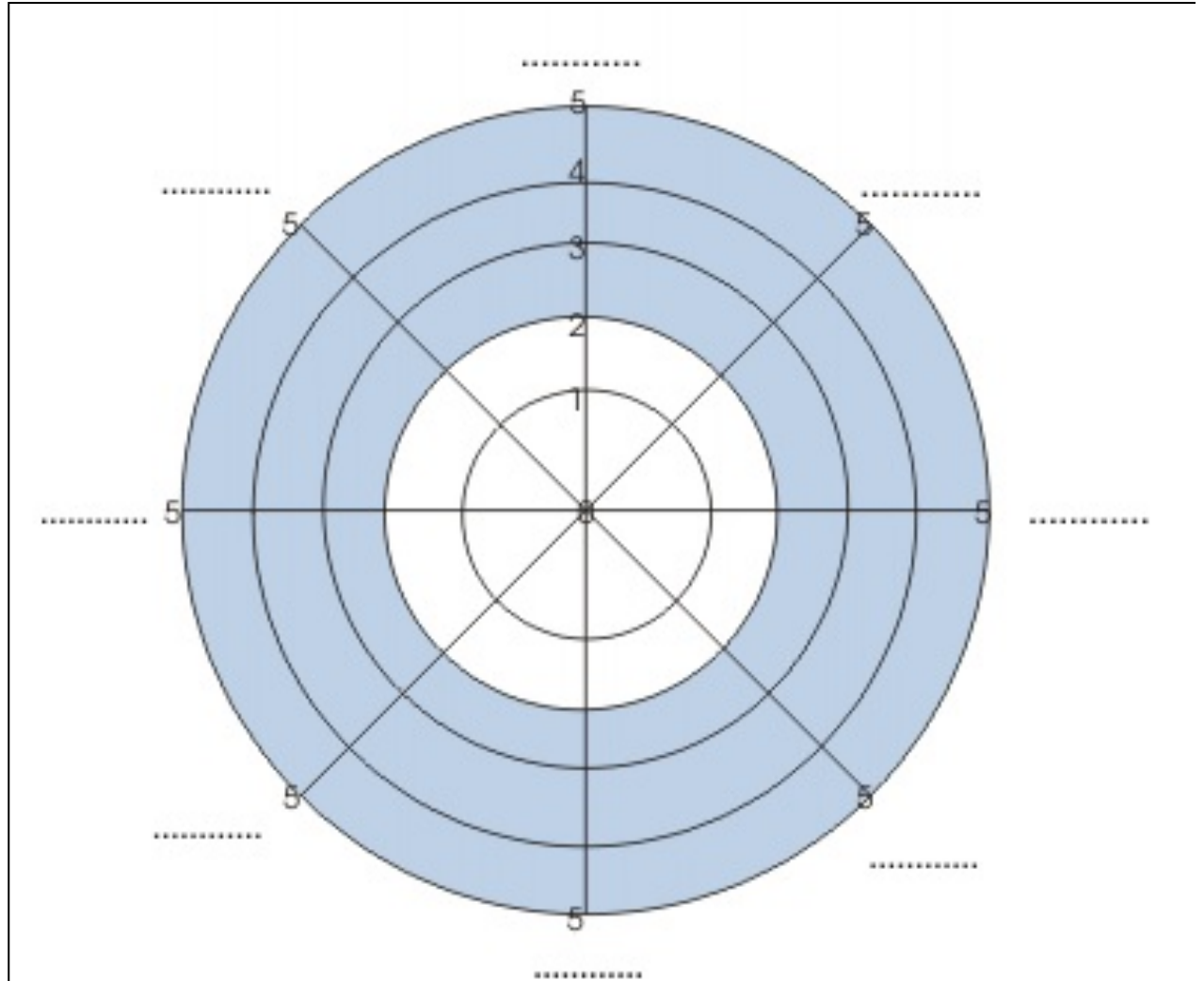


Baseball By The Yard's

High School Coaching Wheel

Directions

1. Print out all the pages of this activity so you can write on the wheel.
2. On the dotted lines around the circle, write in the following titles: Pitching, Hitting, Base running, Mental Game, Infield, Outfield, Practice Organization, and Game Strategy.
3. From 1 to 5, rank yourself in each area of baseball with 5 being a ranking of "excellent" and 1 a ranking of "poor." Before ranking yourself, read through the statements on the next page to help you accurately rank yourself.
4. Place an X on the line based on your ranking for each category.
5. Using a curved line (as opposed to a straight line from each X to the next) connect the X's.



Before ranking yourself, consider the following in the chart. After reading, rank yourself in each category on your wheel.

Pitching	Do your pitchers know your pitching philosophy? Can they explain it in one sentence? Do you have a person who specifically handles the pitching? Do your pitchers have a written throwing and workout regimen for the off-season and one for in-season?
Hitting	Do your hitters know your hitting philosophy? Can they explain it in one sentence? Do you have a hitting coach? Can your hitters accurately list their strengths and weaknesses? Do your hitters have drills tailored specifically to their individual needs?
Base running	How much time do you spend teaching base running technique? Do your best base runners spend a portion of practice everyday solely on base running skills? When your team runs sprints, do you incorporate base running techniques and skills (delay, hit & run, straight steal, etc) while running?
Mental Game	Do you do activities to assess the mental strengths and weaknesses of each of your players? Do you provide drills and strategies tailored to fit the mental needs of each player? Do you design drill work to include specific mental training?
Infield	How well do you know the mechanical needs of each position? How many reps do you give your infielders daily? Do your infielders cover virtually every type of game-like ground ball in practice each day? Do your infielders engage in “nonsense chatter” or “meaningful talk” ?
Outfield	Can your outfielders position themselves without much help from coaches by reading swings and being aware of game situations? Do your outfielders regularly work together with infielders on shallow fly balls? Do your outfielders know when and how to hit the cutoff man?
Practice organization	Do you post your practice schedule so players know what they are doing before they leave the locker room or walk onto the field? Are your players constantly moving during practice? Do you have a written list of drills to pull from? Do you have written plans for indoor workouts to pull out when poor weather unexpectedly pops up?
Game strategy	Do you create best-case scenario and worst-case scenario plans before games? Do you know your opponent’s weaknesses and strengths prior to the game? Do your players know this as well? Do you know which bench players would be good in which situations ahead of time?

Analyzing your wheel:

Before we start to analyze your *Coaching Wheel*, picture your dream car in your mind. What would it be? A Bentley? Lamborghini? Range Rover? Aston Martin? Take your pick and pause for a moment to visualize it!

Look at the shape you created when you connected all the X's on your wheel. Imagine your dream car with all four wheels that same shape. Now ask yourself ...

- How smooth is my ride going to be?
- How fast am I going to be able to drive?
- Am I going to get where I want to go?
- Are the wheels maximizing the car's potential?

Now let's apply this to your coaching and your team.

- How smooth is your team's ride going to be if you rank short in a couple areas?
- Is your wheel maximizing your team's potential?
- How fast is your team going to be able to improve with that wheel shape?
- Are you going to reach your personal coaching goals with that wheel?

Don't be too hard on yourself!

Nobody has a wheel that is perfectly big and round. The purpose of this activity is to give you a visual of some areas that you may need to address if you want to maximize your abilities as a coach and those of your team. Knowing what areas to address can streamline your education to target those areas most in need. Using the content and resources within the *Baseball By The Yard* membership site can be of great value because we filter out the nonsense for you and provide you with relevant information that you can immediately take onto the field with you.

Best of luck on your coaching journey!

As always, if you need anything at all, please do not hesitate to contact me with your questions. I am here to help!

Coach McCreary
Founder – Baseball By The Yard