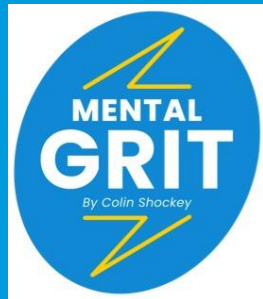




# NCA Clinic Session 1 and 2

What percentage of  
the game of softball  
is mental?



# Talent vs Strategy



# The What...

Drills -> Skills -> Skillset

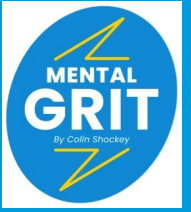
- Elite Mindset
- Motivation and Commitment
- Focus and Awareness
- Self-Control/Confidence
- Process Over Outcome
- Visualization
- Leadership



# The Why...

To give you practical applications of things to do on the field, in the classroom and at home to allow you to compete at your very best when it matters most.

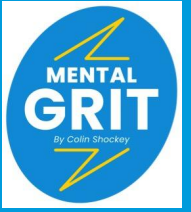




# Our Goal...

Is to do a little a lot so you are equipped to follow a process that will allow you to control what you can control and compete at your very highest level no matter the situation

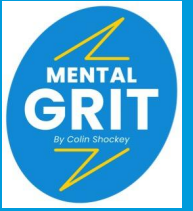
# BECAUSE...



The Mental Game is  
our...  
**EDGE!!!**



# Controllables



What Can't You  
Control?

What Can You  
Control?

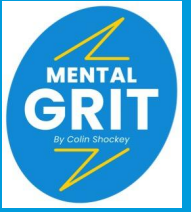


# Energy



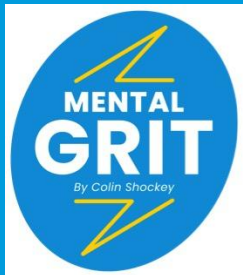


# Win the Next Pitch



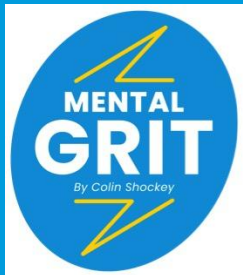
# Self-Talk and Confidence

# Self-Talk



- What are you saying to yourself?
- Positive? Negative?
- Do you reinforce the positive as much as the negative?
- Talk to yourself more than listen to yourself.

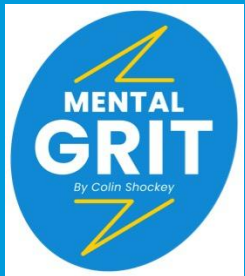
# Confidence

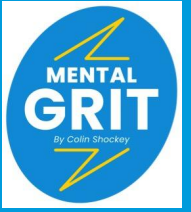


- Who determines your confidence?
- Do you come into the game with confidence?
- Inner Arrogance
- Most important walk in Softball/Baseball
- Own Home Plate
- GET BIG

# Confidence Strategies

- Best AB Ever
- Best Pitching Performance Ever
- Confidence Resume
- Softball Mental Journal

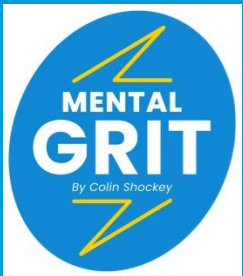




# Slumps...

# Routines

- Pre-Game
- In-Game
- Post-Game

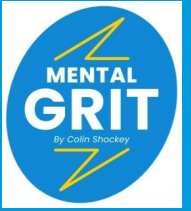




# Pre-Game Routine

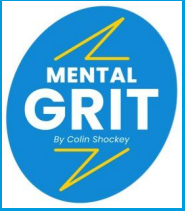


On our Bellevue West wall in the dugout



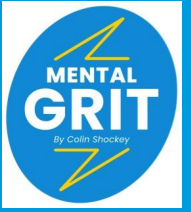
**New Mentality Once You Go  
Through This Door...**





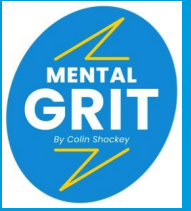
# Other pre-game ideas...

1. Watch a movie clip
2. Watch a motivational short clip
  - a. Facing the Giants
  - b. I can I will
  - c. I am a champion
  - d. Jocko Willink GOOD
3. Listen to music
4. Visualize your best AB
5. Read your Confidence Resume



# Mental Bricks



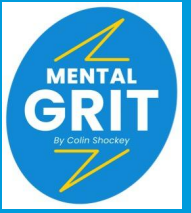


# In Game Routines

Green Light, Yellow Light, Red Light



# You first need to recognize your lights...



## Green Light:

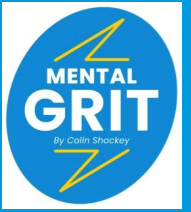
Self-Talk: I got this, I'm in Control, Bring it, Hit me the Ball

Physical: Light on my feet, Muscles are relaxed great energy, Big Body Language

Situations: I've done my routine, I got a great night of sleep, my pregame BP was excellent

\*\*\*All responses to being in the **GREEN LIGHT**

# You first need to recognize your lights...



Yellow or Red:

Self-Talk: “That wasn’t a strike”, “I suck”, “Coach doesn’t believe in me”

Physical: I don’t feel good, I feel slow, I feel the game is speeding up on me

Situations: Make an error, bad call, teammate makes an error

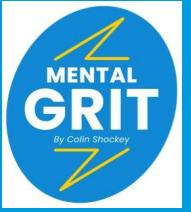
\*\*\*All responses to being in the Yellow or Red



# Routines

You should have a Routine to before every pitch. Meaning you should have a Pitching Routine, a Hitting Routine, a Defensive Routine and a Base Running Routine. Softball has enough downtime between plays to Lock-In and Focus or in some cases Refocus. Depending on which Light you are in depends on which Routine you will use!



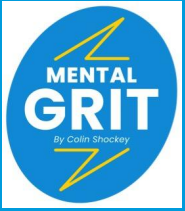


# What does a Green Light Routine Look Like?

1. Very similar to a free throw routine
2. More than likely it should include a deep breath
3. Talk to yourself
4. Control what you can control



# What does a Yellow/Red Light Routine Look Like?

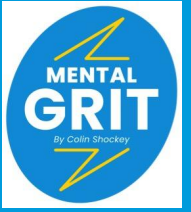


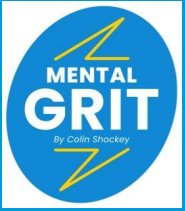
1. Do something Physical
2. Take a deep breath on a focal point
3. Verbally say something to yourself

Example:

1. Unsnap your batting gloves
2. Deep Breath on logo of the bat
3. "Bring it"

# Defense step into your circle!

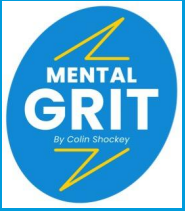




# Post Game Routine....

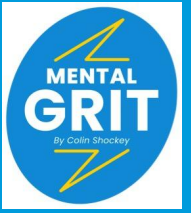
1. Give yourself one hour to reflect, be excited or be mad about a performance...after that let it go!
2. Write down 3 things you did well in your journal and 1 thing you could work on
3. Once the uniform comes off you now go back to being the daughter/student/friend/etc.

Your Softball performance DOES NOT DEFINE YOU!!! Softball is just something that you do! You are not a good person or bad person based on an outcome of a game!



# So why Routines...

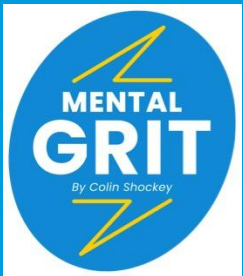
1. Help you prepare for a game
2. Help you get refocused back into the moment because adversity will happen
3. No matter what the situation is you can always get comfortable in your routines
4. No matter what field you play on you always can go back to your routines



# Visualization

# Visualization

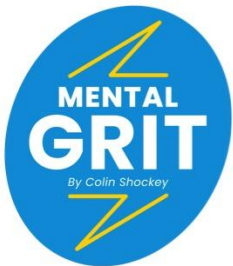
- The formation of a mental image of something
- Simple version Pictures in your Head
- Using your imagination/pretending



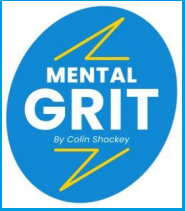
# The Power of Visualization



- Major James Nesmeth
- 7 years spent in a bamboo tiger cage
- Very average golfer shot in the mid 90's...par 72
- He played golf in his mind every day for 7 years straight
- What do you think he shot when he got back home?



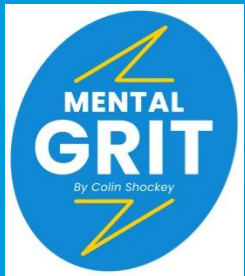




# How to Visualize

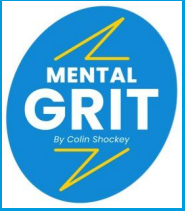
1. From your eyes out
2. Include sounds of the game
3. Include the feel of the bat, glove, helmet, etc.
4. Include smells like grass, dirt, hot dogs cooking etc.
5. Consider the park you are playing at like dirt/turf, mound, seating
6. See the opponent their uniforms

# Types Visualization



- Quick 2-3 second flash
  - Nolan Ryan after 120-pitch no hitter “I didn’t throw 120 pitches. I threw 240. 120 with my arm and 120 in my head



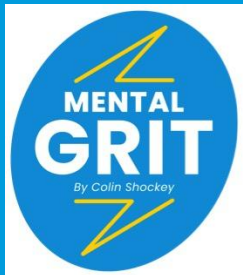


# Types of Visualization

Positive reinforcement statements...

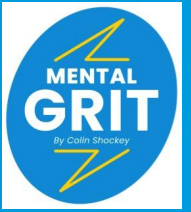
Alex Rodriguez “I believe in the power of positive reinforcement and visualization. Some nights when I go to bed I tell myself maybe 150 times, I hit the ball solid. I hit the ball solid. What do I do for a living, “I hit the ball solid.” I see the results in my mind’s eye out. I believe a Champion wins in his mind first, then plays the game, not the other way around.”

# Types Visualization



- Night before, morning of, week before 5-15 minutes
  - LeBron James “I’m going to play game 7 in my mind between now and tipoff”





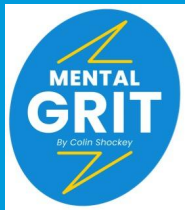
# Types of Visualization

Mental Highlight Reel

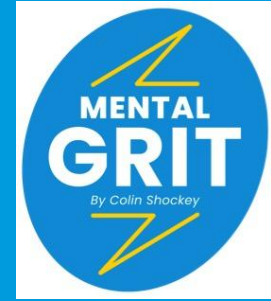
Jordan Larsen, Nebraska Volleyball player, MVP of Tokyo Olympic Games



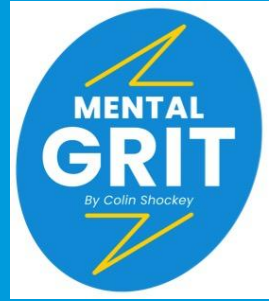
# So why do we Visualize?



1. Builds Confidence
2. Little Energy Used for Reps
3. Allows you to anticipate more than react to situations
4. If you are hurt you can still get work done
5. Slows the game down
6. Allows you to practice your routines
7. Makes you comfortable in all situations
8. Gives you the idea that “you’ve been here before”

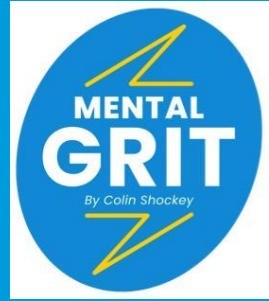


# PROCESS OUTCOME



How would you describe losing?

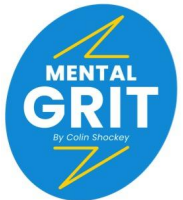




What does success  
look like?

# Team Reflection

- How would you beat yourself?
- What are your weaknesses?
- What areas of the game do you need to work on?
- “I’ve arrived” mentality
- Keep working to get better, you will never have this game figured out.



# Questions?

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