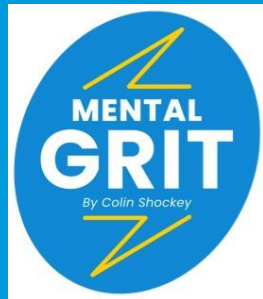




# NCA Clinic Implementing the Mental Game

What percentage of  
the game of Baseball  
is mental?

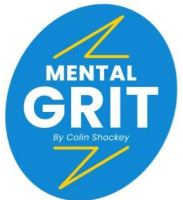


# Talent vs Strategy



# Make sure you are intentional with your plan

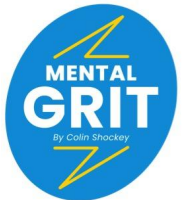
- Frequency
- Foundation
- Pre-Season
- In-Season
- Post Season



# Our Focus...

Drills -> Skills -> Skillset

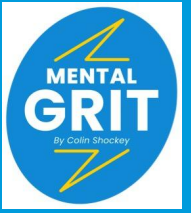
- Elite Mindset
- Motivation and Commitment
- Focus and Awareness
- Self-Control/Confidence
- Process Over Outcome
- Visualization
- Leadership
- Teammate



# 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.

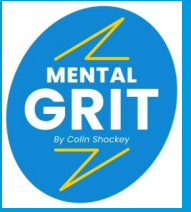




# Our Goal...

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

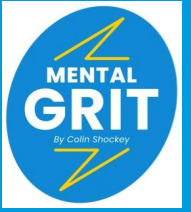
# BECAUSE...



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



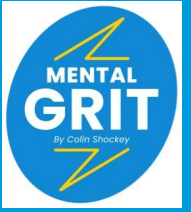
# Controllables



What Can't You  
Control?

What Can You  
Control?

# What can you control?

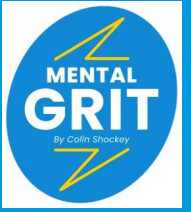


Attitude

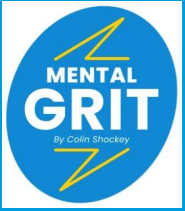
Effort

Body Language

Preparation



Baseball is a  
game of  
failure???



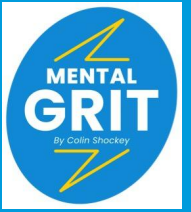
# Quality At-Bats

## Quality At Bats...

1. Hard Hit Ball
2. Walk
3. Hit by Pitch
4. Move Runner(s) with No Outs
5. Score Runner from 3rd with few than two outs
6. Base Hit
7. Reach on an Error
8. Six Pitch At-Bat not ending in a Strikeout
9. Nine Pitch At-Bat even ending in a Strikeout
10. Catcher's Interference

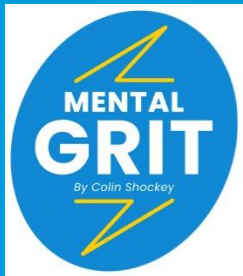
# Energy





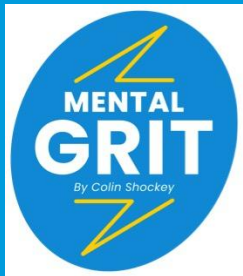
# Self-Talk and Confidence

# 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.

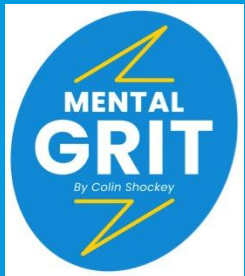
# Confidence



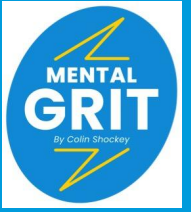
- Who determines your confidence?
- Do you come into the game with confidence?
- Inner Arrogance
- Most important walk in Baseball
- Own Home Plate
- GET BIG



# Confidence Strategies



- Best At Bat Ever
- Best Pitching Performance Ever
- Confidence Resume
- Baseball Mental Journal
- Success Bands



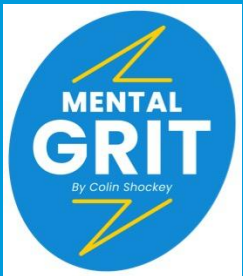
# Slumps...



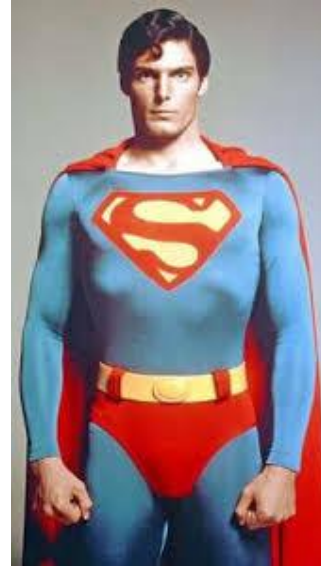
# Win the Next Pitch

# Routines

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

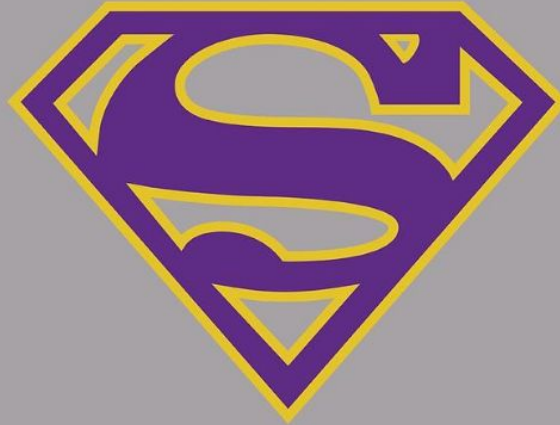


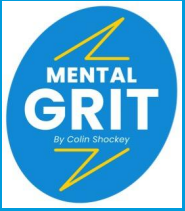
# Pre-Game Routine



On our Bellevue West wall outside the dugout

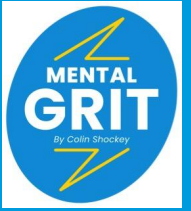
**New Mentality Once You Go  
Through This Door...**





# Other pre-game ideas...

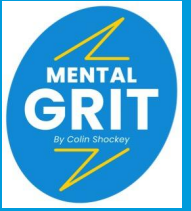
1. Watch a movie clip
2. Watch a motivational short clip
  - a. Facing the Giants
  - b. I can I will
  - c. I am a champion
  - d. Jocko Willink GOOD
3. Listen to music
4. Visualize your best AB
5. Read your Confidence Resume



# Mental Bricks





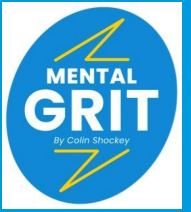


# In Game Routines

Green Light, Yellow Light, Red Light



# You first need to recognize your lights...



## Green Light:

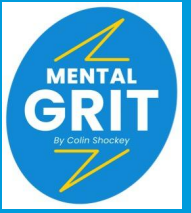
Self-Talk: I got this, I'm in Control, Bring it, Hit me the Ball

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

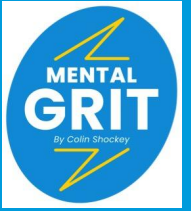
\*\*\*All responses to being in the Yellow or Red



# 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. Baseball 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!

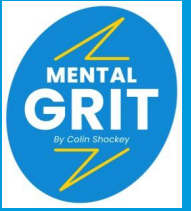
# What does a Green Light Routine Look Like?



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



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

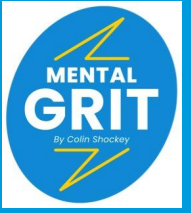


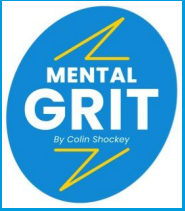
1. Do something Physical
2. Take a deep breath on a focal point
3. Verbally say something to yourself

Example:

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

# Defense step into your circle!



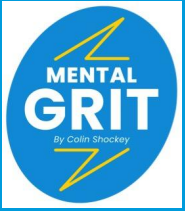


# Post Game Routine....

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 Baseball performance DOES NOT DEFINE YOU!!! Baseball 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

# Questions?

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402-650-5394

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