



# Travel Softball Tryouts Prep Guide

## 1. Physical & Nutritional Prep (72-Hour Countdown)

### 72-48 hrs out:

- Hydration load: Half your body weight in ounces of water plus 1 electrolyte drink/day.
- Foam roll calves, quads, hips, lats.

### 48-24 hrs out:

- Eat balanced meals (lean protein, carbs, veggies).
- Salmon, quinoa, roasted veggies example dinner.

### Night before:

- Sleep 8+ hrs, no caffeine after 2 PM, **\*\*screens off 60 min before bed.**

### Morning of:

- Eat Greek yogurt + granola or oatmeal + banana (example light breakfast)
- Drink 16 oz water.

### 90 min out:

- Do dynamic warm-up at home: high-knees, shuffles, arm circles.
- **Pitchers:** plyo throws. **Catchers:** hip-mobility drills.

## 2. Gear & Logistics Checklist

- Glove(s), bat, helmet, cleats, turf shoes, sliding gear.
- Catcher's gear or pitcher bands if applicable.
- Two water bottles (1 plain, 1 electrolyte)
- Small towel, sunscreen, snack bar, Band-Aids.
- Notebook and pen for feedback.

## 3. First-Impression Protocol

- Arrive 20 mins early. Wear tucked-in pants and modest colors.
- Don't wear jewelry. Pin your tryout number onto jersey neatly.
- Take off sunglasses when speaking to coaches.
- Make eye contact. Introduce yourself confidently. Shake hands.

#### 4. On-Field Presence & Communication

- Hustle to and from every station.
- Stay engaged. No sitting or phone use.
- Mistake? Reset quickly with good body language.

**HINTS FROM COLLEGE COACHES:** Coaches don't need players who don't make mistakes, they want players who can shake off mistakes in the moment and can move on to the next play.

**REMEMBER: Choose a W.I.N. Mentality - What's Important Now & What's Important Next!** (Always stay ahead of the play when in defense, and stay ahead of the defense when on the bases)

- Respond clearly to instruction. Loud, positive teammate talk.

#### 5. Skills Station Maximizers

- **Fielding:** Pre-pitch hop, clean funnel, throw through the target.
- **Hitting:** Line drives over moonshots. Show bunting skill if asked.
- **Base Running:** Smart angles, full speed, good instincts, quick lead off the bag, displaying delayed stealing tactics.
- **Pitchers:** Show all locations, call pitches out loud.
- **Catchers:** Fast feet, accurate throws, vocal leader.

#### 6. Mental Armor

- Use a cue word: 'Smooth' or 'Explode' to stay focused.
- **Visualize the night before:** Visualizing your success is important as an athlete. Practice mental reps; see yourself making successful reps. on the field, see yourself making a solid hit, see yourself pitching that strike, see yourself diving for the ball.
- Practice breathing: 4 in, 4 hold, 6 out after mistakes.
- Effort + attitude matter more than perfect results.
- When you are defense you are defending in the field, when you are hitting, **REMEMBER** you are always in **attack mode**, **NOT** protect mode. When you step into the box, you Attack the ball, every pitch coming in is always a **YES** for a hit until it is a **NO** (low pitch, high pitch, etc.).

#### 7. Post-Tryout Etiquette

- Thank all coaches with eye contact and a handshake.
- Log feedback after tryouts while it's fresh.
- Only follow up via email if invited.
- Recover with contrast shower, protein, and mobility.

## 8. Common Deal-Breakers to Avoid

- **Bad body language:** bat slams, eye rolls, throwing equipment.
- **Parent coaching from the fence.**
- **Gossip or negative talk.**
- **Keeping sunglasses on when addressing staff.**

## Quick-Strike Summary

Control the controllables: early arrival, sharp gear, loud hustle, coachable attitude, fearless reps, and good eye contact. Nail those, and your talent shines.

## 9. Intangibles That Set You Apart

- **Adaptability matters:** coaches notice how you adjust to different drills and instructions.
- **Be a good teammate:** cheer for others, stay positive, and communicate clearly.
- **Hustle to each station:** never walk unless instructed.
- **Be self-sufficient:** no running to parents during tryouts-show independence.
- **Handle mistakes gracefully:** smile, reset, and focus on the next rep.
- **Talk and smile:** your energy brings up the entire group.
- **Look good failing:** confidence and attitude matter more than perfection.
- **Most importantly-HAVE FUN!** Love the game, and it shows.

## After tryouts:

- Thank the coaches with genuine appreciation.
- Seek feedback if possible-ask what you can improve.
- Keep practicing. Tryouts aren't the end, just one milestone in your growth.

## 10. Final Details for a Smooth Tryout Day

- When checking in, fill out your own paperwork unless a parent/guardian signature is required.
- Pack your gear the night before. In the morning, double-check that it's in your vehicle before leaving. ALWAYS STAY READY!
- If you're currently injured or coming off of an injury, notify the coaching staff before tryouts begin.
- **Be coachable: listen actively, make adjustments, and show you're open to learning.**
- **Remember: a tryout is not a social event.** Stay focused and save the chatting for later.

## At the hitting station:

- Take a pitch first to get a feel for timing and velocity.
- Be selective-swing only at pitches you can hit solidly.
- Avoid overswinging. Focus on hard line drives and ground balls rather than big fly balls.
- Coaches notice hitters who stay composed and consistent.