

“Making a Coaching Plan”
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Deutschland Senior National Team

- 1. Commanding respect as a leader**
 - a. You must have a vision
 - b. Dream big
 - c. Communicate with truth
 - d. Think positive
 - e. Show confidence
 - f. Appreciate your people
 - g. Pass along the credit
 - h. Enjoy the process of everyday

- 2. Creating a consistent practice plan**
 - a. Using a form schedule
 - b. Change daily routines
 - c. Intrasquad each chance you get
 - d. Prepare for your opponent in practice
 - e. Do specialty work before and after practice
 - f. Practice for 2-3 hours

- 3. Motivation**
 - a. Start each practice with a good word
 - b. Use the sandwich effect
 - c. Close practice on an up beat with a team concept
 - d. Tell stories of players before them and create hero's
 - e. Use fundamentals
 - f. Affect vs. Effect

- 4. Leadership**
 - a. Trust in what you do
 - b. Listen to others
 - c. Separate yourself from your players
 - d. Become an advisor for your people
 - e. Enjoy your job, It is the best in the world
 - f. Talking to the press

Georgia State University
Example Fall Baseball Practice
Monday, October 16, 2006

3:15	Stretch and throw		
3:35	Base running Pitchers	Signs, 3-2 hit and run & two out leads Drills and conditioning	
3:45	60 yard dash		
4:00	Team Defense	Fly Ball communication 1st and 3rd Defense	
4:25	Batting Practice	Three rounds	Opo, line drives & reach wall
	On field hitting	Bunt Group	Tunnel Group
	Salvas	McCree	Loriek
	Pelt	D. Bennett	Simmons
	Aeden	Sharrett	Pyron
	Gordon	Childers	Cardoza
	Suttle	Camp	Wright
	Logan	Evans	Van Horn

5:05

Intrasquad Game

Home		Visitors	
Suttle	CF	Evans	CF
Childers	SS	D. Bennett	RF
Aeden	C	Wright	1B
Pelt	1B	Gordon	C
Camp	RF	McCree	LF
Logan	3B	Sharrett	SS
Van Horn	LF	Pyron	DH
Salvas	2B	Simmons	2B
Cardoza	DH	Loriek	3B