

MAINTAINING A POSITIVE TEAM ATTITUDE

by

Cindy Bristow

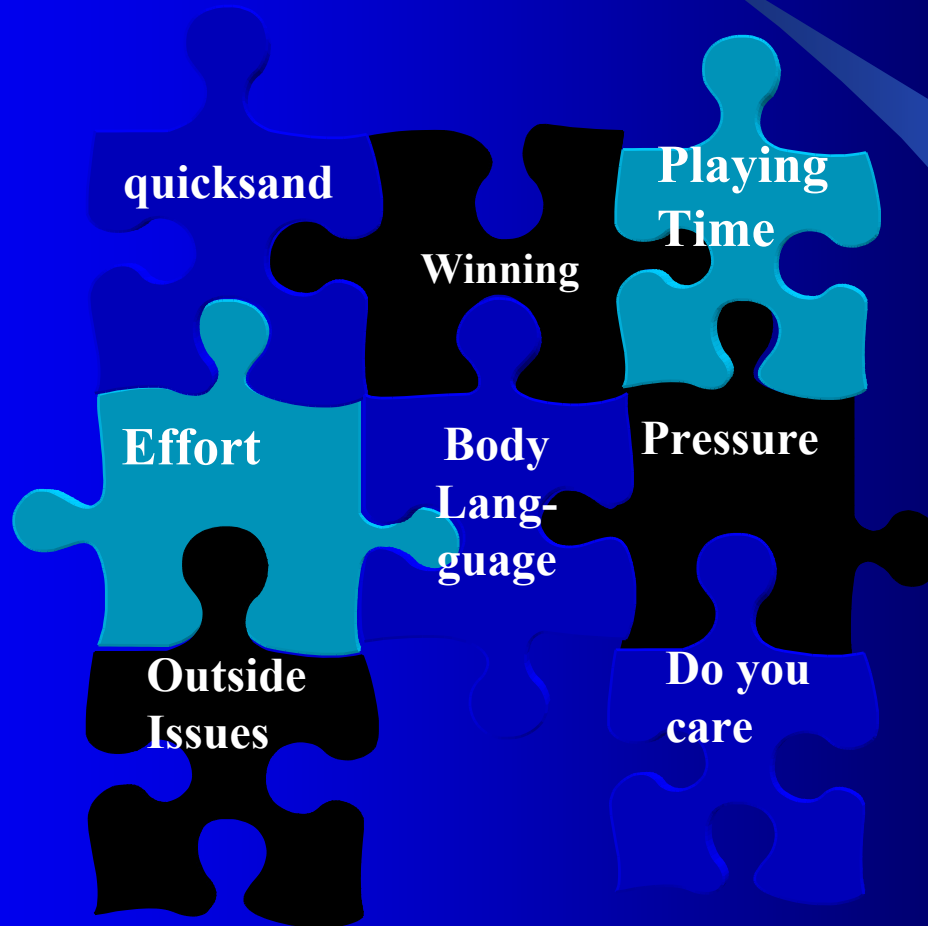
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“CREATING ... a Positive Team Attitude” (instead of maintaining)

- The coach is the **KERNEL** for deciding how the team’s attitude and season goes.
- To misquote Forrest Gump a bit –
 “The team is, as the coach does ...”
- If the only thing you’re positive about this season is that your team stinks/will stink – then buy the nose plugs now, because they won’t let you down.

Things that will effect your Team's Attitude:





1. QUICKSAND

- **The GAME ITSELF** – very frustrating and a constant source of negative feedback and failure opportunities.
- **THE NEED TO PLEASE** – especially strong in women. The need to succeed in pleasing the coach vs. the need to be successful.
- **THE FRIEND FACTOR** – you might have yelled at Lisa and she can handle it, but now Susie's mad at you for a week...

2. WINNING



- You have to be very **REALISTIC** about this part.
- Help your players determine what the team is capable of – and – what the players are willing to **COMMIT** to regarding the team's success.
- Be **PATIENT** – it takes a lot of small advances to add up to a **HUGE** gain...we don't go from nothing to **HUGE** in one step.
- Yet as coaches, we're always waiting and expecting that huge gain...(more later)...

2. WINNING



- There are things you can do to help your chances of Winning.
- **You have to coach this year's team, with this year's players and this year's skill level.**
- What are they, THIS YEAR?
 - *quick with no power*
 - *great pitching and no offense*
 - *no defense but great hitters*
 - *Young with lots of talent*
- Will the winning come later in the season? Will you still mentally and support-wise be there when it does?



3. PLAYING TIME

- Playing time must be fair – not equal. (Sports isn't about equality).
- You have to do what's best for the team – and not for any one player.
- For the Anaheim Angels...their WHOLE was larger than the sum of their parts.

3. PLAYING TIME



- Also for the Anaheim Angels –

There was no Barry Bonds on the team, no Sammy Sosa, no Alex Rodriguez and nobody who appears to be taking a direct route to Cooperstown.

But, you put their lineup together and you see hits and runs and all manner of movement on the basepaths. Taken individually, these are good ballplayers. Taken together these are ballplayers good enough to win the **WORLD SERIES!**

4. EFFORT



- “A coach’s main job is to get her/his players to not have their last play hurt their next one.” — *Cindy Bristow – Softball Excellence*
- “Leap into the unknown. It’s so exciting. So what if you fall, I’ll pick you up. The rest of the team will pick you up.” — *Sue Enquist, Head Coach - UCLA*

4. EFFORT



- Don't mistake "effort" with "caring"... "this team doesn't care", "you don't care".
- We all might "care" and even "care" the same, but we'll all seldom show it the same.....
- Instead, make it about the effort –
How much of your complete 100% effort are you able to give today? And how much of that are you giving?? Now, let's deal with that issue – stick to reality and leave fantasy land for other coaches.



4. EFFORT

- Help your players understand the difference between **WANT** and **WORK**:
 1. You want success
 2. Your players want success
 3. The parents and the school expect success.
 4. **NOBODY** wants to work for it (or knows how to)
- *Failure is too easily excused away.*

5. BODY LANGUAGE

- How important is it??

Body
Lang-
guage



5. BODY LANGUAGE

- How important is it??
- Every time you drop your head, or start screaming, you're telling every one of your players that you believe in them 100%...you believe in their ability to fail - and that you look helpless to do anything about it.
- **Body Language can be VERBAL as well as visual.**





5. BODY LANGUAGE

- How important is it??
- Your body language tells your team what you feel about their chances. Do you think there's no chance and you're quitting so of course they should, or there's still a great chance and you believe they can do it.
- HHS (Hanging Head Syndrome)

Pressure

6. PRESSURE

- Pressure certainly causes the BODY LANGUAGE problem. How we react under pressure makes the difference, and our Body Language often tells others how pressure makes us feel.

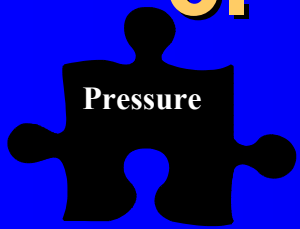


6. PRESSURE / PATIENCE



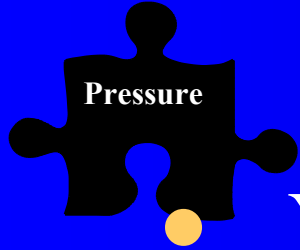
- Mike Scioscia, one of the youngest managers to win a World Series (43), didn't panic when the Angels struggled. He kept counseling patience, pushing his players to be aggressive at the plate and on the field.
- Scisioa managed the Angels with much more insight than ego. He was calm in tough times. He was calm in good times.

6. PRESSURE / PATIENCE



- YOU create your team's success by believing in their DAILY ability to give as much as they can that day.
- And, in believing that your players are trying to succeed even though it might be nearly impossible on that particular day or on that particular play to tell.

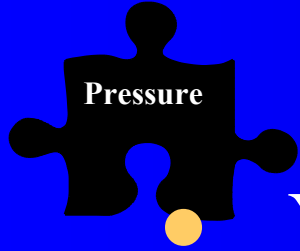
6. PRESSURE / PATIENCE



Your PLAYERS must also learn patience as well - something made VERY difficult by:

1. THE GAME
2. THEIR COMPETITIVENESS
3. THEIR AGE
4. THEIR LACK OF A PLAN

6. PRESSURE / PATIENCE



Your PLAYERS must also learn patience as well - something made VERY difficult by:

1. The game
2. Their competitiveness
3. Their age
4. Their lack of a plan

“Don’t Get Mad – Get Better!”

If you don't like how you're playing, what are you doing to change it??? Just getting mad? - GREAT PLAN...



7. DO YOU CARE?

- The question isn't whether you're in their corner; of course you are. The question is – “What are you saying to them while you're there?” Your ACTIONS do the talking, not your words.
- *Do you start your rookie in the 7th Game of the World Series (Angels)?*
- *Understand how your actions can be interpreted by your players – Kim Maher example.*
- *Linda Wells Pad*
- *Jimmy Johnson's Notepad*

8. OUTSIDE ISSUES

- FAMILY
- SCHOOL
- LIFE

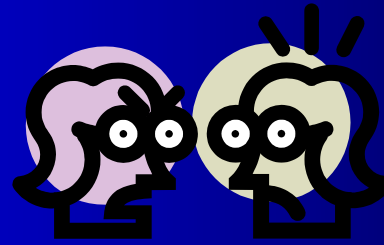


8. OUTSIDE ISSUES

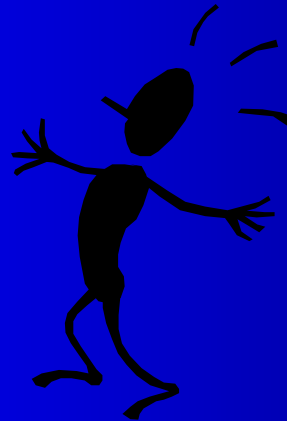
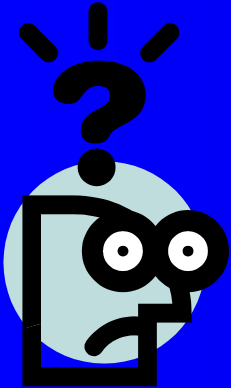
- THEIR OWN EXPECTATIONS
- GHOSTS (History, Family, School...)
- OTHER STUFF



EXERCISES:



- WHAT DO YOU BRING TO THIS TEAM?
- WHAT DO YOU NEED TO WORK ON?
- THE FEAR CAN?
- I'VE GOT YOUR BACK
- POSITIVE COMMENTS JAR



EXERCISES:

- What Do You Bring To This Team?

The List Hanging in the Locker Room of What
The 2000 Wahoos Brought to the Team:

CHAMP. EXPERIENCE
EXPERIENCE ✓✓✓✓ SPEED ✓ HEART FUN
EXP. IN LEAGUE WORK ETHIC ✓ BALANCE SUPPORTIVENESS
CONSISTANCY ✓ INTENSITY ✓ VERSATILITY PATIENCE
MENTAL TOUGHNESS POSITIVE ATTITUDE ✓ PASSION
COMPETITIVENESS ✓ KNOWLEDGE ✓ INTELLIGENCE ✓
FUNDAMENTALS LOUD ORGANIZATION
DESIRE ✓ PRIDE POWER SPIRIT
LOVE OF GAME LEADERSHIP HUMOR ✓ MEDICAL ASSISTANCE
EFFORT
CLUTCH HITTER COHESIVENESS

EXERCISES:

- What Do You Need To Work On?



7/10/02

- Throwing to bases
- side to side fly balls/line drives/ground balls
- infield ground balls
- footwork in outfield
- balls in the sun



- hitting with runners in scoring position
- live hitting
- bunting
- taking BP swing into game day
- pitch selection
- working the count in my favor
- being relaxed

stavinia positive
Film

Defen.

Gap balls - throw to 2nd
cheering

Off.

Front toss - mix - spots/change

Tees - mix

DEFENSE

- Throwing to bases (situations)
- Bunt Coverage to different bases



OFFENSE

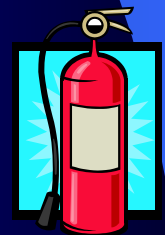
- keeping my head down on contact
- hitting inside & outside pitches w/ power & MIDDLE
- WORK ON TIMING
- SWING QUICK EVERYTIME!!!
- POSITIVE ATTITUDE (w/ myself)

EXERCISES:

- The Fear Can?



fears



EXERCISES:

- I've Got Your Back

YOU GOT A CANNON! ★

Great Arm & person.
clutch hitter *your arm has been blessed by GOD!

GOOD EYE FOR A RISEBALL

Great hitter, sees ball well.
leader by action/great hitter

Calm confidence
No fear

Power

Numerous, tremendous talent, Never gets down on herself,
Hard Worker!

~~Great~~ Great Player (Power hitter)
Leader

PERSONALITY, POWER, SMILE, GREAT HITTER

PLEASE BE NICE ☺

Quiet Thunder

Hard worker

Hits the — out of the ball!
- Funny -
HAS CONFIDENCE IN TEAMMATES

GREAT GAME ATTITUDE - HARD AS [scribble]!

calls great game / consistent power hitter
- Calls a great game - confidence in pitchers
- Calm presence behind plate

You hit the ball harder than anyone I know

Brings good attitude to field, calls a great game.

- Great Talent, Awesome Attitude
Great Catcher & Hitter Great to have you on my team again

EXERCISES:

- Positive Comments Jar

Samples from the Florida Wahoos "Positive Comments Jar":

People person
great arm
cute dog
sound fundamentals in hitting/fielding
dedicated/intense

Very intense
team oriented
good communication (on field)
works hard
nice person :)

Positive Attitude

Tremendous Softball Talent

Humorous

Can hit the Hell out of
the ball.

Supportive of Teammates

- You are very hard working and
shows about a off call and
get have the ability to have
open and be fun out of
the field. You're very sweet!
- Great hitter!