

Mistake Management For Players

Facts:

- ★ The most damaging mistake a player can make is hanging onto mistakes.
- ★ When you are thinking about a mistake you are not in the here and now. You are in the past. Stay in the present!
- ★ Every player makes mistakes, the great ones know how to let go during competition and use the mistake during the week to improve.
- ★ Stats allow for errors, especially hitting percentages.
- ★ **HAVING A ROUTINE WILL LEAD TO NOT NEEDING ONE!**

Help:

- ★ A response program will help to move onto the next play without worry
- ★ Improves performance because you can release the mistake and stay calm and relaxed.
- ★ Builds team unity by removing the selfishness of dwelling on individual performances.

Keys:

- ★ Have a program and write it down.
- ★ Stay flexible and don't worry about changing your program or routine.
- ★ Be consistent with using your routine.

Mistake Management 3 Routine Ideas:

- ★ The 3-R's to deal with mistakes.
- ★ 1. **Review**- What you did wrong
- ★ 2. **Reset**- Take a breath and get back into position for the next play
- ★ 3. **Release**- let it go by using a cue word or symbolism

- ★ Find a positive cue word or MANTRA you say and then move on.
Something like, "Next ball." "I'm a beast" "I got this" "Lets Go!"

- ★ Establish a routine: Step on the line. Wipe It Away. or Adjust equipment.
- ★ If you stay consistent the faster you will learn to let go of mistakes.
- ★ You WILL get to the point where mistakes do not affect you or your team!