

8 Basic Fundamentals of EVERY Pendleton baseball athlete:

1. **Hustle** : on and off field, warm ups, between the lines we always are running.
2. **Know Situation**: outs, inning, score, placement of runners, and what happens if the ball is hit to you, another player, in the gap ect.---Catcher, Infielders, communicating this to entire team
3. **Respect**: coaches, opponents, umpires, teammates, yourself, teachers, grades.
4. Play catch and receive a baseball properly
 - a. Power "T" Position, 2 fingers, ball pointed back, finish with fingers behind the ball, some kids might need three fingers if their hands are small.
5. Be able to bunt consistently and execute.
 - a. Down both baselines, flat bat, hands out in front with eyes behind bat.
6. Be aggressive on the bases
 - a. Take bases when given...ball in dirt, 1st to 3rd, pressure on defense
7. Get a good pitch to hit
8. Defensively be ready EVERY PITCH, mentally and physically. Players should play MULTIPLE positions and know the roles of each position. Rotate around if possible*

A Pendleton baseball coach will:

1. Be Positive
 - a. Baseball is a game of failure; learn to see positives and growth in mistakes.
 - b. Most important thing is how an athlete responds to a mistake, not that the mistake happened. Mistakes are human; controlling emotions is a learned skill.
 - c. Motivate athletes by instructing and improving skills.
 - i. Yelling and screaming does not make a good coach. Too often, this is used in a negative way and does nothing to help an athlete or team. Be proactive and keep players from playing scared/timid.
2. Be Knowledgeable
 - a. Study your craft and continue to learn and discuss. Seek out answers. Doing a drill to be doing a drill is not getting better. Understand what a drill is designed to do and focus on specifics. Be a teacher (think backward: what is the result you are looking for, and design and implement practices and drills around those results.)
 - b. YouTube, twitter, google are great resources!! For drills. Careful with being too overloaded, keep it simple.
3. Respect your opponent, the umpires, and fans
 - a. No cussing or demeaning language.
 - b. Play the game hard and the right way. Do not show up your opponent..."act like you have been there before"
4. Help each other and make baseball enjoyable for everyone participating
 - a. Communicate and talk with other coaches to help with ideas and planning.
 - b. Have a plan every day.
 - c. Communicate with parents, get parents involved.
5. **In the end, this is a game. Players and coaches should have fun!**

Phone: TJ Haguewood cell: 541-310-0885

QUOTE: Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best is a direct reflection of your parenting.