



**WASHINGTON STATE**

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## BENEFITS OF A SOLID MENTAL GAME

- Great improvement in your confidence level as a result of strengthening your self-image.
- Create proper muscle memory so you can execute more consistently.
- Puts you in the best position to succeed.

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## THE FAB FIVE

1. Goal Setting / Affirmations
2. Positive Self-Talk
3. Visualization
4. The Breath
5. The Routine

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# GOAL SETTING

“Maintaining focus under stress by setting constant short term goals.”

- ULTIMATE
- OUTCOME
- PROCESS
- DEFAULT

# AFFIRMATIONS

- Simple, one sentence statements describing the desired end-results you want to create.
- Used properly, they are interpreted as reality by your subconscious mind.
- They must create emotion – see them, say them, feel them.

**“Pointless to affirm new behaviors if you don’t change your beliefs first.”**

# POSITIVE SELF-TALK

- CONTROL YOUR SELF-TALK
- INPUT vs IMPRINT

**“Changing your pattern of thinking will change your attitude, and your performance will follow.”**

# VISUALIZATION

**“Your body cannot tell the difference between a real and imagined experience.”**

- MENTAL  
RECALL
- MENTAL  
REHEARSAL

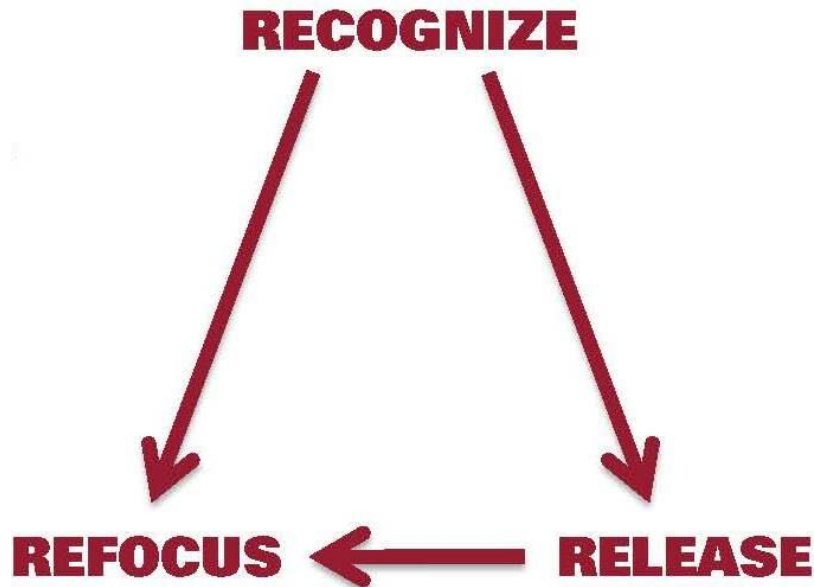
# THE BREATH

- AROUSAL CONTROL
- BREATHING TECHNIQUES

**“The use of slow, deliberate breathing to reduce stress and maintain task focus.”**

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# THE ROUTINE



**“Players who rely on factors outside of their control for their mental preparation are inconsistent players.”**

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# OUR MENTAL GAME AFFIRMATIONS

- We self-evaluate in an honest manner, focusing not on what we do wrong but what changes are needed to maximize our performances.
- We engage the left brain by affirming the behavior we need to develop through affirmations and goal setting, creating the path we will follow.
- Our self-talk allows us to change our self-image, creating confidence and consistency within our performance.
- We visualize to utilize the right brain, giving us the ability to recall our past successes and envision our future ones.
- Our breath allows us to relax, thus quieting our rational mind and opening our subconscious to suggestions.
- Our routines allow us to have something to go to when adversity hits, giving us the best chance to succeed in good and tough times.

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### STEP ONE: SELF-EVALUATION

- Identify the beliefs, thoughts or patterns that are holding you back.
- Be honest with yourself.
- Focus on the changes you need to make.
- Simply look at your numbers over time; the numbers don't lie.

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## BASEBALL

### Self-Evaluation

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Self-evaluation is the first step in the examination process. Its purpose is not to identify and focus on weaknesses, but to help you grow and become all that you can be. If you want to grow, you first need to evaluate where you are.

You need to ask questions to evaluate, and not just any questions — the right ones. If you ask the wrong questions, you won't get the answers you need. I'll pose some questions to start the process to help you examine your past performances. This will provide you with an idea of the type of questions to ask so that you can identify changes that will be beneficial. You'll notice that once you start asking yourself the right questions and exploring what may be holding you back, your subconscious mind will work on this task 24/7. Once you begin this process, thoughts, ideas and inspirations will appear as if out of nowhere over the next week or two. Pay attention to these hunches or intuitions. Your subconscious may be talking to you. Take the time to listen.

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1. If you're a position player, look at your batting average, power numbers, on-base percentage, etc. If you're a pitcher, look at your ERA, BB per 9 innings, innings pitched per year, etc. Are they as high or as low as you believe they could be?

Your thoughts here:

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2. Examine your consistency. Do you consistently play in the upper third of your ability level? Or do you have major ups and downs, sometimes being in the zone and displaying your true ability, and then correcting the "mistake" and drifting back to your comfort zone (CZ). Do you see a pattern here?

Your thoughts here:

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## SAMPLE QUESTION:

**Do you struggle at specific times? For example do you start the year strong (or poorly) and then cool down (or heat up)? Maybe it's the first inning or the fourth or fifth that always causes the problem for you. Can you see a specific pattern in your performance that has developed over the years?**

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## A YEARLY PLAN

- Mapping Our Success
- Summer Ball Conditioning
- Pre-Season Conditioning
- Winter Conditioning
- In-Season Conditioning
- Daily Implementation

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# MAPPING OUR SUCCESS

**“The winds don’t favor the ship that has not port nor destination.”**

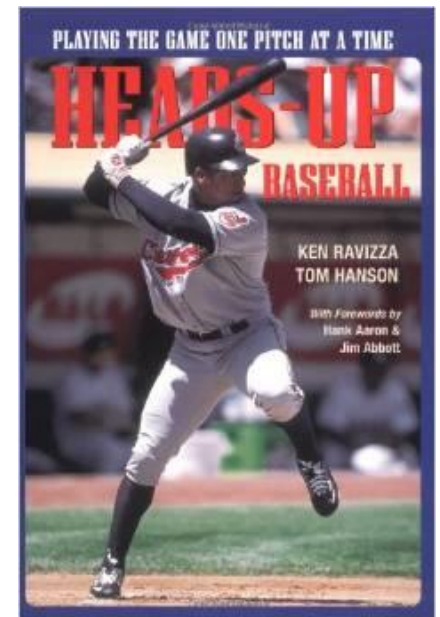
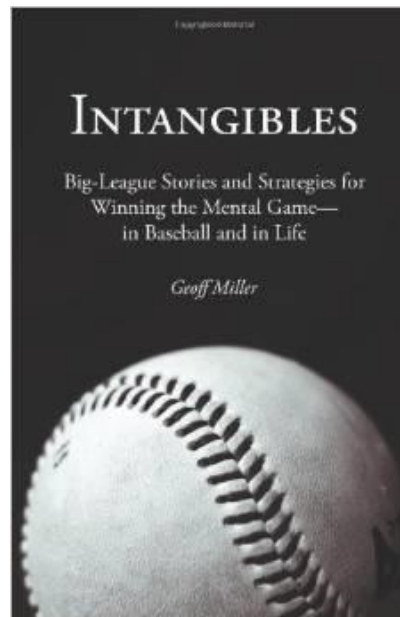
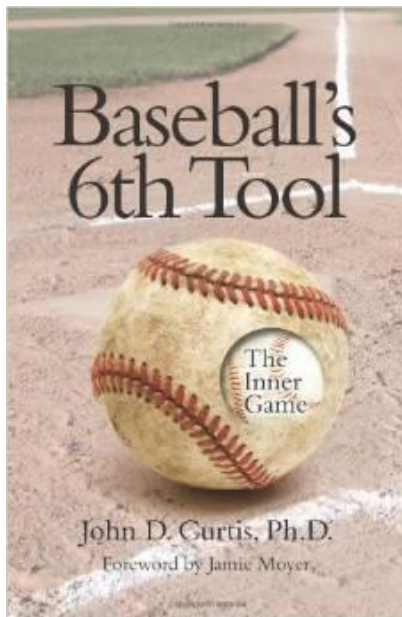
## CURRICULUM MAP MODEL

\*MIDDLE SCHOOL TEACHING DAYS!

- Create a yearly plan for the upcoming season by identifying the production and benchmarks you want your pitchers to achieve throughout the year.
- Work backwards from the end to the beginning.

# SUMMER BALL CONDITIONING

## NEXT YEAR'S BOOK



All available at Amazon.com.

# OFF-SEASON CONDITIONING

## CLASSROOM SESSIONS

- 50 minute sessions held during our eight hour weeks.
- One session a week during our pre-season skill instruction period (August, September and January).
- Two sessions a week during our post-fall period (November and December).
- The foundation laid for implementing our Fab Five.
- The lessons learned from our book series.



# CLASSROOM SESSIONS

## TYPICAL 50 MINUTE PERIOD

- Open with a Baseball IQ question – entry task.



1. Whenever a ground ball is hit to the right side of the infield, you should:
  - a. Watch the play develop and cover first if the first baseman can't get there.
  - b. Start moving toward first base as soon as the ball is hit.
  - c. Stay on the mound and stay out of the play.
  - d. None of the above.
  - e. All of the above.
  
2. In an obvious bunt situation, choose the correct pitch selection and location from the list below:
  - a. Fastball in, try to jam him.
  - b. Curveball down, try to get him to bunt and miss.
  - c. Fastball for a strike, just let him bunt it.
  - d. None of the above.
  - e. All of the above.
  
3. Which of these are examples of balks?
  - a. Pitcher doesn't come to a complete stop before starting his delivery to home plate.
  - b. Left-handed pitcher steps home and throws to first.
  - c. Pitcher comes set, breaks his hands, and comes set again.
  - d. None of the above.
  - e. All of the above.
  
4. Controlling the running game at first base can be done by:
  - a. A well timed pitch out.
  - b. Holding the ball and then picking to first.
  - c. Holding the ball and then pitching.
  - d. None of the above.
  - e. All of the above.
  
5. Pitching inside for a strike with a fastball will:
  - a. Make it difficult for a hitter to cover the entire plate.
  - b. Set up the front-door breaking ball.
  - c. Allow the pitcher to avoid contact.
  - d. None of the above.
  - e. All of the above.
  
6. The only base that you don't follow your throw on a pick-off or comebacker is:
  - a. First
  - b. Second
  - c. Third
  - d. None of the above.
  - e. All of the above.
  
7. It's the ninth inning, two outs, and there are runners on 2B and 3B in a tie game. Two similar hitters are scheduled to hit. How do you proceed?
  - a. Go right after the first hitter.
  - b. Pitch around the first hitter and see if he'll chase.
  - c. Be smart with pitch and location to the first hitter and walk him if you fall behind.
  - d. None of the above.
  - e. All of the above.

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### PITCHER'S IQ QUESTIONS:

- Runner at second base with one out and a comebacker is hit to you, what do you do?
- If a rundown results, what is the only base you do not follow your throw to in a rundown?

# W

# CLASSROOM SESSIONS

## 50 MINUTE PERIOD

- Open with a Baseball IQ question – entry task.
- Show video of baseball situation highlighting IQ question.



# CLASSROOM SESSIONS

## 50 MINUTE PERIOD

- Open with a Baseball IQ question – entry task.
- Show video of baseball situation highlighting IQ question.
- Start with a MAP Session Video.



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## Mental Aspects of Pitching

### FEAR OF FAILURE

- Topics addressed:
  - recognizing how fear prevents you from performing,
  - understanding everyone has that fear,
  - minimizing the fear by coming to an understanding.

# CLASSROOM SESSIONS

## 50 MINUTE PERIOD

- Open with a Baseball IQ question – entry task.
- Show video of baseball situation highlighting IQ question.
- Start with a MAP Session Video.
- Introduce a new mental skill or lesson to the group – book series.



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## B A S E B A L L

September 10, 2014

- A. Entry Task: Baseball IQ Question – Rundowns
- B. Baseball Situational Video
- C. MAP Session – Fear of Failure
- D. Lecture: Heads-Up Baseball

### HEADS-UP BASEBALL – CHAPTER 1-2

1. TAKING RESPONSIBILITY FOR YOUR MENTAL GAME
  - a. Obstacles that get in your way – fear, worry, anger, doubt, etc.
  - b. Your mind means well but often gets in the way and keeps your body from peak performance
  - c. You can't control what happens to you, but you can control your reaction to it.
  - d. Your responsibilities include:
    - i. Having a clearly defined mission
    - ii. Playing the game one pitch at a time
      1. Step 1 – be in control of yourself
      2. Step 2 – have a plan or purpose on each pitch
      3. Step 3 – trust yourself
    - iii. Focus on the process rather than the outcome
    - iv. Develop your mental skills
    - v. Make a commitment to learning
2. UNDERSTANDING YOUR UPS AND DOWNS (worksheet)
3. WHAT IS A MISSION AND WHY IS IT IMPORTANT
  - a. Your Mission gives direction and defines discipline – “Attitude is a decision”
  - b. Your Mission provides meaning – Sisyphus and the Rock
  - c. Your Mission minimizes stress
  - d. Your Mission fuels intensity
4. WHY DO YOU PLAY BASEBALL? (worksheet)
5. CHARACTERISTICS OF SUCCESSFUL PLAYERS
  - a. Fun and enjoyment
  - b. Respect the game – “Everything is a big thing”
  - c. Pride
  - d. Page 19 box
6. WHAT TYPE OF PLAYER DO YOU WANT TO BE? (worksheet)
7. WHAT WOULD YOU LIKE TO ACCOMPLISH IN BASEBALL?
  - a. Have a dream.
  - b. Make your goals specific and measurable.
  - c. Make your goals difficult but attainable.
  - d. State your goals in a positive way.
  - e. Adjust your goals when necessary.
  - f. Worksheet
8. PUTTING YOUR MISSION INTO ACTION ON A DAILY BASIS
  - a. Ask yourself before each game or practice, “What is today’s mission?” or “What do I want to get out of today?”
  - b. Keep that mission in mind as you play the game or work through practice.
  - c. Ask yourself at the end of the day, “How did I do on today’s mission?”

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## HEADS UP BASEBALL – CHAPTERS 1 & 2

- Taking responsibility for your mental game.
  - Obstacles that get in your way – fear, worry, anger, doubt, etc.
  - Your mind means well but can get in the way.
  - You can't control what happens to you but you can control how you respond to it.
  - Etc...

# IN-SEASON CONDITIONING

## PRACTICE SESSIONS






- 15-30 minute sessions held during staff meetings.
- Focus on recent events in practices/games where mental conditioning was used, or could have been a positive influence.
- Use MAP Sessions/Videos if video room is available.
- Introduce new topics or supporting evidence of the Fab Five.
- Roam around practice and “check-in” with your pitchers both physically and mentally – challenge them to improve in both areas.



# COUGARS

## B A S E B A L L

### PITCHERS – PRE-PRACTICE DRILLS

1. 5 Ways to Cover First
2. Comebacker – Running Technique
3. Comebacker – Backhand Technique
4. Comebacker – Double Play Feed
5. Fielding the Drag/Push
6. Pitch Signs with Catchers
7. Fundamental Signs with Catchers
8. Defensive Signs with Catchers
9. Running Game Signs with Mid-Infielders
-  10. Picks to First
-  11. Picks to Second
-  12. 31 Move
-  13. Pitchouts and Intentional Walks
-  14. Shadow Mechanics/Routine Development

# DAILY APPLICATION

## PRACTICE IS WHERE THE ACTION IS...

- Practice is not where you get better, it is where you show the coaches how much better you've gotten.
- Find the time to practice both the physical and the mental – if you wait until game day it's too late.
- Don't confuse the routine with your commitment.



# PRACTICE IMPLEMENTATION

- *W.I.N Cards: Goal/Mission Cards*



W.I.N.

October 19, 2014

Mission - to improve my command by having great intent and throwing to a target on every throw.

Daily Affirmation

- Because I have total belief in myself, I have an aura of personal power, assertiveness, and total confidence.

# PRACTICE IMPLEMENTATION

- W.I.N Cards: Goal/Mission Cards
- Check-in point of practice (the hourglass)





# PRACTICE IMPLEMENTATION

- W.I.N Cards: Goal/Mission Cards
- Check-in point of practice
- Pre-Practice Mental Lesson
  - Brain Sessions
  - MAP Sessions
  - Baseball IQ Test
  - Relaxation Imagery
  - Visualization
  - Positive Self-Talk
  - ***MLB Modeling***



# PRACTICE IMPLEMENTATION

- W.I.N Cards: Goal/Mission Cards
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  - Positive Self-Talk
  - MLB Modeling
- Routine Development
  - Breathing Techniques
  - One Pitch at a Time



# PRACTICE IMPLEMENTATION

- ***W.I.N Cards: Goal/Mission Cards***
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- Routine Development
  - Breathing Techniques
  - One Pitch at a Time
- Batting Practice – “Pitcher Killer”
  - ***Master Goal Sheet***
  - Concentration Pens – ninja pens
  - Shadow Routine Pens
  - Chart Batting Practice



<b>ARNOLD</b>	I will prepare myself for the best chance at success by using mental imagery to visualize myself being great.	I will be below 10% body fat by continuing to push myself with conditioning 4 times a week.	I will perfect my front side by emphasizing 3 ball drill whenever I play catch. I will trust my routine because they are my backbone.
<b>CAMUS</b>	I will have a great curveball because elite pitchers have 3 pitches to 2 locations. I will play spin catch and think fastball when throwing my curveball.	I will keep my frontside closed when coming down the hill because a firm front side allows better direction and finish.	I will get to the plate in 1.3 seconds or sooner from the stretch because it allows me to dominate the running game and gives our catcher a best chance for success.
<b>CONLEY</b>	I will strictly follow the throwing program because throwing with intent will allow me to gain "inches" on my peers.	I will lift and condition with great intensity because being physically prepared will aid my mental toughness in competition.	I will live a healthy lifestyle to assure my body is properly fueled, allowing me to perform at the highest level possible.
<b>LECKENBY</b>	I will improve and strengthen my fastball because I believe that it is my best pitch and its going to help make me and my team succeed at the highest potential.	I will improve my off-speed pitches because with these I will be an elite pitcher in every aspect	I am a great pitcher and will succeed in whatever role I take on this staff because I stay in the present moment, have great confidence, believe in my stuff and take it one pitch at a time.
<b>WISE</b>	I am a better leader because I display the core covenants of Cougar Baseball	I have a better change up because I develop it in bullpens and while I play catch	I will gain weight because I follow the weight gain program and eat healthy

# PRACTICE IMPLEMENTATION

- W.I.N Cards: Goal/Mission Cards
- Check-in point of practice
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- Routine Development
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- Batting Practice – “Pitcher Killer”
  - Master Goal Sheet
  - Concentration Pens – ninja pens
  - Shadow Routine Pens
  - Chart Batting Practice
- ***Post Pen/Game Summary Sheets***



- 1) What was your best pitch? Why?
- 2) What pitch did you use in clutch situations?
- 3) What pitch was hit the hardest?
- 4) If you had trouble with command, which pitch and where?
- 5) What adjustments will you make between now and the next time you practice or pitch?
- 6) What were your **interferences** for today's game?
- 7) How did you experience **interference** before the game?
- 8) How did your pre-game bullpen go for you?
- 9) How did your **interference level (10 most uncomfortable)** affect your actual pitching performance?
- 10) How much self-control did you experience before your pitches?
- 11) What did you do to regain control when you felt that you were not where you needed to be?
- 12) What did you learn from today's performance?
- 13) What Level (1-3) did you pitch at today? Why?
- 14) How was the support that you received from your coach and teammates?
- 15) Anything you want to say?
- 16) Drills and goals for next week:

# PRACTICE IMPLEMENTATION

- W.I.N Cards: Goal/Mission Cards
- Check-in point of practice
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- Routine Development
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- Batting Practice – “Pitcher Killer”
  - Master Goal Sheet
  - Concentration Pens – ninja pens
  - Shadow Routine Pens
  - Chart Batting Practice
- Post Pen/Game Summary Sheets
- ***Perspective/Motivation Videos***



# COUGARS

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