

## Questions of the Month

### ■ 1. GLENN FROM AKRON, OHIO

**Glenn:** “I have a daughter that has taken hitting lessons for about a year. We have seen great improvements. The lessons have helped her swing as well as her approach to the game. She just made her first travel team (12-Under). Now her travel ball coach is trying to change her swing completely. She’s been told to swing up on the ball, roll your wrists at contact and have a narrow stance inside her shoulders. These are things that she was previously told not to do. As a parent, what do I do?”

**Coach Candrea:** “Glenn, I see two choices: 1) Find a team and coach that you agree with the techniques that are taught or 2) Have a discussion with the coach and ask him to explain his hitting philosophy and prepare yourself to explain yours. The key will be who can show examples of successful hitters doing what is being taught. Simply put, every hitters starts differently to get to the hitting position but the swing itself is well defined and can be illustrated by video.”

### ■ 2. RAUL FROM GRANADA HILLS, CALIFORNIA

**Raul:** “Coach, I coach a travel ball team for high schoolers. I have a tremendous pitcher who colleges are already looking at. We play a lot of softball during the summer. Recently, a question came up as to how much she should pitch during the week. I’m not sure what the answer is. Her pitching coach says she needs to pitch every day. What is your opinion?”

**Coach Candrea:** “Raul, every pitcher is different in the amount of pitching they may do during a week. I have had some that like to throw everyday and others that will take a day off after a competitive weekend for rest and recovery. We try to gauge our pitching workouts in levels of work load. Those would be light days, medium days and heavy days. Let the pitcher be the judge of the work load she feels. A light day would consist of maybe just spins. A medium day would consist of spins and mixing up pitches. A heavy day would be equivalent to a hard seven inning game.”

### ■ 3. MARK FROM DAYTON, OHIO

**Mark:** “Coach Candrea, how do you deal with an exceptional player who performs well on game day but does not like doing pre-game drills and practice drills? She does not take criticism well.”

**Coach Candrea:** “Mark, this is a great opportunity to teach principles that will last longer than their softball career. If you want to play in the game – then you have to do the work during the week. It is a choice and whether she takes criticism or not, you need to decide if you are willing to sacrifice the rest of the team for one selfish individual. Maybe you can make an impact on her life by showing some good old hard love. My dad always told me that if you have a player that keeps you up at night because of a poor attitude – either change the attitude or get rid of her! Maybe she has always gotten away with a poor attitude therefore she sees no need to change. Your choice my friend!”

## Questions of the Month (Continued)

### ■ 4. LEE FROM SAN DIEGO, CALIFORNIA

**Lee:** "It is my first year managing an all star team (8-Under). My better hitters perform well in practice but cannot come through in game situations. It seems mental. Do you have any suggestions?"

**Coach Candrea:** "Lee, this is a common thing for young players. They look great in batting practice but cannot put it together in the game. My question to you would be how much live batting practice do your hitters get in practice? The more game situations you can put them through in practice, the more confident they will appear in the game. It can sometimes be caused by not practicing with the same stress levels that the game may bring. More competitive situations in practice will breed confidence!"

### ■ 5. TAMARA FROM GREENSBORO, N.C

**Tamara:** "How do you recognize outstanding athletes for what they're doing without making other people feel badly? I coach a 14-Under team."

**Coach Candrea:** "Tamara, I would never feel bad about praising a player for being outstanding. Great time to identify the qualities of great players! Talent is one thing but effort, focus and attitude are qualities that you can identify and praise to everyone. These are things that we have control over vs. talent alone. Everyone wants to feel good but remember – "Women have to feel good to play good!"

I hope you find my thoughts on your questions helpful this month. If you want more information, I suggest reading more in the [Responsible Sports Coaching](#) section. I will be answering more questions from you next month, so keep submitting me this great feedback. [Submit your question](#) to be answered next month!

- Coach Candrea