



WHAT BASEBALL TEACHES YOUNG MINDS?

- 1. Working as a team-** While this may be obvious; it's also one of the most valuable lessons. Working as a team is reflected in relationships, marriages, sports and in business and life after sports.
- 2. Strong Work Ethic-** Work ethic is the foundation for all things in life. By having a strong work ethic, you will find yourself in rewarding situations more often by applying yourself. This type of mindset is contagious and recognized by others. It is appreciated by coaches, teammates, bosses and all others.
- 3. Dealing with Pressure-** Often decisions we make under pressure define who we are professionally and sometimes personally. The pressure placed on kids playing baseball is not all that different than the stresses and pressure that we will all face in everyday life. Learning how to manage our emotions in the game will assist one throughout their adult life and improve our focus on whatever the immediate task at hand might be.
- 4. Working with new and sometimes unfamiliar people-** A player will quickly learn how to deal with and talk to people they have never met before. In the game and in life you are consistently meeting new people. Being comfortable in this situation where you may know nobody is a positive skill.
- 5. Dealing with Failure-** Baseball is a game of failure and learning how to take out the positives out of the shortcomings and this is very important. Life many times comes up short and being able to deal with this is a positive perspective will help in the future.
- 6. Dealing with Success-** It is important to strive for success and be the best you can be. It is important to learn to be gracious in our victories. Being humble is a trait that is hard to learn and appreciate it.
- 7. Learning How to Keep Your Cool When Fans and Others are Intentionally Trying to Get Under Your Skin-** Another example of handling pressure. Learning to block out negative energy and manage your emotions is an asset that allows one to control their own personal performance and not letting outside influences control the situation before them.
- 8. Not Making Emotional Decisions-** Emotions can make people do things that the normally would not do. Baseball lessons teach us to play the game with heart, but not let emotions take over and control our game. This skill enables one to cut through the emotions and keep them from influencing our decisions.
- 9. Learning How To Separate The Game from Personal Life-** It can be very difficult to leave the player at the game and not take a bad game home. Just as in real life, it is good to separate personal from professional life. Setting boundaries creates a balance that helps with success emotionally and professionally.
- 10. Learning To Push Even When You are Tired and Have Nothing Left-** People give up when they are tired. In the game, you learn how to push through which develops character. It is easy to give up, harder to "push through". This skill will make others and yourself proud of you.