



Fundamentals of the Week

Self Assessment

The Silver Slugger Way

These fundamentals will make us a better player and keep us improving during and beyond the season. As a Silver Slugger, we want to win the small battles with the other team.

Fundamentals of the Week

Before Every Game

- **5 minutes before the game-** Take 1 minute and visualize plays
- **Immediately before game-** Shake Hands with every player and coach before the game

During Every Game

- **Gloves and Hats Together:** Gloves and hats in the same area between innings
- **Sprint to Position:** All players gather together before inning and sprint to their position together.
- **Bench Players:** Bench players run to the nearest foul pole and back between every ½ inning
- **High Five after score:** Every time we score, all players get off bench to give player a high 5
- **Hard 90° and Great Turns-** We are hitters in the box, and sprinters after we hit.
- **Shake Hands with Umpire-** After every game

Self Assessment Process

Great players never rely on hope and luck...they strategize and work to get to the next game.

Typically, we give our players ideas about what to focus on and how to approach the game. We are at the time of the season where an individual self-assessment works wonders. If we want to take our game to the next level, our players need to reflect on their season so far, and give an honest assessment of their current strengths and weaknesses...in their preparation and in competition. Great players do not just show up to the next game and hope they play better than they did last game. They are constantly assessing, evaluating, preparing and adjusting the way they prepare and play to continuously improve during the season.

Fundamental of the Week (for Players):

1. Players:
 - a. **Make a list of 2-3 things to improve over the next 3 weeks.** This list is based upon your assessment of how you have played over the last two tournaments. Be very specific and do not be afraid to be critical of yourself in this process.
 - b. **Create your own Fundamentals of the Week:** Identify two specific details of the game that you will focus on and improve this weekend. Use our previous Fundamentals of the Week as a guide.
 - c. **Make two Copies** - Turn one list into your coach before the end of the weekend.
 - d. **Discuss with Coach:** Start a discussion with your coach on specific action steps to improve these details of your game over the next two weeks.

Pitchers/Catchers (Location and Using Breaking Balls/Pitching Backward):

1. **Catchers:** Shift inside and outside corners (or ½ of the plate).
2. **Pitchers and Catchers:** Try to use a "Pitching Backwards" strategy at times this weekend. Throw Off-Speed early in the count, and well-located fastballs late in the count if ahead.
3. **Pitchers:** Aggressively work the edges of the strike zone. Create "lanes" for your pitches to the outer 1/3, Inner 1/3, Upper and Lower lanes of the strike zone.
 - a. **Catchers:** After every inning, meet the pitcher at the foul line to quickly discuss how the inning went. Maybe a quick fist bump or a more detailed discussion on what the pitcher needs to do next inning.
 - b. **Catchers:** Work with the pitchers to create a location strategy for each pitcher. Catchers need to develop a strategy for each pitcher and communicate with each pitcher about their strategy to get hitters out.