Know Your Identity…

...And What Happens if Plan A does not Work Out for You

Every season is new, with new teammates, new coaches, new team chemistry. e about to begin a long season with new teams, new teammates, and a new experience for everyone. As soon as a player assumes that this season will be the same as last season, they are quite often surprised. Being surprised is the opposite of knowing what to expect and being prepared.

All players need to know their identity, or value to the team. They also need to be prepared for the prospect of playing a new position...or not playing as much as they may want. Assuming that a new position or not getting the playing time you want is not on your "Plan A" list, we have to understand what our value is to the team off the field, on the bench, or at a new position.

The success of a team depends upon players understanding and embracing their roles on their team, and preparing to add value to their team in the way that the team needs them.

<u>What is your Identity and How Can You Add Value to Your Team</u>

1. What is your identity as a player. How will you help your team win games….or what are you really good at on the field. Most importantly, what might your role on the team be as you go into the season.
2. Players must know what their value is to the team.
    a. Some players are great hitters, and they impact the game while in the batters box.
    b. Other players help their team by playing great defense
    c. Some players help their team by staying positive through adversity and supporting their teammates.
    d. Some players are great at comic relief to bring some fun to the game.
3. What is your identity as a hitter (On base percentage, Power, Stealing bases, etc)
4. What is your identity defensively (strong arm, great range, steady, making the routine plays)
5. What is your identity as a pitcher (power, control, movement, holding runners)
6. What is your identity when you are not playing...how will you add value to your team without playing.
7. In other words, each player needs to know what they bring to the team to help them win.

Players should pay attention, think about, and train themselves to help their new team in the new season. Our players should prepare for how they can help their team on the field, on the bench, and contribute to their team off the field outside of games or practices.

A good example of how to help your team outside of practice or games: Reach out to one of your teammates that did something really well in practice or a recent game, and congratulate them. If a player is struggling or had a tough game, reach out to them and let them know that you and the team are still counting on them for the next game or practice.

Adding value to your team without hitting doubles, or making great plays in the field is a very difficult task. It is not something we think about going into a season. However, truly great players that make their entire team and the players around them better add value off the field as well.

Every player should ask themselves after every game or practice.

- How did I make myself better today?
- How did I make my team better today?
- How did I make one of my teammates better today?
- How can I make myself better before next practice or game?