

Seven Steps to a Successful Game
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As a coach you should evaluate your team's performance after every game. As a team you need to know what occurred during a game in order to see your success as well as any problems that may have occurred during the game. Below is "Seven Steps to Game Success."

We play seven inning games and therefore, as a team we must perform both mentally and physically for **seven** innings. Statistics show that most teams will outscore the other team in one inning, rather than over the other six. As a team we if get **six** lead off outs, we should win. When a team gets it's lead off hitter on at a start of an inning their percentage of scoring is at its highest.

The next step to strive for is **five** strike-outs or more in a seven inning game. The outcome will be better as a team if there are limited defensive opportunities and also get more routine plays. If the team can get **four** outfield outs or less in a game, then the pitchers are keeping the ball down in the strike zone. Strive to give up **three** runs or less in a game, that should give you an opportunity to win the majority of your games.

The majority of big innings usually are related to walks or errors. As a team we must strike for a combination of no more then **two** walks or errors in a game. As a team if we can get **one** double play, caught stealing or pick off while on defense then that provides help during an inning where there was a let down. There are many teams who let down when they get two quick outs and for that reason we are going to set a goal of **zero** runs given up with two outs. Over the years I have noticed with my own teams and have read about similar cases with other team where if these steps are followed then success will follow.

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| 7 | - | Innings of mental and physical control |
| 6 | - | Lead-off outs |
| 5 | - | Strike-outs or more |
| 4 | - | Outfield outs or less |
| 3 | - | Runs or less |
| 2 | - | Combination of walks and errors or less |
| 1 | - | Double play, caught stealing or pick off |
| 0 | - | Runs with two outs |

This is a great tool to use when setting team goals. This allows everyone on the team to see the objective that the team has. I hope that you will find some use for these "Seven Steps to a Successful Game".

Once again, I would like to receive any articles that you would be interested in having published. I can be reached at mlbsb@msn.com or by phone at 902-835-9531.