



TEAM ONTARIO BASEBALL

The Player's Mental Approach

A player's makeup is vital to his success in professional baseball. Often the player with the greatest desire will develop into a better ball player than the one with better physical tools. Most of the players when they sent to the minor leagues are used to being the star on their team and often have never been in a slump or have lost a game before. This for many players is difficult to accept. For the first time in their lives, they are knocked out in the first inning or go 0 for 4. If a player can overcome adversity, they have a better chance of succeeding in baseball and in life.

One of the most important factors in a player's makeup is whether they can adjust to being away from home. Most high school players have never been away from home for any length of time and many are not prepared mentally to handle the long bus rides, bad lights, and poor playing conditions. For many college players, the minors are a step down from playing on good fields, good lighting, flying and large attendance.

The college player often comes into the minor leagues more mature because he has been away from home, but a player with a college degree may quit after two years if he does not feel he is being promoted quickly enough. It is very difficult for players to see their teammates being promoted while they are staying put. A player who works hard and puts up good numbers in the minor leagues will be noticed by the organization.