

Fresh-Soph Baseball Information Handout

Items Needed for Practice

1. Ball Glove
2. Batting Gloves (if necessary)
3. Gloves (to keep warm)
4. Cleats for Outside
5. Tennis Shoes for Inside
6. Athletic Pants/Sweat Pants/Baseball Pants
7. Shorts (worn under sweats/pants)
8. Jacket/Sweatshirt for Outside
9. Baseball Hat
10. Stocking Cap/Toboggan

*Players need to be prepared and bring all of items everyday incase we decide to go outside or stay inside. If the temperature is above 40 degrees, we will likely be outside!

Morning Classroom Sessions

1. Check the schedule for morning classroom sessions in which we will be reviewing film and the mental aspects of the game of baseball.

Balance Ball and Plyometrics

1. Two exercises to help ball players increase their performance are the balance ball and plyometrics. Instructional videos concerning both exercises can be found on the following link: <http://www.youtube.com/user/joemillerbaseball> .

Saturday Home Games

1. Traditionally, between Saturday double-headers the home team provides a meal. If I could get a few volunteers to take care of organizing and implementing these meals, I would greatly appreciate it.

Books to Read

1. *Mind Gym*
2. *Mental ABC's of Pitching*
3. *Mental Game of Baseball*
4. *Men at Work*
5. *Moneyball*