

“Grit” - Teaching and Recognizing Grit in your Softball Players

July 25 - 9:00 to 9:50



Millard South Patriots Softball

State Champions: 2005, 2011, 2012, 2013, 2014, 2016

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Vice President: Nebraska Coaches Association

Grit: The Power of Perseverance



Sustained actions and behaviors that showcase:

- 1) sustained interest,
- 2) sustained effort;
- 3) fueled by long-term goals

Without a fear of failure - fate loves the fearless

<https://twitter.com/MSPatriotsSB/status/1671483883009765376?s=20>

Grit: The Power of Perseverance



Grit: not just a softball thing...

1) Many of us have this trait, but only apply it in certain aspects of our lives

- It takes grit to be a 4.0 student
- It takes grit to get through an overnight work shift
- It takes grit to run a mile non stop
- It takes grit to raise a child

....so let's look back at the steps

Grit: The Power of Perseverance



Grit: let's focus on softball:

Step 1) What are you interested in accomplishing this year in softball?

- As an individual?
- As a team?
- As a program?

As you write this down, is the interest fleeting or is it sustaining? (Genuine)

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Grit: let's focus on softball:

Step 2) This cannot be effort for effort's sake – it has to be effort in pursuit of long-term goals

- Lift: not just lift - lift heavy
- Run: PGG's (think of the standards and consequences)
- "Extra Credit" :)

#Play2Win #Play4October #Resolute

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Take some notes....
#Initiative



Grit: The Power of Perseverance

Grit: fueled by the pursuit of long-term goals

Step 3) without letting up or giving in

- I failed my first test, I'm going to fail the class
- I struck out once, I can't hit
- I didn't get a job, so I'll never get hired
- We are up 7-2 in the fifth inning
- I got a 95 on my first test, so I don't need to study for this one?



How would a person with grit change these situations?

#Tenacity

Grit: The Power of Perseverance

Grit: final thoughts

What do you have available at your school, especially within your program, as tools to reach players' individual softball goals and your team goals?

- *Write them down...*



Grit: The Power of Perseverance



#Genuine
#Resolute
#Initiative
#Tenacity

“Beware the nocebo effect”

The Grit Destroyer

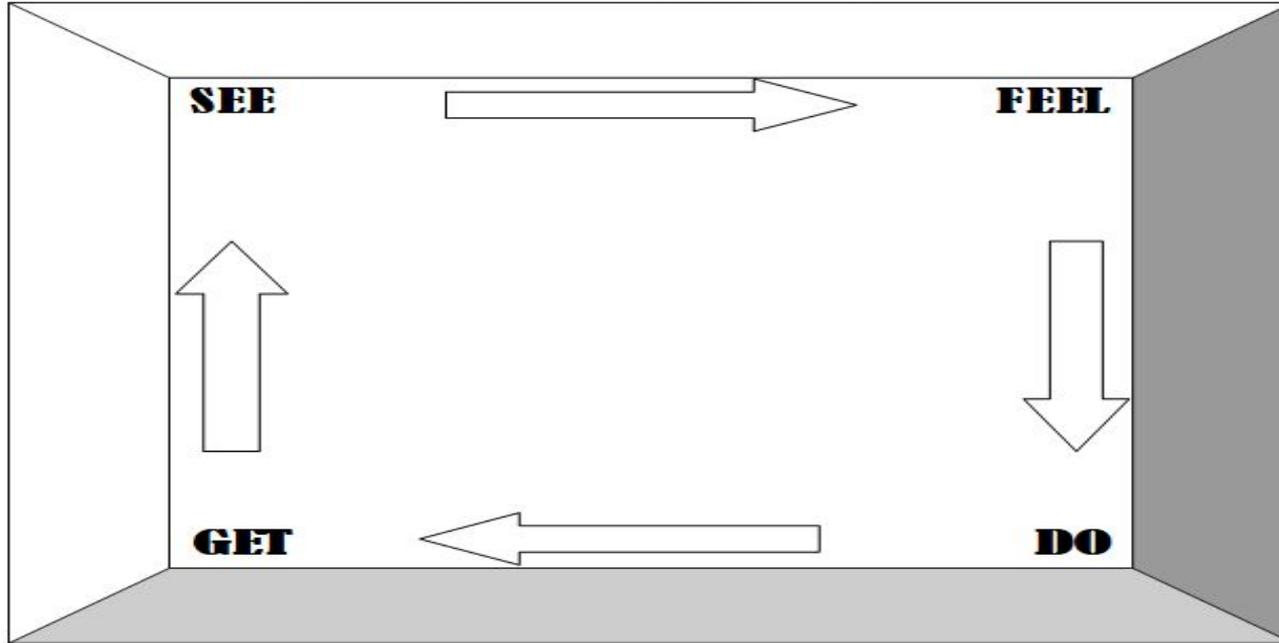


Placebo: the power of positive suggestion to achieve a desired and sometimes unbelievable result

Nocebo: self or from others - using negative suggestions and talk that results in a negative result

“Change your frame”

THE FRAME – GET WHAT YOU WANT



Three Options to Get what you want to be getting:

Change Nothing. Continue to see things the way you have been seeing it. This will mean that you get the same results. Ex. You have failed every test. You change nothing. You continue to fail every test.

Change what you feel or do. You will see some minor results, but it won't bring about the big change you desire. This new action will continue to seem like hard work.

Change what you see. By changing how you see a situation and everyone involved, you will quickly change what you are feeling, doing, and getting. Change in seeing gives you the possibility for big changes in the results you desire.

The frame only works to the positive when you change your view.

Grit: The Power of Perseverance

Any questions or input?

Have a great rest of the clinic!

*Softball All Star Game - Bowlin Stadium
Wednesday night at 5:00 pm*

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