Pro Player Hurricanes

*Prospect Team Do’s and Don’ts List*

*DO*

* **Sprint out every ground ball you hit in the infield**. Scouts will often time you from home to first so every ball you hit in the infield you could be getting graded, base hit or not. Be sure to run all the way through the base.
* **Find some place to be on defense even if you are not involved in the play**. Coaches like players who hustle to back up bases instead of being a spectator.
* **Be a good team player even when you are having a bad game**. Stand up and congratulate a teammate when they do something good rather than sit on the bench and wait for them to come to you. Coaches want players concerned with the big picture (winning) rather than their own personal performance.
* **Sprint to first base on a walk**.
* **Run back to the dugout after you strike out**. Don’t stay up there and pout or talk to the umpire.
* **When playing catch in the outfield or taking pre-game, take it seriously**. Many coaches will watch kids during warm ups to watch their feet and hands. Make sure to move your feet when receiving the ball and hit your partner in the chest when throwing it. Don’t be lazy. You may not get a ball all game so this may be the only time a scout can see your hands and feet in action.
* **Sprint on and off the field**. Don’t be the last one to the dugout or the last one to your position.
* **If you hit a pop up or fly ball, SPRINT it out**. Don’t sit at the plate and drop your head because you popped up. Sprint to the base. If you hit a fly ball to the outfield, be on 2nd base when it gets caught.
* **Smile**. It’s a game. Show somebody you’re having fun.
* **Take charge and be a leader**. Communicate with your teammates (in a positive manner). This shows self-confidence.

*DON’T*

* **Throw temper tantrums** i.e., throw helmets, yell curse words, throw bats
* **Talk back to your coaches.** College coaches don’t want players who are disrespectful of their coaches.
* **Show emotion on the mound.** Pitchers should carry themselves with confidence and should not pout if they are losing or get cocky when they are winning. Go about your business the same way not matter what the score is.
* **Argue with the Umpire.**
* **Jog anywhere on the field. Once you’re on the green, you hustle everywhere.**
* **Pout or sulk because something didn’t go your way.**
* **Talk trash to your opponent.**
* **Don’t be bush league. Examples:**
  + - Laughing when your opponent makes an error or strikes out.
    - Yelling when they are trying to catch a pop up in front of you.
    - Hopping over fences rather than using a gate.
    - Fake bunting with a 3-0 count.
    - Standing at home plate after hitting a home run.
    - Taking your time to run out a home run.
    - Throwing at someone’s head.
    - Staring down the pitcher after you get hit. He just gave you a free base!
    - Stand at the plate after you get rung up on a called 3rd strike.
    - Freeze a pitch too long that you felt was a strike. (catchers)
  + *All of these are big time turn offs and also reflect badly on your coaches and the organization/program*.

***Be Confident & Visualize – See success in your mind before it happens!***

**Other Little Things to Acknowledge**

* Always recognize a great effort made by a teammate, especially a defensive play!
* Always pick up a player when he makes a mistake or error (everyone will make a mistake!)
* Always know how many outs there are and the current situation (offense & defense)
* Always know the signs and make sure you understand them – all of them!
* Always throw to the right base or cutoff – ahead of the runner
* Always back up a play – infielders and outfielders

***HUSTLE*** on every play! ~ Games & Practices!

**Hurricane Attitude**

**”Attitude is more important than facts.  It is more important than the past, than money, than circumstances, than failures, than successes, than what other people say or do.**

**It is more important than appearance, giftedness or skill.  It will make or break a company, a church, a home.  The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day.  We cannot change our past, we cannot change the fact that people will act in a certain way.  We cannot change the inevitable. The only thing we can do is play the one string we have and that is our attitude.**

**I am convinced that life is 10% what happens to me and 90% how I react to it.  And so it is with you.  WE are in charge of our ATTITUDES.”**