

# TRYOUT TIPS

## Tips From Coaches

### FOR THE POSTSEASON PARTICIPANT

What do tournament coaches look for? The obvious answer is participants who play well. But there are a few other things that players should do to ensure an eye-catching performance.

- Understand that a tryout is not a social event.
- Dress like a ballplayer. Wear baseball/softball pants, cleats and a hat. You will get major deductions if you show up in shabby jeans and the latest skater dude apparel. Wearing your hat backward or sideways is a major no no.
- When you arrive, place your equipment away from everyone else's. Run, preferably by yourself, to get warmed up. Stretch away from everyone else in the outfield. Coaches will notice this as serious discipline.
- Throw sufficiently to be completely warm. There may be a lengthy wait while waiting to perform at your position. Be sure to keep throwing if necessary to stay loose and warm.
- When it comes to show your defensive skills, focus on proper mechanics. Get your feet under you and focus on making an accurate throw.
- When hitting, take a pitch to get the feel for the timing of the pitch. Be selective and only swing at pitches that you can expect to hit with a high degree of success. Sometimes it is better not to over swing and try to hit line drives and hard ground balls.
- If you are trying out for a pitching position, make sure your arm is warm. As you start, focus on using perfect mechanics. Throw a couple of curves again just focusing on the proper release. With the last couple of pitches, if your arm feels good, throw your full fastball.
- Parents, stay away from coaches. Lobbying will not help. And it will only embarrass your son/daughter.