

Tips for Tryouts

The following tips were taking from Junior Baseball Magazine
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This was written by Robert Sposato who operates Safe at Home Baseball Camp in Oregon, and has coached youth baseball for fifteen years.

So you're getting ready to try out for the team you want to play for. The tryouts are tough, and you feel a lot of pressure, but you want to do your best with all those coaches watching and evaluating all the different aspects of you game. Here are some dos and don'ts that you should practice to be sure of doing your best at the try-outs:

DO's

1. Do be sure you know when the try-outs are held.
2. Do be sure you work out several days before the tryout, getting your arm loose and your glove loosened up. Too many kids go out the first day of try-outs having not prepared, and they wonder why they can't throw straight or catch a grounder. You have to get your body loose and ready before the first try-out. Don't take that brand new glove. It's better to use your old soft mitt until the new one breaks in.
3. Do bring your best energy to the try-out and stay focused while you are there. Coaches like kids who are attentive and don't get distracted...and they especially like kids who follow directions well and don't need to be told things over and over. Listen carefully when a coach is speaking and nod your head to show that you heard him. Being a "coachable kid" is a very important plus on your side.
4. Do stay positive. Baseball is a hard game, and all coaches know that. You will miss a ground ball or two, and you will make a lousy throw or two. You will swing and miss several pitches, and maybe lose a fly ball in the wind (or lights if tryout is inside). The coach is watching how you handle these situations. Do you throw a fit or show too much disappointment? If you fall apart when things go less than perfectly, he may decide to take another player who won't require so much help keeping his head in the game.

Don'ts:

1. Don't arrive late to try-outs with some excuse. Not a good way to make a first impression on a coach. Make sure your parents get you there early.
2. Don't talk too much when you should be listening or just concentrating on the drill. Kids who talk too much in try-outs tend to talk too much in practice, and coaches don't appreciate having to compete with a player for attention. Keep your mouth quiet and your focus on your game.
3. Don't brag about your talents or make excuses for your mistakes. Concentrate on doing each thing as well as you can, then immediately get ready for the next thing. If you miss a grounder, hustle after it and run back to the next thing. Show the coach that you have a mature attitude and can handle adversity. Try not to walk or look lazy when you could jog or hustle. Coaches love hustle!
4. Don't swing for the fences or try to make the spectacular play. In batting practice, the coach is looking for contact and batting form. Just hit the ball solidly and don't worry how far it goes. A big swing that doesn't hit anything looks like an out to a good coach. A hitter who makes contact winds up on base a lot in youth leagues. In the field, make the sure play most of the time. Catch the ball, then throw it. Kids who try for the great catch in the outfield often turn singles into triples. Coaches hate that!

5. Don't worry about your performance. Stay relaxed. Let them see your skills and let the rest take care of itself.