

BUILDING TEAM CHEMISTRY

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Don't be a Homer Simpson...



*"You tried your best and failed.
The lesson is Never Try"*

Our job is to get them to KEEP TRYING, no matter what they face...

- **Relate to them in THEIR WORLD**

- use examples they understand and know
- ask them and they'll tell you
- YOU learn their world instead of them understanding yours

- **Be Proactive**

- hold daily FOCUS SESSIONS instead of waiting for a problem to develop

- **Know when to Cool It!**

- Mack Brown's change at Texas this season

- **Find a Way for Them to Succeed**

- practice
- games

- **Fairness vs. Equality**

- players AREN'T equal
- treatment will be fair

EXERCISES:

• What Do You Bring To This Team?

CHAMP. EXPERIENCE
✓ EXPERIENCE ✓✓✓ SPEED ✓ HEART FUN
EXP. IN LEAGUE WORK ETHIC ✓ BALANCE SUPPORTIVENESS
CONSISTANCY ✓ INTENSITY ✓ VERSATILITY PATIENCE
MENTAL TOUGHNESS POSITIVE ATTITUDE ✓ PASSION
COMPETITIVENESS ✓ KNOWLEDGE ✓ INTELLIGENCE ✓
FUNDAMENTALS LOUD ORGANIZATION
DESIRE ✓ PRIDE POWER SPIRIT
LOVE OF GAME LEADERSHIP HUMOR ✓ MEDICAL ASSISTANCE
EFFORT
CLUTCH HITTER COHESIVENESS

EXERCISES:

- *The Fear Can*



EXERCISES:

• What Do You Need To Work On?

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7/10/02

- Throwing to bases
- side to side fly balls/line drives/ground balls
- infield ground balls
- footwork in outfield
- balls in the sun

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- hitting with runners in scoring position
- live hitting
- bunting
- taking BP swing into game day
- pitch selection
- working the count in my favor
- being relaxed
- staying positive
- watching film

Defen.

Gap balls - throw to 2nd
cheering

Off.

Front toss - mix - spots/change
Tees - mix

DEFENSE

- Throwing to bases (situations)
- Bunt coverage to different bases

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OFFENSE

- keeping my head down on contact
- hitting inside & outside pitches w/ power & MIDDLE
- WORK ON TIMING
- SWING QUICK EVERYTIME!!!
- POSITIVE ATTITUDE (w/ myself)

EXERCISES:

- ***Survivor***

- Teams of 6
- Lasts whole week of practice (or multiples if only 1 per week)
- Create Tasks for elimination and immunity
 - *practice drills*
 - *equipment construction for time*
 - *conditioning for time or quantity*
 - *let them make some up*

KNOW 2 THINGS:

1. They aren't trying to make you crazy or they'd do a better job!
2. Your patience with them – under pressure – will make or break the whole thing!