

BASEBALL TRYOUT SECRETS

by Coach Kenny Buford



Copyright Notice

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email legal@coachkennybuford.com to report any illegal distribution.

Copyright 2007 Baseball-Practice-Plans.com and CoachKennyBuford.com All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

CONTENTS

Baseball Tryout Secrets.....	4
Building Your Team.....	5
Documentation.....	5
Team Selection Matrix.....	5
Players and Their Positions.....	6
First Base.....	6
Second Base.....	7
Shortstop.....	7
Third Baseman.....	8
Catcher.....	8
Fielders.....	9
Pitchers.....	9
Attitude/Coachability.....	10
General Athleticism and Potential.....	11
Announcing Your Cuts.....	11
Appendix A: Sample Team Selection Matrix.....	13
Appendix B: Blank Team Selection Matrix.....	14
Appendix C: Sample Baseball Tryout Plan.....	17
Tryout Plan #1.....	18
Tryout Plan #2.....	19
Tryout Plan #3.....	20
Recommended Resources.....	21
The Coaching Essentials:.....	21
Online Clinics:.....	22
Baseball Coaching Aids:.....	23

Baseball Tryout Secrets

Anyone who has coached a competitive team will understand the inherent pressure of tryouts. Regardless of sport, age, grade, or skill level, choosing a select few players to make up your roster for the season will be one of the most difficult (and most stressful) decisions you have to make as a coach.

The cuts can be tough; you have to make a decision between a good hitter and a good fielder.

Further, what makes this decision so demanding is that the players you select now are going to be the players that make up your team for the course of the season. This is for all of the marbles. You may not get a chance to change your roster until next season.

That's why it is important to do it properly now!

Baseball Tryout Secrets is designed to help take some of the gamble and guesswork out of selecting players for your team. I mean, you never really know how a player is going to turn out in the end, but you can make a good assumption based on what you see in your tryout camp.

To help you along in the selection of your team, I have provided the following resources:

- A strategy on choosing the right players for your team and the characteristics that make great team players.
- A **Selection Matrix** that is going to help you decide which players have to go and which players to keep. It also gives you an opportunity to provide players who are on the cusp, a little coaching direction to help them over the top.
- In the spirit of **Baseball Drills and Practice Plan**, I have included a few different practice plans that you can use for your tryout camps.

Coaching isn't easy – especially at tryout time. You have to end up crushing a few dreams while making others come true. This plan is going to aid you in making the best overall decision for your team.

Best of Luck!

Building Your Team

Opinions vary on the ideal number of players for a team, but most people believe that 12 to 15 is optimal. To prepare a team effectively, you'll need at least 10 players attending every practice. You can always expect 1 or 2 players to be absent, whether it be due to homework, family commitments, sickness, or some other reason. As a general rule, choose more players if you expect a high rate of absenteeism.

However, be aware that there are only so many game time minutes to distribute amongst your team. Many coaches fall into the trap of selecting too many players, only to have them become disgruntled over lack of playing time. It is inevitable that some players will see the floor more than others, but be wary of bringing several players onto the team who have little or no chance of playing in the games.

For this reason, I would recommend a team size of 12 players for most teams at the high school level or below. More advanced, competitive teams may select up to 15, but it is important to manage the playing time expectations for those players who will be at the end of the bench.

Documentation

Many teams have attempted to equalize the playing field and have adopted a strict 'documentation' process for the coaches to follow. This attempts to ensure that everyone gets a fair shake on the field during tryouts, and forces the coaches to be accountable. Why did you make the choice to cut one player and keep another?

It will all be down in the documentation. That's why I have come up with the **Selection Matrix** – it provides a great opportunity for you to evaluate the players that have come out for tryouts – and it provides you with the necessary documentation to make sure you are selecting the right players.

Team Selection Matrix

I have put together a system that allows the coach to make fact-based decisions on their team. Here's how this system works:

- List all of the tryout players from top to bottom on the Matrix

- Decide on the 3 or 5 most important selection criteria for your team (I have examples below)
- Apply a different weighting to the selection criteria, based on what you think are the most important traits.
- Each criteria is scored between one and 10. These scores are multiplied by the weighting percentage.
- The scores after the weighting will be added together to come up with a final tally that is used to choose the team.

You may come up with different selection criteria on your own, but here are three areas you can start with:

- Player skills and positions
- Attitude and coachability
- Athleticism and potential

Players and Their Positions

You may want to group players by position, with each area having the weighting different. For example: You may not need your first baseman to have the same fielding skills as your shortstop – but you want them to be the good batters in your lineup. So, for first baseman, you choose to weight your score a little differently.

I have also included a short piece on what you might want to look for in each position player on your team. This is just a guideline and may not apply to your coaching philosophy.

First Base

Your first baseman doesn't necessarily need to have great range to shag ground balls through the holes, but he or she must have a great anticipation of where the ball is going to go when it is thrown to them.

Often times players (especially at younger levels) will errantly throw the ball, or their arms aren't quite strong enough to reach first. The first baseman needs to be able to anticipate the bounce of the ball, and must not be afraid to knock it down.

The first baseman is traditionally one of the stronger hitters on the team, because what they may lack in outstanding range and speed, they usually make up for in hitting power. This isn't always the case, however.

Keys to a good first baseman:

- Good glove (on throws)
- Good bat

Second Base

Aside from your shortstop, the second baseman needs to be the best infielder on the team. They need to be able to track the ball through large holes –especially when the first baseman is holding a runner.

They don't necessarily need to hit for power, but consistency in getting on base is a good trait for a second baseman to have.

Good fielding awareness is also important – meaning they need to know what is going on, and where to throw the ball. It isn't just about reeling in grounders and making throws to first base. There are double plays, being the cutoff man, etc, that a good second baseman knows how to do.

Keys to a good second baseman:

- Good fielding range and awareness
- Consistent bat

Shortstop

Should be your best infielder. They should have a combination of speed, intuition, and ability to make the right play. The shortstop also needs to have a strong arm in the infield, because many throws will be made on the run, and when the infield plays deep.

Like the second baseman, the shortstop doesn't need to be a power hitter, but to utilize their speed, they should be good percentage hitters. Further, they should have excellent field awareness, knowing where the ball should be every time it is hit.

Keys to a good shortstop:

- Great range, glove and awareness
- Consistent on base hitter
- Strong arm to make longer throws

Third Baseman

A strong arm is a must on the hot corner in baseball. The best third baseman can throw the fastest players out with a powerful and accurate arm. Precision is also a must, because the third baseman has the longest distance to throw, and the most room for error.

Because many players are right-handed hitters, and many players hit the ball naturally to the left side of the field, the third baseman needs to be brave when the ball is hit hard to them. They will see their fair share of hot grounders and line drives. You need to have someone on third base who isn't afraid of the ball.

A third baseman is also usually a strong hitter, with a great deal of powering the batting order.

Keys to a good third baseman:

- Strong arm
- Fearless ball handler
- Good power hitter

Catcher

A good catcher is one that can stop the balls from getting by him or her – not necessarily the one with the golden arm from behind the plate. Far more runs are going to be scored and bases stolen on past balls than stolen bases in youth baseball.

Stopping the ball is important. With that said, a strong arm is also imperative. If a team does steal, the catcher should be able to get the ball to second base instantly.

What both of these come down to is reaction. A good catcher has good reaction time.

Most catchers are the best hitters on the team, so you should focus on the defensive talent, and if they can hit, then it is a bonus to your team.

Keys to a good catcher:

- Good reaction time (for throws and stopping the ball)
- Fearless of the ball and the bat

Fielders

Fielders have a lot of ground to cover in the outfield, so it's a good idea if they are speedy. Some managers will make their rangiest player the centerfielder – because of the potential amount of ground to cover. A strong arm is also a good trait in a fielder – especially if you are asking them to make long throws from deep in the outfield. It can save you a lot of runs on advanced bases from sac flies.

As far as the bats, this is maybe where you want to make sure you have a few good ones. While many fielders have good speed and fielding skills, it is always nice to have good bats in the outfield as well.

Keys to a good fielder:

- Strong, accurate arm
- Fast in the outfield
- Good judge of the ball in the air
- Good hitter

Pitchers

Well, this can vary from one team to the next. Not many teams that are below high school level will have a dedicated pitching staff. In order to keep number appropriate, the pitchers are pulled from different position on the field to come in and play.

Some teams may have a small pitching staff, but it isn't always likely.

Finding any pitchers who exhibits a good power and control combination are the most valuable pitchers, but they don't always come along every year. Pitchers that are also valuable fielders would be my next choice, and then pitchers that have overwhelming power, or great control, but not both at the same time.

Note: In my selection Matrix, I have weighted baseball skills as 60%

Attitude/Coachability

If I am the coach this is one area that I place a great deal of importance on. While you can have a player with average skill and a great attitude – and they can improve their skills with practice, the player with good skill and a bad attitude is hard to change. That's why I might lean towards players with good attitudes.

A good attitude sets an example for the rest of the players on the team. The best players usually have the best attitudes. It is that simple.

Since baseball is a team sport, everyone needs to be working together when they are on the diamond. If you have a few players who think they are above the team, or they don't need to put out the same effort as other players on the team, they can affect an entire lineup.

You can select players who have a questionable attitude in the hopes that they will be swayed by the others with a good attitude. You can also keep a close eye on these players so that they don't become a distraction to the other players. A big attitude problem isn't something I would take on my team.

The players with good attitudes are great motivators for the players that do have the better skills and they can be valuable in pushing those players to greater heights.

When I am putting together my roster and I have the final positions to fill, I fill it based on attitude over skill every time. **Attitude and coachability get a 30% on my Selection Matrix.**

General Athleticism and Potential

This can be hard for some coaches to gauge, but I think it is important. All you have to do is think of that players that can throw the ball 100 miles an hour, but can't hit the broad side of a barn. Or the big swinger that can hit it over the fence every time, but misses more than he or she makes contact.

Athleticism is an important tool in determining the quality of a player. Some players have skill, but very little overall athleticism. You are going to have to do a balancing act – in my experience, there is more potential in players with excellent athleticism and lower skills than with skill and little athleticism.

Potential is a funny thing. But, identifying it can be a gold mine for a coach. Uncovered talent is all over the place, but some players need a little more coaching than others.

Every coach wants to find that diamond in the rough – so-to-speak. Especially if it is your job to find the next big star for the high school senior team. So, put some stock in potential and see if you can cultivate a new player or two every year.

I place 10% on athleticism and potential in the selection criteria.

Announcing Your Cuts

The most difficult and stressful part of tryouts is announcing your cuts. This is something that must be handled tactfully and delicately. Most of us can remember being cut from a team as a kid, and it is not a pleasant experience.

The key thing to remember with making cuts is feedback. The Comments section in your Team Selection Matrix should be filled with specific suggestions on how each player should improve his game. I would encourage you to meet privately with each cut player to discuss his strengths and weaknesses. This can be done in person at the gym or field, or over the phone. Explain clearly why he was not selected, and what he needs to work on to have a better opportunity of making the team next year. This will also provide the Documentation that some schools require for all competitive team cuts.

Some coaches will prefer to simply post the team list in a public area, and have the hopefuls come by to see if they made the team. If you choose this option, ensure that you encourage the cut players to approach you privately to discuss their specific development areas.

Now, following is an example of how the **Selection Matrix** works. You may alter it and adjust it, but I find that this works for me. I have included one sample matrix, and then a blank matrix that you can use for your next try out.

Note: The key to making the **Selection Matrix** work is if you are honest about a player's skills. Don't count anyone out unless they are really not up to par in the three skill areas. Some players may surprise you – others may not. But they all deserve the same chance. **You do want the best team, don't you?**

Appendix A: Sample Team Selection Matrix

Player	Sugg Position	Positional skill set		Attitude & Coachability		Athleticism & Potential		Total Wtd Score	Decision	Comments
		Score	Wtd Score	Score	Wtd Score	Score	Wtd Score			
		(1-10)	(x60%)	(1-10)	(x30%)	(1-10)	(x10%)			
Dave Smith	SS	8	4.8	9	2.7	8	0.8	8.3	Keep	
Joe Benitez	Pitcher	3	1.8	10	3	6	0.6	5.4	Keep	Needs to improve game awareness, but great attitude. Will be a good player down the road
Steve O'Conner	Catcher	8	4.8	2	0.6	6	0.6	6.0	Cut	Very talented, but very poor attitude
Byron Jones	3B	5	3	9	2.7	10	1	6.7	Keep	With right coaching, will be a very good varsity player.
Dustin Hubert	LF	1	0.6	5	1.5	6	0.6	2.7	Cut	Very physically strong, but needs to improve eye-hand coordination and footspeed.
Jeff Kendall	2B, SS	9	5.4	6	1.8	7	0.7	7.9	Keep	
Ike Hammond	P	8	4.8	7	2.1	6	0.6	7.5	Keep	
Juan Molina	CF	8	4.8	7	2.1	7	0.7	7.6	Keep	
Morris Dubrow	1B	7	4.2	7	2.1	8	0.8	7.1	Keep	
Devante Forde	RF	2	1.2	8	2.4	5	0.5	4.1	Cut	
Mike Williams	P	3	1.8	3	0.9	7	0.7	3.4	Cut	Needs to improve consistency
Dustin Penfield	C	8	4.8	4	1.2	7	0.7	6.7	Keep	Will need coaching to improve attitude
Robert McGill	OF	7	4.2	6	1.8	9	0.9	6.9	Keep	Very athletic. Skills need work, but huge potential.
Eric Concordia	Mgr	5	3	3	0.9	6	0.6	4.5	Cut	Perhaps not ready for the team, but perhaps manager
Karl Matthews	1B	6	3.6	5	1.5	5	0.5	5.6	Cut	
Harris Tobia	3B	8	4.8	9	2.7	7	0.7	8.2	Keep	
Jamal Drummond	SS	9	5.4	8	2.4	7	0.7	8.5	Keep	
Terry Sherbrooke	P	5	3	7	2.1	5	0.5	5.6	Cut	Good attitude, but weakest of the pitchers
Wayne Johnston	RF	3	1.8	6	1.8	6	0.6	4.2	Cut	poor attitude
Doug Stanley	CF	8	4.8	7	2.1	7	0.7	7.6	Keep	
Clark Fullerton	LF	5	3	4	1.2	4	0.4	4.6	Cut	Need to improve coordination

Appendix C: Sample Baseball Tryout Plan

On the following pages are 3 sample Baseball Tryout Plans which can be used in conjunction with the Selection Matrix to select your team. The Ref column refers to a section in the ebook “Baseball Drills & Practice Plans”.

Tryout Plan #1

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Notes
00 to :10	Throwing warm ups	
:10 to :15	Full body stretch	
:15 to :20	Light jog around the outfield	
:20 to :35	Infield Practice: 1.16 Make the Play 1.9 Know Where to Go Outfield Practice: 1.15 Catching Flies 1.10 Catch and Throw	
:35 to :40	Water break	
:40 to :50	2.1 From the tee	
:50 to 1:10	Coach Pitching & Hitting Practice	
1:10 to 1:20	3.8 Baserunning Relay	
1:20 to 1:30	3.3 Star with 2 and 4 (baserunning skills)	
1:30 to 1:45	1.14 Pepper to elimination	
1:45 to 2:00	Cool Down & End of Tryout Talk	

Tryout Plan #2

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Notes
00 to :10	Throwing warm ups	
:10 to :15	Full body stretch	
:15 to :20	Light jog around the outfield	
:20 to :35	Infield Practice: 1.16 Make the Play 1.9 Know Where to Go Outfield Practice: 1.15 Catching Flies 1.10 Catch and Throw	
:35 to :40	Water break	
:40 to :50	2.1 From the tee	
:50 to 1:10	Coach Pitching & Hitting Practice	
1:10 to 1:20	Scrimmage	
1:20 to 1:30	Scrimmage (cont)	
1:30 to 1:45	Scrimmage (cont) Add different scenarios for players to react to	
1:45 to 2:00	Cool Down & End of Tryout Talk	

Tryout Plan #3

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Notes
00 to :10	Throwing warm ups	
:10 to :15	Full body stretch	
:15 to :20	Light jog around the outfield	
:20 to :35	Infield Practice: 1.16 Make the Play 1.9 Know Where to Go Outfield Practice: 1.15 Catching Flies 1.10 Catch and Throw	
:35 to :40	Water break	
:40 to :50	Infield Practice: 1.8 Make the Tag Outfield Practice: 1.7 Hit the Relay	
:50 to 1:10	Swing Down (2.12 Batters) with Make the Play (1.16)	
1:10 to 1:20	1.12 Double Play Ball	
1:20 to 1:30	3.3 Star with 2 or 4	
1:30 to 1:45	2.1 From The Tee	
1:45 to 2:00	Cool Down & End of Tryout Talk	

Recommended Resources

The Coaching Essentials:

Baseball Drills & Practice Plans - Would you like to have 25 pre-designed practice plans at your fingertips? My ebook, "Baseball Drills & Practice Plans" is jam packed with over 50 unique, fun and effective baseball drills. The drills are fully organized into clipboard-ready practice plans... so you can prepare for practice in just 5 short minutes. Includes baseball tryout plans and my own "Team Selection Matrix". Perfect for the beginner coach looking to get organized, or for the experienced coach looking for fun, innovative ways to teach fundamental baseball skills. (\$34.68)

For more information visit:

<http://www.coachkennybuford.com/ar/drills.html>

Baseball Blueprint - Designing your own animated plays and drills can be as easy as 1-2-3. Baseball Blueprint software allows you to create stunningly effective animated drills and plays and share them with your team in 3 super easy steps. (from \$49.95)

For more information visit:

<http://www.baseballblueprint.com>

Online Clinics:

Underground Hitting Secrets Clinic - Every book, magazine article, and instructional video is just dead wrong about hitting- this clinic reveals 7 simple secrets that will improve your players' skills forever. The focus is on hitting mechanics... the specific "underground" secrets of stance, spine angle, head tilt, hand position and swing path that nobody seems to get right... and nobody ever teaches. Discover the 6 biggest mistakes hitters make and find out how to quickly correct even the most difficult-to-cure bad habits. (\$49.95)

For more information visit:

<http://www.coachkennybuford.com/ar/hitting.html>

Signs and Signals Clinic - Discover the secrets to a mega-effective on-field communication system that will give your team a massive mental edge on the competition. Find out how to make use of verbal, touch, and descriptive hand signals that are simple enough for your team to memorize and recall easily, yet deceptive enough to prevent other teams from "cracking your code". (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/signs/fullstory.html>

Practice Planning Secrets Clinic - Finally! A proven, step-by-step system that'll keep your kids totally riveted and steadily improving for the ENTIRE practice. Incorporate the "Team Time" drill into your practice to get the entire team working simultaneously (this incredible mega-drill does the work of 14 regular drills in 1). Discover why common methods of practice planning usually backfire- and learn 7 shortcut strategies to design an outrageously effective practice (even if you don't have an assistant to help!). (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/ar/ppsecrets.html>

Baseball Coaching Aids:

Solo Hitting Machine - This is the world's first "Self Contained" hitting machine that allows your batter to swing full speed at a moving target (just like real batting practice)...then get instant feedback on swing accuracy and power. You're batters will get a massive number of swing reps in only 5 minutes. Can be set up inside or outside. (\$249 + S/H)

For more information visit:

<http://www.coachkennybuford.com/ar/solohitting.html>

New coaching tools are being added all the time, for a current list of the best coaching resources we offer, please visit our main catalog at:

<http://www.coachkennybuford.com/catalog.html>