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This season, the Phillies are the talk of the baseball world whether or not you like them. And the reason for much of the talking is the Philadelphia Phillies starting rotation. Extraordinary is an understatement. The Philadelphia Phillies basically now have 4 aces on the staff with Cole Hamels, Roy Oswalt, Cliff Lee, and Roy Halladay starting four out of every five games. Right now, I want to talk about Cliff Lee, not merely because he is part of this dream rotation, but due to his good work ethic, and his good outlook towards baseball workouts and training.

Growing up in Arkansas, Cliff was always a great baseball player and loved sports. As he grew older, his passion for baseball became stronger. He was known for getting very passionate and quite often cocky on the field. This cockiness helped him on the mound but it also had its negatives. After a loss, Cliff wasn't a person you would want to be around. He took each and every loss personally. His family, friends, and teammates sometimes became the victims of his frustration.

Nowadays, Cliff has learned to deal with his emotions better, but you can certainly tell his passion for the game as well as his no BS approach. The fantastic thing about Cliff is the fact that he uses that outlook to design his pitching drills, hitting drills, and total baseball workouts plan.

Cliff Lee discovered a baseball training program he liked around nine years ago and has kept with it ever since. "I keep it simple," Lee said in an interview with Philly News. "The simpler the easier for me." Anytime a trainer or coach wants Cliff to do new pitching drills or hitting drills he always asks "why?" If there is no legitimate answer about how this drill will substantially improve his game, he will not do it. It is not that he is being stuck up...he's simply being sensible and not wasting his valuable time.

Not only is Cliff Lee passionate about baseball, but he is also passionate about serving his local community and giving back to people who've aided his family. A year ago, Cliff and his wife Kristen donated one million dollars to the Arkansas Children's Hospital in honor of their son Jaxon who was treated for cancer there when he was an infant. Cliff Lee is a role model for players and his no-nonsense attitude towards baseball workouts is one I recommend highly to all serious players.

Are you interested in improving your game and being the best baseball player you can be? If so, you should check out www.BestBaseballWorkouts.com to find more helpful information as well as [pitching drills](#) and [hitting drills](#) that will take your game to another level!

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