

torre's take

No matter how knowledgeable a coach may be about the game, the way he or she delivers the message and instructs is critically important. That's why establishing a coaching philosophy is so fundamental to success. Let's dig into this topic a little bit more.

When you think about it, coaches and teachers have an awesome responsibility. We have to help young people learn and grow and we must realize that we can make a difference in their lives.

I really believe that the key to having success as a coach is to realize the game is about the players and how they perform as a team. It's not about me, and if you are a coach, it shouldn't be about you. Coaches at all levels need to remember that when they are at the ballpark, they are there for the players.

I have put together a **TEACH** acronym to illustrate some of the coaching principles that I try to live by every day. I hope you get something positive out of it. It may not apply to everyone but it gets me back on track when I am searching for the right thing to say or do

- Train:** Have a daily plan for your players and coaches. All players should be working on a skill every minute of practice. Being prepared is a tedious chore but essential. Lack of a plan and execution of that plan will cause confusion and anxiety.
- Energy:** Have stamina and enthusiasm to lift the players and coaches to peak level. Practice and games should be a fun learning experience. Players should feel they have improved and have more appreciation. Every player occasionally struggles, lacks confidence and believes they have let others down. Be there to lift them up and provide positive reinforcement.
- Admiration:** Admire and respect your players. You receive respect by earning it. Until you respect your players for who they are, you will not receive it in return. Through your actions, show them how to respect umpires, the opposition, the uniform they wear, the people that watch them play and the game they play.
- Catalogue:** Take notes. If you want to help a player improve, be detailed in your review. Make notes about your practice plan to adjust skills and drills if necessary. Write down what each player needs to work on. Note during games which fundamentals the team needs to practice.
- Honesty:** Be honest with players and parents. Tell players the skills needed to develop, why they need to improve and how to develop those skills. Honesty can sting, but tact and a positive outlook can ease the pain.

In order to truly practice the principles that are part of the TEACH acronym, you really need to focus on being present for the players. If your goal is simply to win games and get more out of your players by making greater demands, you are not investing in the players' growth or your own. Remember, if you are ever struggling for the right thing to say or do, keep these principles handy and you ought to see some positive results.

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