't hang out with knuckleheads!**
- **Get on the coach's good side: Don't play around during practice or act like a Goof-Off.**
- **Be Coachable: Respond with "OKAY COACH" not "I ALREADY KNOW THAT".**
- **Eyes on the prize: Any time the coach is speaking, keep your eyes locked on the coach.**
- **Hustle Everywhere and Volunteer to fill a spot in the field if ever asked.**
- **Dress Properly**
- **Do not show up in shorts or short sleeves. Be sure to wear baseball pants**
- **Come prepared for anything: (Under Shirt, glove, bat, cup, tennis shoes, catching equipment and gym clothes in case of inclement weather).**
- **If possible, wear a jersey with your name on the back to make it easier for coaches to distinguish you from the rest.**
- **SIDE NOTE: Eat and sleep properly at least three days prior to tryouts.**

ARM STRENGTH, SPEED, AND POWER

THROWING - Throwing is probably the number one reason players end up being cut.

MAKE GOOD STRONG THROWS!

Whether you're playing catch to warm up, pitching, or playing any position on the field, make every throw count! Sometimes it may only take one bad throw to make a coach skeptical of your throwing abilities. Play light toss the day before tryouts.

SHOWCASE YOUR SPEED - Speed does not just mean running speed.

It also means first-step quickness, the speed of catching and throwing, bat speed, range in the infield and outfield, and the ability to think quickly during tryout drills and in games. Stretch and run at least a week prior to tryouts. Should be done all year!

HANDLE THE BAT - Can you hit for power and can you hit for average?

This means **driving a ball** when you get a good pitch to hit. It means laying off bad pitches. It means adjusting to an off-speed pitch or a pitch off the plate and being able to use the opposite field.

FUNDAMENTALS OVER FLASH

INFIELDERS: Coaches generally look for infielders who have quick footwork, good hands, and strong fielding fundamentals.

OUTFIELDERS: The focus is on the ability to get good, quick jumps and catch fly balls consistently, as well as the ability to return the ball to the infield with strong, accurate throws. **NOTE: If you have the chance to dive for a ball, DO IT! Make the play.**

PITCHERS: COMMAND YOUR PITCHES AND COMPETE!

If you're struggling, then focus on making the next pitch better.
Do Not show negative emotion after pitched balls or hits given up.
Rely on your "go to" pitch if needed.

CATCHERS:

It's all about RECEIVING – BLOCKING – COMMUNICATING - THROWING

RECEIVING: Stick Strikes = Don't carry strikes out of the strike zone

BLOCKING: Know when to block and when not to. Always anticipate a bad pitch coming in. (Glove – Knees – Body)

COMMUNICATING: Communicate loud and clear with batters, coaches and pitchers.
Go talk to pitcher if they are struggling

THROWING: MAKE GOOD STRONG THROWS! Use proper and quick footwork when throwing to bases. Don't make lazy throws back to the pitcher.

*** COMPETE! Show Passion for the Tryout and for the Game**

***If you know you've given your best shot, you should be proud of yourself regardless of the result**

***DO NOT listen to your friends or parents as to why you didn't make the team! THEY DON'T ALWAYS KNOW THE REASON(S) WHY!!!
Ask the Coach – Go Ask – Get specific answers if possible what you need to improve on – Thank them and let you know you'll see them next year at tryouts**

***YOU HAVE MORE TIME TO WORK ON YOUR PHYSICAL STRENGTH, SPEED, QUICKNESS, HITTING AND FIELDING MECHANICS WHEN YOU'RE
NOT ON A TEAM**

DISCLAIMER: MAKE SURE YOU HAVE A PROVEN AND QUALITY INSTRUCTOR GIVING DIRECTION/TRAINING IF YOU'RE GOING TO TRY IMPROVING AFTER NOT MAKING A TEAM!

GOOD LUCK!