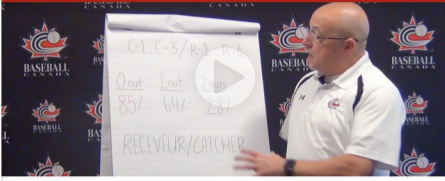


1ST AND 3RD



This video explains why coaches should encourage their catchers to make plays on a 1st and 3rd situation.

ENERGY DRINKS



What are the consequences of energy drinks on athlete's performances? Learn why they are not recommended, in this video.

PITCHER AND JACKETS



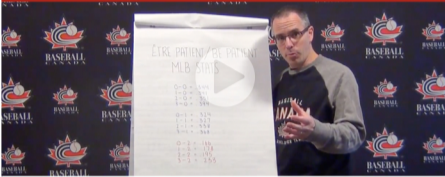
Jackets are not recommended in every situation, but there are some exceptions where it could be favorable for the pitcher to wear a jacket.

SEASON GOALS



It is very important to set goals for the season and to share them with parents at the beginning of the year.

BE PATIENT OR NOT



It is important to know the batter's count. Learn, in this video, how it is possible to use the statistics to your advantage.

ETHICAL COACHING



Learn how to respond to different ethical situations that happen often in baseball games.

PITCHING ATTRIBUTES



There are many abilities and qualities you look for in a good pitcher, here are a few of them.

SELECTING YOUR ASSISTANT COACHES



It is important to select your assistant coaches wisely, coaches also need to consider the pros and cons of having a parent as an assistant coach.

CHOKING



Learn what the term choking means and how athletes can prepare themselves to face stressful situations and to adapt to changes.

ICE OR NO ICE



What about the tradition that ice helps recovering? Here are a few tips to help pitchers recover faster and better.

PLAYING UNDER EXTREME HEAT



It is important to adapt games and practices during extreme heat and to know how to recognize dehydration signs.

SMOKELESS TOBACCO



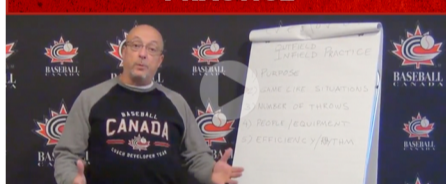
Smokeless tobacco has a negative impact on athlete's performances and can also lead to an addiction.

CONCUSSIONS



It is important to know about concussions and what to do in case a player as a head injury.

INFIELD PRACTICE



There are different components to an infield practice and each of them needs to be planned to ensure that the players are ready to play.

RAISING YOUR BACK ELBOW



The attention should be focused on the bat's angle and its position to the head, instead of the back elbow's height.

SOCIAL MEDIA



This video demonstrate the importance of positive social media use in sport teams and what not to do.

DEBRIEF



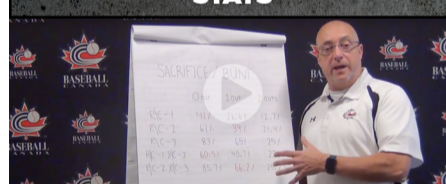
This video explains the importance of debriefs and tips on how to make them optimal.

NUTRITION TIPS



It is important to know basic nutrition principles and to apply them during competitions to maximize athlete's performances.

SACRIFICE BUNT STATS



This video explains the statistics for sacrifice bunts and how it is possible to use them to adapt your offensive strategies.

TEAM RULES



Setting team rules at the beginning of the year is crucial. This video reviews all the considerations behind creating and implementing those rules.

DREAM TEAM ON DEFENCE



Here is a defensive draft simulation that highlights important qualities for each position.

