

## Filling Your Players Emotional Tanks Softball Suggestions

For tank-fillers to be effective, coaches have to make sure their comments are truthful and specific! Simply saying, “Nice game,” or “Good job,” doesn’t give players the type of feedback they need to improve, and it doesn’t fill the emotional tank as much as some of the following examples.

Remember, you would only use these when they apply to one of your players and his/her specific performance.

- “Eleni, way to protect with two strikes. I like that compact swing.”
- “Shannon, I’m glad to hear you leading the cheers. I know it’s not easy in the innings that you’re not in the field, but the batters need your support, and I’m sure you’ll get the same when you’re up.”
- “Lindsey, I love that you timed your throw on the force play. You knew Andreas would get there, and you led her perfectly, and we needed every split second to get that runner out at second base.”
- “Alicia, good work on keeping your weight back and then exploding through the ball. No lunging here, girls. Do like Alicia, keep that weight back and then explode on the ball.”
- “Laura, what a throw! Arm all the way back and all the way through. See that, girls? She’s leaving it all out on the field.”
- “Brittany, that’s great communication out there. You’re the shortstop, and you took control as soon as you saw the pop-up. That’s what we need on this team.”
- “Evia, I appreciate you hustling down the line on all contact. You have the speed to turn those into base hits and force errors, and it’s a great example for your teammates.”
- “Karri, nice scoop at first. You’re thinking, ‘Ball first’, and nothing gets by you. That saves bases and that saves runs.”
- “Nicole, nice rise. I see you getting more comfortable with that pitch, and if it costs us a hit or a walk now, it’s going to be worth it later in the season when your rise is unhittable.”
- “Amy, great slap. Way to read her crashing from third. That’s a great, quick decision.”



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