

# LESSON ONE - LEAD

## LEADING OFF:

**A**s coaches, mentors, and teachers, we have the ability to inspire young people to live a life to be proud of. There are many traits and values that can help us achieve this goal.

Today we are going to talk about three:

**LEADERSHIP  
SPORTSMANSHIP  
WORK ETHIC**



These three traits have one very important thing in common: they all can inspire others to do great things. We can inspire others through our actions, our words, and even inaction or silence.

Throughout our lives, we encounter many types of people and many different situations. Regardless of the person or event, we have the choice to inspire others. We can lead and inspire others through our actions, words, and decisions.



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*"A leader doesn't have to jump up and down. What one must do to become a leader on a team is to gain the respect of the players on the club."*

*- Cal Ripken, Sr.*

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Living a life that inspires others is not always easy. Some situations make it difficult to make healthy and productive choices that will lead to a positive future. We should always strive to be our best – regardless of the situation. Sometimes on the field we go through a difficult period, or a slump. Sometimes we go through slumps in life as well. It is during these tough times we look to the leaders, coaches, mentors, and friends in our lives to help us work through our slump.



### **A few words from Cal & Bill:**

During our time in the big leagues, we worked with many different people and learned from many different events.

Regardless of the situation, we knew our actions, decisions, and example helped the team to succeed. Some days we tried to inspire our teammates and other days they inspired us.

Our dad, Cal, Sr., never achieved stardom as a professional baseball player, but he is remembered by many for his leadership and work ethic. Dad believed that if you enjoyed what you did and you worked hard at it, you would be successful. Regardless of what you are involved in, you should work hard at it and maintain a positive attitude. Remember, you have the power to inspire others.

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## KEYS TO LEADING THE RIPKEN WAY:

- Ⓢ Regardless of the situation, we all have the ability to work hard and try our best. When we do this, we can inspire others.
- Ⓢ Remember, whether on the field or off, there is probably someone watching and learning from your actions.
- Ⓢ To show our desire to lead through our actions, words, and decisions, we should concentrate on three main ideas: leadership, sportsmanship, and work ethic.

### KEY WORDS

LESSON 1 2 3 4 5 6 7 8 9

**Leadership** – To gain respect from others while inspiring them to act; leaders can inspire others to do both positive and negative things, but we should strive to be a positive leader.

**Sportsmanship** – To realize that we cannot always change a situation or event; however, we can change our reaction to it.

**Work Ethic** – To achieve success we need to try our best at whatever we do. When we put our greatest effort into something, we can inspire others to be successful.

**BALL**

**STRIKE**

**OUT**



## DRILL:

### CROSSOVER FLY PATTERNS

As an outfielder, we often have to make adjustments to give ourselves the best chance to catch a fly ball. As in baseball, we also make adjustments and decisions in life to increase our chances of success.

There are many times in life that we need to adjust or react positively to a situation that may not be ideal. In life, we can use our mentors and friends to help us adjust. As an outfielder, one of the tools we have is called the crossover. A crossover helps us to change directions quickly and gives us a better chance to make the play.



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## HOW TO PLAY

For this drill you will need:

- 📍 2 cones or dots
- 📍 12 baseballs (footballs, tennis balls, or kickballs work too)
- 📍 2 teams of evenly distributed players

1. Explain to the group the importance of adjusting and reacting to situations in our lives. We cannot change the flight of the ball or the difficult situations in our lives, but we can change how we react.
2. Place 2 dots approximately 5 feet from each other for the teams to line up behind.
3. One player goes at a time.
4. When the coach says “go,” the player will use the crossover to run away from the coach.



- a. Start with both feet approximately shoulder width apart while facing the coach.
- b. The foot that corresponds with the direction you are running is the pivot foot.
- c. Pivot.
- d. Cross the other leg over and continue running hard (to the right or left).
- e. Be sure to look back toward the coach to see the ball.

5. Throw the ball so that the player is challenged to run hard.

# SCORING

As the coach, it is your job to score each team based on three things:

🏆 **Leadership:** points for encouraging others, organizing the group, helping a teammate, etc.

🏆 **Sportsmanship:** points for reactions to situations, interactions with others

🏆 **Work Ethic:** points for showing determination and hustle



Remember, the crossover skill is a great tool for outfielders to adjust to fly balls. Much like the crossover, these three skills help us to adjust to situations and events in our lives. Be creative! Award points for great catches, great hustle, positive attitudes, and showing a willingness to lead.

## BRING IT IN:

Gather all the kids and discuss why the points were awarded. Who scored well? Who did not? What did they do well? Why?

It is important to remind the kids that points were awarded based on their leadership, sportsmanship, and work ethic.

How does the crossover drill help us to be successful on the field?

How do the same lessons practiced in this drill relate to situations in your life off the field?

WE HAVE THE ABILITY TO INSPIRE OTHERS TO SOMETHING BETTER THROUGH OUR POSITIVE WORDS AND ACTIONS; WE ALL CAN BE INSPIRED TO GREATNESS.

