

SUCCESSFUL SOFTBALL/BASEBALL- **A 3 STEP APPROACH**

Basic Needs

We have to have a burning desire inside to be successful

We must have consistent skill execution under pressure.

We must act and think of ourselves as a unit-sacrifice our own achievements for the team's achievements.

If we are doing this we must achieve the next level.

2nd level

This game is played one pitch at a time, one out at time and an inning at a time. Every pitch demands our best.

We need to get a quick start in every game, offensively or defensively-a run or more for us in the first inning and three outs defensively without a run for our opponents. That requires us to be ready to play our best right from the first pitch.

To score runs we have to get on base. How you get on base is not important.

On offense we have to pick up our game with runners on base. Execution under pressure of the plays called and getting hits with runners on base is critical for our success.

We have to be both aggressive and smart on the base paths and always put pressure on the defense through our base running.

We can never quit or relax whether we are up or down in a game. The game is not over until the final out is made.

When we are doing this we must achieve the next level.

3rd level

Everyone is responsible to do things that wake us up and get us up before and during a game. We've got to do things to get ourselves and team members motivated and do them at the right time.

We've got to feel, act and look like a team and be proud of our team uniformity and our identity.

We can intimidate our opponents and throw them off their game through our actions.

Everyone has to take a leadership role on our team and do the right things for the team at the right time.

WE HAVE TO PLAY THE GAME HARD AND PLAY IT RIGHT ALL THE TIME!

prepared by Bob Rempel, copyright 1993
Former Head Coach Manitoba Men's Canada Games Team,
Technical Director for Softball Canada &
Director National Teams Softball Canada

presented by
STRICTLYSPORTS-
Rempel Group

7th Flr- 177 Lombard Ave. Winnipeg, MB., R3B 0W5
1-800-665-5604 or (204) 256-5008,
(204) 256-0178 (fax)

E-Mail: info@strictlysports.com

<http://www.strictlysports.com> Content & Products

Your source for Still Fine! sports products, services and more at
online auctions

<http://members.ebay.com/aboutme/strictlysports.com>

Go to our "Me" page for free sports and business downloads

BECAUSE WE WANT TO HELP YOU IMPROVE AND ENJOY YOUR GAME!

