

# *PLAYER RESPONSIBILITIES*

## **Mental Preparation**

Practice is part of competition. Serious, 100% effort at practice is essential. You must "stress yourself", not allow yourself to feel "comfortable" if you are to uplift both your own and the team's performance.

Use mental imagery and rehearsal for skills such as pitching, hitting or fielding. Look back on successes or imagine yourself performing very well and then go ahead and do it on the field.

"Talk yourself INTO it, not out of it."

The 3 C's are crucial in this order:

1. Confidence
2. Concentration
3. Competence

The first two come from within you and the 3rd one comes from practice much more than the other two. They are all interdependent and complement each other during great performances. Strive to achieve a high level in all three.

Use rest time to relax and then build up to the next performance, for example, between games. It is important to have breaks in concentration but not during performance.

Situations where you will need extra control will be:

- playing in front of a hostile crowd
- trying desperately to win or stave off defeat in the last inning
- when fatigue sets in late in the day or game
- when there are hassles with the umpire
- when our team suffers an injury

Also, there are many absolutely "crucial" or "vital" plays which require your top performance:

- the last out in an inning
- the two strike pitch
- the execution of a bunt, hit or throw to finish up an inning, get ahead or use up time

These cannot be stressed enough and it will be your responsibility to try your best to maintain the 3 C's during these "crucial" times.

## **Physical Preparation**

Individual fitness development is mainly the player's responsibility. At the beginning of any practice or game you must be physically prepared for the harder stresses on your body. Never begin to throw a ball indiscriminately without a fairly good warm-up.

A warm-up routine is a gradual progression of exercises to allow the body to adjust itself to physical stress. If this stress is applied "cold", injuries can occur.

The type of routine you should follow for any practice or game will be:

- Jog - 2 minutes - to elevate the body temperature
- Stretching - gradually warm-up muscles
- Throwing - easily at first --> harder throws
- Always concentrating on good throws and two hand catches
- Ready to go to work!

Remember, you must be "on time" and "ready to go" at all practices or games.