



## **9 Pieces of Hustle**

- 1. Run ON AND OFF THE FIELD**  
--Every inning, all game long.....including practice.
- 2. When YOU HIT A BALL IN PLAY (No Matter Where it's hit or how hard)**  
--Sprint out of the box, even on easy ground balls, popups, or balls hit right at outfielders. When you hustle out of the box, you put pressure on the fielder and can cause errors to be made.
- 3. Hit a FOUL BALL.....keep running until the umpire yells "FOUL".**  
--Don't assume it will be foul, get out of the box let it play out.
- 4. After a WALK.....we never walk to first.**  
--Put the bat down and sprint to first base, or the next base if you are already on base. Ball four is still a live ball, treat it the same.
- 5. HIT BY A PITCH.....don't show pain and get down to first base.**  
--Doesn't need to be a sprint, but a good jog down can show a mental advantage. Assuming you aren't seriously injured, it shows the other team that they cannot hurt you.
- 6. STRIKE OUT.....keep your head up, run back to the dugout.**  
--Nobody's favorite thing to do, but accept it and move in a swift manner back to the dugout WITHOUT slamming your bat or helmet or showing any disapproval with yourself or the umpire.
- 7. FIELDING A BALL hit to or near you.....doesn't just apply to hitters and baserunners.**  
--Always hustle to the ball, never letting baserunners take extra bases or take advantage of your non-hustle. This also means getting the ball back into the infield right away.
- 8. BACK UP your teammates.....your hustle can help cover for teammates mistakes.**  
--These responsibilities cover every game situation, you should be moving or backing up someone on EVERY play.
- 9. RUNNING THE BASES.....the simplest way to show hustle, always run hard.**  
--starts with a good secondary lead, getting a good jump, running as hard as you can. Take advantage of your limited time on the bases by hustling and putting as much pressure on the other team as you can .