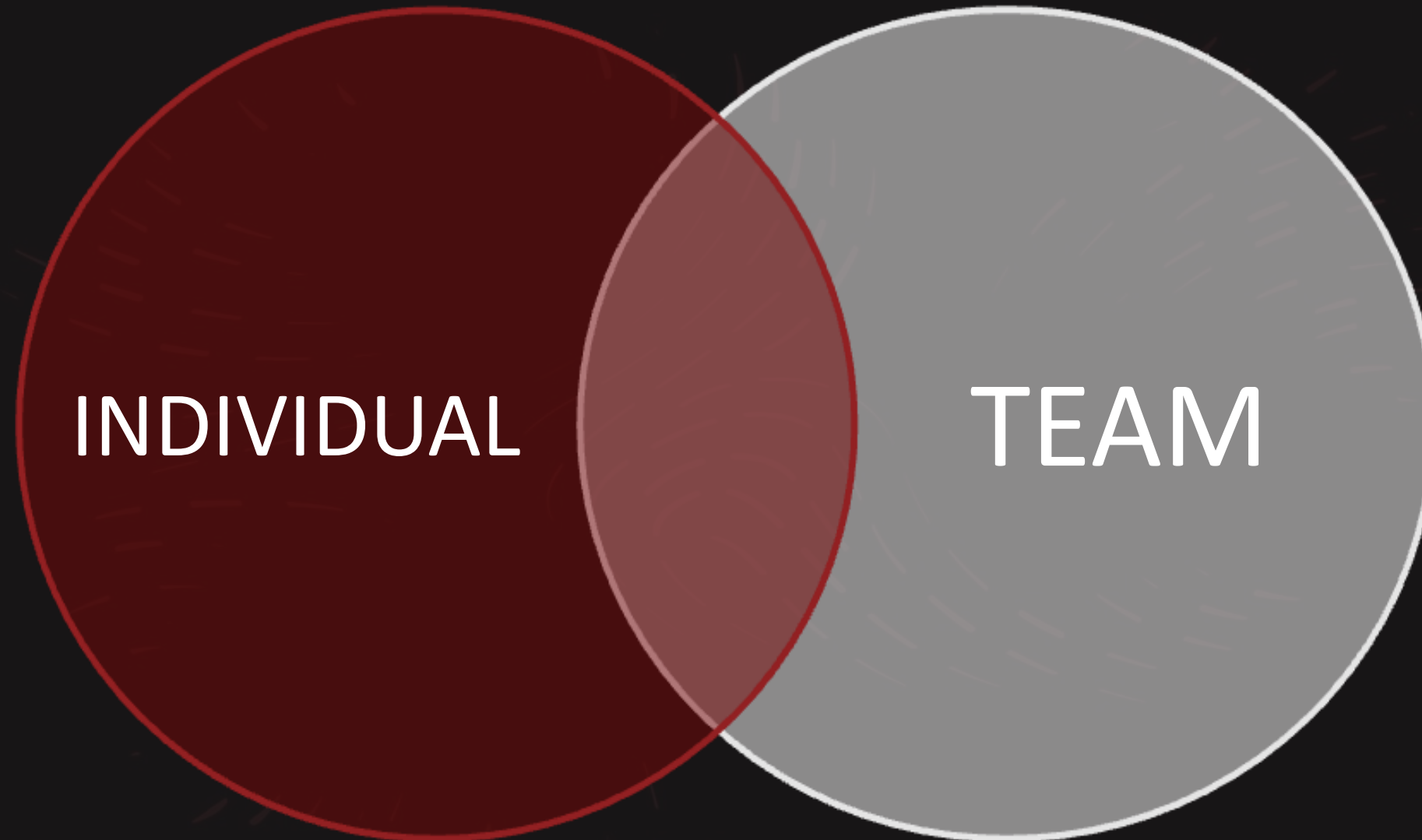


HEAD CASES

Inside the Minds of
Today's Players



WHAT IS MORE IMPORTANT?



THAT'S THE ART OF COACHING

HOW PLAYERS ARRIVE IN OUR PROGRAMS

SCARED

ENTITLED

STRESSED

EXHAUSTED

ANGRY

OVERCOACHED



PROFESSIONALIZED



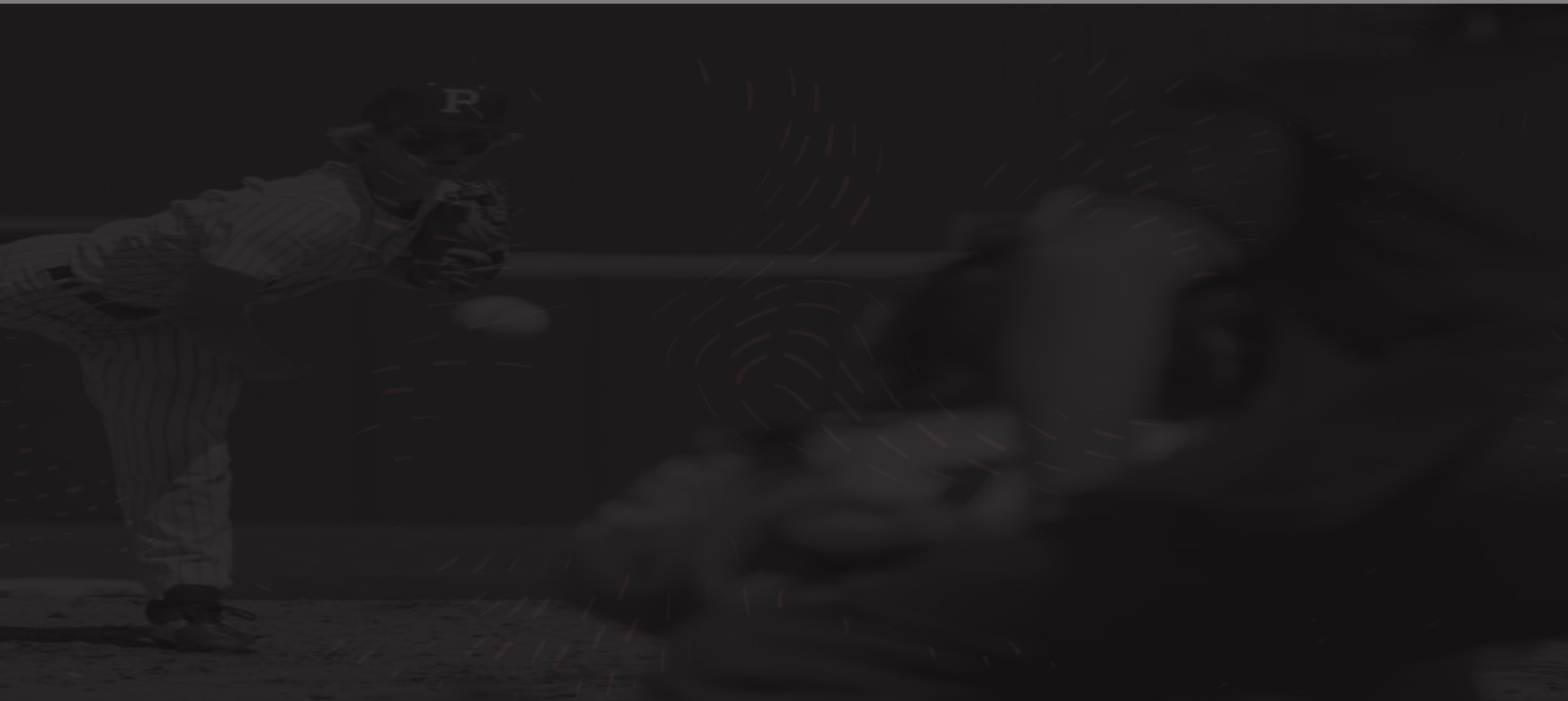
Stuff I've Struggled With

Understanding Today's
Players, Parents, & Culture.

Knowing What to Do about
the Issues Players Have

Wanting to Do What Today's
Players/Issues Require

STUFF I TRY TO REMEMBER



STUFF I TRY TO REMEMBER

1. BASEBALL IS HARD, SO IS COACHING



STUFF I TRY TO REMEMBER

1. BASEBALL IS HARD, SO IS COACHING

2. I DON'T REALLY KNOW WHAT'S GOING ON IN SOMEONE'S LIFE

STUFF I TRY TO REMEMBER

1. BASEBALL IS HARD, SO IS COACHING

2. I DON'T REALLY KNOW WHAT'S GOING ON IN SOMEONE'S LIFE

3. YOU CAN'T TREAT ALL THESE GUYS THE SAME. YOU HAVE TO TREAT THEM HOW THEY NEED TO BE TREATED.

WHAT'S CAUSING THE ISSUES?

EGO...

How do I look?

FEAR...

What if I fail?

WORTH...

Do I matter?



Results: Four Types of Players & Personalities

1 Exploders

2 Imploders

3 Explainers

4 Avoiders

EXPLODERS

1

What We See.

Equipment. Language. Arguments. Pouting. Aggressiveness.

2

What's Really Going On

Sense of justice. Passion. Competitive fire. Embarrassment. Pressure.

3

How It Impacts the Team

Draining. Tension. Instability. Disunity.

4

How To Coach Them

Don't match energy. Find ways to let them lead. Set specific boundaries.

IMPLODERS

1

What We See.

Quiet. More Reps. No complaining.

2

What's Really Going On

Perfectionism. Identity crisis.

"I'm letting everyone down." Overthinking. Desperation

3

How It Impacts the Team

Withdraws and turns inward. Tight in games.

4

How To Coach Them

Keep it simple. Quiet/private cues. Recognize the work.

EXPLAINERS

1

What We See.

LOTS of talking. Fun-loving. Hard working. Words or body language "excuses."

2

What's Really Going On

Trying to distract themselves. Internal highs and lows. Insecurity. Fear of blame. High baseball IQ.

3

How It Impacts the Team

Defensive. Hesitant to change. Uncoachable. Friction and arguments.

4

How To Coach Them

Get their input privately. Let them teach younger players. Feed off their energy. Hear them, but no debating.

AVOIDERS

1

What We See.

Negative body language. Showing up late. Excuses. Inconsistent effort.

2

What's Really Going On

Feeling worthless. Anxiety beyond baseball. Afraid of not being enough. Self-protection. Not trusting anyone.

3

How It Impacts the Team

Appears to be double-standards. Hard to count on them. Underachieving.

4

How To Coach Them

Praise growth, not ability. Delegate tasks and leadership to them. Hustle competitions.

A group of baseball players in red jerseys and white pants are gathered in a dugout, celebrating. One player in the center has the number 20 on his back. They are all smiling and looking towards each other. The background shows a blurred crowd of spectators in a stadium.

ONE MORE.

EXPECT IT TO BE DIFFICULT.

FIGURE IT OUT.

DON'T GIVE UP.