

# 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. Watch to 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 runners on vs. no runners 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 your arm loose and ready.

## **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 someone is ready to go out to warm up the pitcher.

## **All players, talk baseball**

Create an atmosphere of supporting one another. Watch the game together. Talk about what you are seeing. 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, hustle to your position**

NO WALKING out to your position!!