



London Archers Baseball

Player & Coach Handbook

*Concepts and quotes extracted from the book,
"The Mental Game of Baseball: A Guide to Peak Performance" by H.A. Dorfman*

How do we play the game?

A ttitude

R espect

C ommitment

H ustle

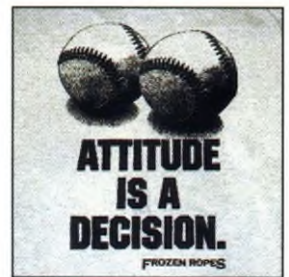
E nergy

R esilience

S upport

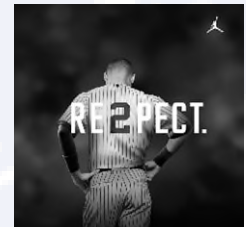
Proper Attitude

- **ATTITUDE:** OUR STATE OF MIND AS WE APPROACH AND EXPERIENCE OUR LIVES. Our attitude is EVERYTHING. It governs how we do what we do.
- A poor attitude never brings about any positive results. Therefore, why play with a poor attitude?
- What does it take to change a poor attitude to a good one?
 - Become aware of your existing attitudes.
 - Try to understand why you have that attitude.
 - Recognize the importance of learning. (No one knows everything)
 - Dedicate yourself to working hard to get better.
 - Be enthusiastic about your daily activities.
 - Be open to change.
 - You should want to make friends with your teammates.
 - Try to understand other's points of view.
 - Be a good listener.
 - Play effectively as a team.
 - Do not criticize others.
- Attitudes are not really emotions. They are thoughts and actions in which you can control.
- An attitude can change or be changed. WE ARE NEVER STUCK WITH AN ATTITUDE THAT WE DO NOT WANT. But it is up to you to decide if you are going to change a poor attitude into a positive attitude.
- **QUITE SIMPLY:** A **POSITIVE** attitude normally brings about **POSITIVE** results. What does this mean for you? If you are at the plate think that you are going hit the ball...you most likely will. If you are in the field on defense be positive that you are going to make the play and get the out.



Respect for the Game

- Respect for the game means understanding that there is certain etiquette (sportsmanship) that determines how you should act.
- **Remember, your actions not only reflect you, but they reflect your teammates, your parents, and your coaches.**
- **Things that show a lack of respect:**
 - Kicking or throwing helmets, gloves, or any other object
 - Arguing with an umpire
 - Wearing any part of our uniform the wrong way
 - Walking on or off a field
 - Showing an I don't care attitude
 - Not being a team player
 - Disrespecting a coach or coach's decision
- Win or lose, **ALWAYS** act with class. Congratulate the opposing team, respect them, and shake the hand of the umpires after every game.
- Clean up our equipment and leave every dugout cleaner than we find it.



Strong Commitment

- **DESIRE + GOALS + DEDICATION = SUCCESS**
- Exceptional achievers are willing to push themselves further and higher. They have made a commitment to themselves. They've set goals for themselves and hold themselves responsible for achieving those goals. The next step they understand is to work tirelessly to achieve those goals.
- **High achievers are willing to work hard.** They want to work hard. Even those who don't enjoy some of the tasks still perform them with all of their effort, because they are committed to efforts that help them reach their goals.
- The more committed a player is the easier their efforts become. Mental and physical energies are devoted to what is defined as a challenge, not a burden. For them, any effort is worth giving. Any problem is solvable. Any setback is temporary and instructive.
- **Make a decision to want to get better.**
- Be the best you can be. To do this you must dedicate yourself to getting better.
- That means take the time to practice what you need to practice. When you practice give your full attention. Have a purpose. Do everything you need to do to get better and you will become a player that is dedicated.



**Decide.
Commit.
Succeed.**

Always Hustle

- **Hustle** is the cornerstone of every great team. Hustling not only shows everyone you're here to play, but it will put you in a better position to beat out a hit, or make a special defensive play. Those who hustle 100% of the time are always the most respected players on the team
- **Rule #1: Always MOVE QUICKLY on and off the FIELD.**
- Rule #2: Run out every BALL HIT IN PLAY — No matter how hard it's hit!
- Rule #3: Run on every FOUL BALL you hit
- Rule #4: When you are WALKED — Run to first base to put pressure on the defense.
- Rule #5: Hustle to BACK UP every throw in the field
- **Rule #6: RUN THE BASES with passion and aggression**

“Never be the last...always be first.”



Bring Energy

- Be an **ENERGY** giver not an energy taker.
- **Energy** givers thank their teammates for backing them up or picking them up.
- **Energy** givers cheer their teammates on when they are not in the game.
- **Energy** givers listen to their coach with their ears and their eyes.
- **Energy** givers communicate non-stop on the field.
- **Energy** givers show up early and are prepared to workout, practice or play.
- **Energy** givers always give that little extra. And it goes a long way.

“Make a conscious effort to be an energy giver. It will pay off.”



Be Resilient

- **Definition of resilience - “An ability to recover from or adjust easily to misfortune or change”**
- You will experience failure. Baseball is a game of failure; the only way to avoid it is to not play. Even the best players make outs, boot ground balls, walk in winning runs, drop game-losing fly balls, strike out with the bases loaded, go into slumps and have bad seasons.
- **THE QUESTION ISN'T WHETHER YOU WILL FACE ADVERSITY BUT HOW YOU WILL RESPOND TO IT. THERE IS NO VALUE IN DWELLING ON FAILURE** but it must be recognized as part of the game. We don't see this as negative thinking, we see it as reality.
- You must develop the ability to learn from what just happened. Learn, forgive and forget: once you have done this, you have done all you can do.
- Learn from it. Failure is feedback. Step back from your failure and examine it as someone else might see it. Pretend it happened to your best friend on the team. What would you say to him?



Support your Teammates

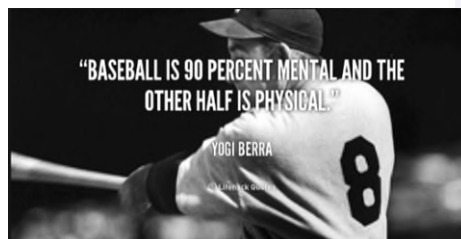
What it Means to Be a Teammate:

- 1) A great teammate gives relentless effort.
- 2) A great teammate is humble and unselfish.
- 3) A great teammate is willing to play any role on the team.
- 4) A great teammate holds themselves and their teammates accountable.
- 5) A great teammate strives to improve.
- 6) A great teammate is optimistic and enthusiastic.
- 7) A great teammate has respect for others.
- 8) A great teammate leads by example.
- 9) A great teammate is resilient.
- 10) A great teammate helps foster a family atmosphere.
- 11) A great teammate is always prepared.
- 12) A great teammate picks up and supports others no matter what



Fundamentals of the Mental Game

- **Take responsibility for your THOUGHTS and ACTIONS**
- COMMIT TO A MISSION:
 - know why you play baseball
 - know what type of ball player you want to be
 - know what you want to accomplish in a game
- Make your actions consistent with your mission
- **PLAY ONE PITCH AT A TIME, PLAY CONFIDENT AND FOCUSED ON EACH PITCH**
- Do not think about past or future plays
- **FOCUS ON PLAYING THE GAME instead of the outcome of your past performances**
- **Realize that you CAN NOT CONTROL WHAT HAPPENS AROUND YOU, but you can CONTROL YOUR RESPONSE TO IT, and that YOU MUST BE IN CONTROL OF YOURSELF BEFORE YOU CAN CONTROL YOUR PERFORMANCE**
- DEVELOP your mental skills so that you can perform to the best of your ability
- **PRACTICE what you are GOING TO DO IN A GAME**
- LEARN each day
- **Keep it SIMPLE**



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