

DUGOUT CULTURE

Position players, study the opposing pitchers

Look for patterns in pitch selection. Tells in their delivery. How they handle hold times and pick off moves with runners on. See if they pay attention to the runner on third.

Pitchers, study the opposing hitters

Are they on time with the load phase of their swing. What do they chase with two strikes. Do they swing first pitch. Does their approach change with runner on vs no runner on. Are they a base stealer.

Position players, pick up your teammates

Know where everyone's hat and glove is and when they are the last out of the inning someone be ready to take their stuff to them (unless they are the catcher).

Coaches, they are watching

Your body language, your energy, your support. Establish a culture of responsibility and accountability. Be the example of what you preach.

Pitchers, stay loose

If there is a long inning (with your team batting) make sure to keep your body moving. With two outs do some band work, arm circles or maybe even go to the bullpen to play a little catch. Keep that arm loose.

Catchers, be ready

Unless you were at bat, on base or on deck, make sure you are ready to go when that third out is made. Team, if your catcher needs to get their gear on, make sure some is ready to go out and warm up the pitcher.

All Players, talk baseball

There is plenty of time away from the field to goof off. Create an atmosphere of supporting one another. Watching the game together. Cheer your teammates on but be careful letting your "cheers" be the only thing you're thinking about. The dugout is a place to prepare for your next opportunity.

Everyone, bust your butt to your position

NO WALKING out to your position!!

