As coaches around the country prepare for the spring baseball and softball seasons, consider this: the best coaches care about the person inside the player -- knowing that lessons in teamwork, leadership and perseverance will last long after this season is over. This must be at the foundation of every coach’s mission rather than the win-at-all-cost approach we see too often at the youth and high school levels.

Let me be clear: I’m not recommending that we ignore wins and losses this season. I believe competition is an integral part of the game at every level. Instead, I encourage coaches to redefine success for their players, focusing them on process over results. Those that do know that the scoreboard will take care of itself.

After 25 years around amateur baseball, most recently as Founder & CEO of GameChanger, I’ve had the opportunity to meet and observe some of the nation’s best coaches in action. The most successful coaches shift their team’s attention away from results-based metrics like batting average, RBIs, ERA and strikeouts. Instead, they focus players (and parents!) on a core set of controllable and measurable activities that simplify the game.

For example, they teach pitchers to concentrate on first-pitch-strikes instead of strikeouts. They promote the importance of hard hit ball percentages over batting averages. They measure quality at-bats instead of RBIs. By setting metrics-driven goals for controllable processes rather than results, these coaches eliminate the over-thinking and fear of failure that often cripples young athletes. And then, as a byproduct of this approach, they get the best performance out of every player and win games.

The following pages demonstrate the power of these metrics and this coaching philosophy. We’ve analyzed data from over 7 million games scored on GameChanger, pulling insights and tips that will help you redefine success for your team in 2016 and beyond.

Ted Sullivan
CEO and Founder, GameChanger

Ted is a lifelong baseball player and lover of the game. He pitched at Duke and in the minors for the Cleveland Indians. Ted co-founded GameChanger to enhance the amateur sports experience for coaches and team communities. He also co-founded Headfirst Camps, and coached Little League in NYC.
The average pitcher throws a first pitch strike 58% of the time. Here’s why your players should work on improving their FPS%.

**A HIGH FPS% LEADS TO MORE OUTS AND FEWER BASERUNNERS.**

- A HIGH FPS% LEADS TO MORE OUTS AND FEWER BASERUNNERS.

  - Ball one turns batters into Ted Williams (.482).
  - Strike one turns batters into Bengie Molina (.307).

**A HIGH FPS% ALSO HELPS LIMIT LEADOFF WALKS, WHICH SCORE 46% OF THE TIME.**

- Leadoff Walk%
- Runs scored from leadoff walks (per 30 innings)

**A HIGH FPS% ALSO HELPS PITCHERS THROW FEWER PITCHES PER INNING.**

- FPS%
- Pitches per Inning

<table>
<thead>
<tr>
<th>FPS%</th>
<th>Leadoff Walk %</th>
<th>Runs scored from leadoff walks (per 30 innings)</th>
<th>Pitches per Inning</th>
</tr>
</thead>
<tbody>
<tr>
<td>55%</td>
<td>14.5</td>
<td>2.04</td>
<td>17.2</td>
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<tr>
<td>60%</td>
<td>12.4</td>
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<tr>
<td>65%</td>
<td>10.3</td>
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<tr>
<td>70%</td>
<td>8.2</td>
<td>1.15</td>
<td>14.4</td>
</tr>
</tbody>
</table>
FOCUSING ON HHB% WILL IMPROVE BATTING AVERAGE.

AND SLUGGING PERCENTAGE.

PLAYERS WITH HIGH HHB% HAVE MORE QUALITY AT-BATS**.

AND THE MORE QAB’S A TEAM HAS, THE MORE LIKELY THEY ARE TO WIN.

**A QAB is an at-bat with any one of the following: 3 pitches after 2 strikes, 6+ pitch ABs, XBH, BB, SAC Bunt, SAC Fly.
COMPARING HIGH SCHOOL BASEBALL PLAYERS BY STATE

AVERAGE EARNED RUN AVERAGE

NATIONAL AVG: 3.89
COMPARING HIGH SCHOOL SOFTBALL PLAYERS BY STATE

AVERAGE EARNED RUN AVERAGE

NATIONAL AVG: 4.13

VT: 4.69
NH: 3.68
MA: 3.62
RI: 2.93
CT: 4.18
NJ: 3.60
DE: 4.08
MD: 4.29
HI: 4.15
KEY TAKEAWAYS

• Redefine success for your players by focusing on process over results

• Focus on First Pitch Strikes to help pitchers limit baserunners and throw fewer pitches

• Improve batting average and slugging percentage by focusing on HHB

• Quality At-Bats lead to more wins

• Go to gc.com to easily track First Pitch Strike %, Hard Hit Balls, and Quality At-Bats for your team

ABOUT US

At GameChanger, we’re on a mission to help every amateur sports team be more efficient, informed and connected. So we created a software platform that changes the way amateur teams collect, manage and share information.

Our mobile app and website provide scorekeeping, stats and team management for the coaching staff - plus live game updates, stats and recap stories for families and fans. Insights in this report were based on over 1 billion pitches, 300 million at-bats, and 7 million games scored by baseball and softball players between the ages of 8 and 18 using the GameChanger platform.