

PART-3: “How To Turn Failure To Learn Into Flow That Works For Mike Trout”

Opinion on the Latest Astros Scandal

Joey Myers Speaking of failure and adjustments, I've been just dying to get your opinion on the latest Astros scandal. What are your thoughts on how everything is kind of how the actual scandal itself, how the commissioner's dealt with it? Anything. What are your thoughts on that?

Daniel Robertson I mean. You know, we just you know, we just call a spade a spade. You know, I don't know how. I don't know how deep it goes. I don't know if it has sensors. I don't know if they had any of those. I don't know. But I do know that they stole signs. I do know they used a trash banging system.

Daniel Robertson And if, you know, if anybody out there had true media, if anybody out there had the ability to go and the time to go on MLB.com and watch all of my at-bats. I'll tell you right now, I would not have been a .265 hitter in the big league if I knew what pitch was coming every single time. I say that right now. Because my hand-eye is too good. My bat to ball skills are too good. My understanding of staying inside the ball is too good. But guess what?

Daniel Robertson If I knew everything that was coming, all the mastering that you have to do with your own mind. All the adjustments that you're trying to make with the best ability that you can to stay on the slider away, to have the ability to use the whole field to work tirelessly on those things. You add those into the equation. Now I'm a .255 hitter in a big league because that was the best that I could do. But if you gave me all those things, I would be 10 times better. Just like if I was able to take steroids, I'd be ten times better. There are things that do aid in their performance.

Daniel Robertson If you don't decide to do it the right way and I don't know what the punishment should have been for them because it's never happened before. We had people throw a World Series, which I mean, that's terrible. But is it as bad as cheating? You know what I mean, how can you... You know, if there was a way that I don't know, you can't compare it to anything? Well, somebody you compare to football. How do you compare to football?

Daniel Robertson So maybe there was a rule in the NFL that during primetime games or the defense made a predetermined snap that, you know, we're going to try to tackle, but we're not. Or the NBA, you know, we're going to shoot as many baskets as we can and try to miss it. Will you still mess around and make it? You know, there was no... when the White Sox threw the World Series and were banned, they were just trying to lose and they were really good at losing. That's just all they mastered was losing. And then they got paid for how good they were for losing.

Daniel Robertson Like these guys cheated. Knew what pitches were coming. Put up ridiculous numbers in a park that's already a ridiculous park. That's a launch pad. And all they did was get paid for being the really good at something that all of us thought they were just really good at. So in 17, when I was in Houston playing against them and when I was a member of the Indians and I'm watching Altuve, I'm just studying them, trying to see how can I apply some of the things that he does to my game? How can I apply some of

things that Bregman does to my game? How can I apply some of the things that George Springer does to my game? How can I apply some of the things that Carlos Correa does to my game? I mean, can I go can the list go on and on? Josh Reddick, you know, can I go and think of how many things I could do better and apply to my game?

Daniel Robertson That's all I was thinking about. But now you tell me that that year they were stealing signs.

Joey Myers Three years since 2017. You know.

Daniel Robertson Yeah, well, yeah. I mean, I had no idea. You know, I didn't play against them in 18 and I didn't get...I got sent to Double-A in 18 and then was in Indy Ball in 19. And then now here I am. In 17, I sat front and center and battled my own mind, of gosh, what am I doing so wrong it's not as good as Bregman and Altuve, I came up with Springer and I thought he was always a great player. So he already had natural ability. And then now all of a sudden when you know it's coming. What am I supposed to say? What? You know what I mean? I don't want to ostracize him. Yeah, we're not perfect. Yeah. We make mistakes. Yeah, but I mean, come on.

Joey Myers Well, somebody on Twitter and when this whole thing broke just said some coach or whatever it was like, you know, if I had the choice to pitch to a guy that was roided out of his mind or a guy who knew it was coming, I'd pitch to the guy that's roided out of his mind.

Who would you Rather Pitch to: Hitter Roided out of his Mind or Hitter who Knew What's Coming?

Daniel Robertson Hundred percent. He's got to find it. Yeah, right. The guy roided out of his mind, still has to find a way to have an approach. You know, I don't need to have an approach if I know it's coming. If one bang mean slider and I hear a bang. I know to stay to right center...go right center. Right center. To right center. Here comes it's going to be a slider. I know what a slider looks like because I hit off it all the time on a pitching machine. So I know what that looks like. But this is easy. I just got to wait for it to pop out. I know a fastball is coming, stay through the middle. Stay through the middle. It's ninety-eight. Get the head out. Well, let me tell you how many times you hook a ball with weak contact when you know a fastball is coming. The fact of the matter.

Joey Myers What was crazy is just even though it all came out, the commissioner, they came to their own after the investigation. However, that was came to the conclusion that nothing, you know, that nothing was used or whatever, but that the guys just came right out Altuve and Bregman with the same pompous... And we're going to do it again. Watch this. We're going to win it again.

Daniel Robertson They're not going to win.

Joey Myers Well, they're not going to play this year. I mean...They got off the hook this year.

Daniel Robertson They did. They did. Maybe it's probably best thing to have a baseball. Astros don't have to go through a full schedule of the guys that have to get hit by pitches. Yada, yada, yada. It would have been major a drama. I mean, hopefully we still get to see some of it because that would mean sports could come back and our economy back and

better, better for the American people. You know, not sports. I mean, sports aren't better for America people just in general. Full functional economy. Fully functional economy with maybe this whole process teaches that we need to be better to one another and then we move forward with a better economy treating each other better. You know, not capitalizing on each other... Exactly. Just move it. Move it along on the right on the right direction. Just like we're trying to keep our body in a right direction. We're trying to hit, you know, it's all relational, relational...

Joey Myers All adjustments, whether it's personal life or, you know, one of my questions before we were going to call was, how are you working as an educator, working with your players with this whole thing? Because none of us. I mean, you never dealt with this. I never dealt with this.

How are you Working as an Educator, Working with your Players with this Whole COVID Thing?

Daniel Robertson I don't think anybody. I think this is something that we're going to remember for the rest of our lives. You know, I think our grandparents, our grandparents, parents that dealt with the depression. Yeah, the real one. And maybe the prohibition. You know, those are all things that we never experienced. So I think this is something where we're just trying to be a little... If we could just create a few more positive thoughts, that's it.

Joey Myers Because if you were playing, how would you do with it? If you were still playing...

Daniel Robertson I would be so mad. I think this is the greatest thing not to be selfish, but what a great way to tell me that I think my baseball career is over. I think I'm going to play for one more year and then this year happens. I'm good. I'm good. I'm good. I think I think this and this mountain might be too high for me to climb too tough for me to climb. But there's... we can just create one more positive light for our kids to be able to draw on in this dark time. Because like I said before, the one thing, I'm not trying to cover up, I'm not trying to exploit the elephant in the room or ignoring the elephant in the room, sort of say, as these kids feel terrible every single time there's a game on the schedule. If it's a Sunday afternoon and were supposed to be playing Arizona State or supposed to be going to CAL, it's going to be a reminder. We're supposed to be getting on a plane. We're supposed to be practicing. They should be having LIVE at bats right now.

Daniel Robertson You cannot ignore those feelings and you cannot ignore those thoughts. And when you try to ignore those thoughts is when it becomes more and more difficult to learn and it becomes more and more difficult to accept failure because you constantly push it under the rug. You push it to the side. And if you keep pushing it to side and pushing it to the side and not addressing those feelings, not when, you know, I should be playing a game today. You're absolutely right. I should. But this happened and this is why I can't do it. And I wouldn't be any more or any less prepared for it if I didn't have it. If you address those feelings, then they pass. They pass. You address them. You're positive with them... They pass. If you ignore them and try to convince them that you don't care, they don't pass. They linger. They linger. And then the more that lingers, the bigger it gets, the bigger it gets.

Daniel Robertson And that's why you have breakdowns. It's why you have explosions. That's why guys blow up with their helmet or throw their helmet or scream curse words because they keep acting like they don't care. And then that care becomes too much to

bear. And then it comes out in a rage. And then and then how do you come back from a rage? So it's all I think it all encompasses the best thing I could describe... And you know, God bless you or your listeners, if they are listening to this entire thing, I think they could take great stuff from it. But if I were to give anything, I would say go watch the documentary Free Solo, where the guy climbs Yosemite with free. You know...He free climbs it, and the way that he... he climbs it like 50 something times or something while he's strapped in. He memorizes every part of that mountain, or sorry, every part of that block. The exact area that he's going to take, the exact route he's going to take. He's going to memorize every single bit of that place of the formation before he climbs it without anything. One slip, one fall. He's dead.

Daniel Robertson And people have climbed it and it's taken seven days. People have climbed it and it's taken a week, months. And he climbs that thing in three hours and 50-something minutes. He climbed that mountain faster than I can drive from Corvallis to Seattle to was he my wife. And to think of it that way, if we can just get our kids to understand with one tenth of the ability or to learn with one tenth of the ability that that documentary shows. Just if you can take that example. It's not, you know that I don't think that's too crazy, I don't think it's too far. I don't think it's too farfetched for people to understand that if they could just know how strong focus is and what focus is and what commitment is and what these things are. You can deal with all those things.

“With almost reckless abandonment, study and research before you attempt to do something like that...”

Joey Myers Yeah, I think that's a great example and probably one... Imagine the study and the research as if your life depended on it to do that. I mean, like you said. It's either you succeed or you die. I mean, it's you... With almost reckless abandonment, study and research before you attempt to do something like that. And to me what you're talking about was Mike Trout and Miggy... it seems like not only are they inspired to do be on the field and present, but they study and research with that kind of same as if their life depended on it.

Daniel Robertson Yes, exactly. Like when a couple of years ago when Trouts biggest hole was up at his lip. And that's where he swung and missed. Like that's where he swung and missed a majority of his time was up there. Like, that's how you get Mike Trout out right? That's how you're supposed to get him out.

Daniel Robertson Well, to all of us, it, you know, some of the time would be gosh dang it, how do I how do I hit this pitch? How do I do this? This is going to be the death of me. Mike said this is a necessary adjustment that I need to make. Here goes the journey. That's how he attacked it. Not in that specific way, but that's how I articulated it. That's how I viewed it. Was he did you know, maybe in his one on one sessions, you know, you don't get to see Mike in a cage. You don't get it... There's not a lot of video of Mike going about his work and about his business and how he trains. He's not out there like that. That's just the type of guy he was and type of guy he is. But, you know, being a guy who I think that's where making sure that I remember how hard the game is and how lucky I was to play with the people that I played with... I played with probably 10 guys that might be in the Hall of Fame someday.

Daniel Robertson And so watching Mike go about his business every single day, that would be...that's the way that I perceived it...but that's how I viewed it. He needed to make

it adjustment. And so when Mike went into the cage, and started working on the high pitch. That's how he viewed it.

Daniel Robertson I either have to do this or I'm not going to be in the big leagues anymore. I'm not going to be a big player anymore because I'm not going to be good enough to play because they're always going to get me out. So this is how and if this is how I get out, then I'm going to make an adjustment. And that's what adjustment means. Adjustment doesn't need to be the scary thing. You know, like we do talk about possibly being life or death. That's where I think, in my opinion, as an educator, why everybody needs to learn. Everybody needs to encompass what it means to learn. Because now how do I develop that sort of information to the player without making him feel like it is life or death?

Daniel Robertson Because even those guys that get into flow, all the X Games, all the books on flow that I read, the Superman, all the documentaries that I've watched about guys launching themselves over 100-foot half pipes and jumping over cars and climbing mountains with no harnesses. Those people don't do that because they're hopped up about staring death in the face. They're so in love with riding a bike and jumping over things and climbing rocks.

How do I Help my Player Understand that Failure is not Life or Death?

Daniel Robertson They're just so in love with that that if you said the ultimate baseball joy is hitting 100-MPH fastball or throwing in a perfect game, OK, then I'm going to work as hard as I can to achieve that. That's what the free solo guy, that's what he hears. Oh, you say that the greatest climbers ever, they don't climb with harnesses? I want to be considered one of the greatest ever. So let me do. Let me learn how to do this whole no harness thing. Oh, this is the mountain that they say is the hardest to climb with no harness. OK. Well, this will make me one of the best to ever do it. Let me practice this thing. They don't... It's not life and death to them. So as an educator and as a coach, how do I help my player understand that failure is not life or death? But how can I teach you to value failure as if it was.

Joey Myers That's a great question...

Daniel Robertson How can I subconsciously teach you that? And how do you do that? I don't know. You don't know? Nobody has a right answer. But we all experiment. And how you do that is the constant understanding of how hard this game is. It is a foolproof plan. Hey, nice job man, the guy threw a great curveball. Got you out. Tough tickets. Hang with us. Stupid game. Hey, good swing, good swing game's tough, round ball.

Daniel Robertson You know the one thing Johnny Gomes used to always tell me and it drove me nuts for the first probably month. So if he ever listens to this, you know, he's a good buddy of mine. He drove me psycho. I get a little beat or something and missed something. He'd be like, round bat round ball. Stupid game. Right. What do you mean? Like, that's all you think. I got to be better. I got to do this. I could do that. And little did I know that his ability to move on to the next pitch was so much faster. And that's why he was you know, that's why he did it longer than I did. Because the way his mind worked and that's how all their minds work.

Joey Myers Interesting. Well, with that tidbit, I want to I want to leave on that one. What I'll probably do. Daniel, appreciate your time, man. And we'll do more of these. I'm going to

split the segment into segments because I'm trying to keep them to about 20 to 30 minutes so that people can kind of... Whether they listen to it... I'll have the audio and I'll give all this to you, too, so you can do with it however you want, the audio and I'll transcribe it and stuff and get that to you. But I'll probably split it into three and then use it for like the next few doing like a swing smarter newsletter monthly thing where I showcase an expert interview or two. I talked with Taylor Gardner about the backspin tee and that kind of stuff. So I'll...

Daniel Robertson He sent me a Backspin tee too.

Joey Myers Oh yeah, yeah, yeah. They're good dudes man. They're awesome. I don't know. You said that you talked to him and I think you got that. Well, I just intro it. I intro you and then I think I connected you guys. And then they said, yeah, yeah, yeah. They're great people.

Daniel Robertson I mean, I think when you are a player, and you're trying to dig yourself out. You're trying to figure out what you do well. You lean on other people to tell you what you're good at, so you stick with it. But as a coach and as an educator, I have my core beliefs and I believe in them so strong, so I'm very excited to move on to this next venture and just see how many kids I can watch in the big leagues. It's really, really all I care about.

Joey Myers And they're and they're lucky to have you, man. I couldn't think of a better, better dude to help guide those guys.

Daniel Robertson I appreciate it. I appreciate it. You had a hand in this too man. Yeah. Well, it takes one to know one.

Joey Myers Well, we're spit balling and bouncing off each other. I'm learning. And every time I talk to you, because I don't again, I didn't get that experience that you did. I didn't go far. So I'm looking to learn kind of from that side, so when I do talk to a big leaguer pro guy, I can talk from an area of somewhat confidence, you know, when I talk. That help me to navigate the waters.

Daniel Robertson Absolutely. Iron sharpens iron.

Joey Myers You got it, alright brother. Well, you guys stay safe out there...

Daniel Robertson You too. And I'll talk to you soon for sure.

Joey Myers You got it Daniel.

Daniel Robertson Alright brother.