

NCA CLINIC - final session

Wed July 23 - 2:05 - 2:55

Pressure IS a privilege - *learning how to use pressure to build momentum*

Subtopic: NCA Softball All-Star Game

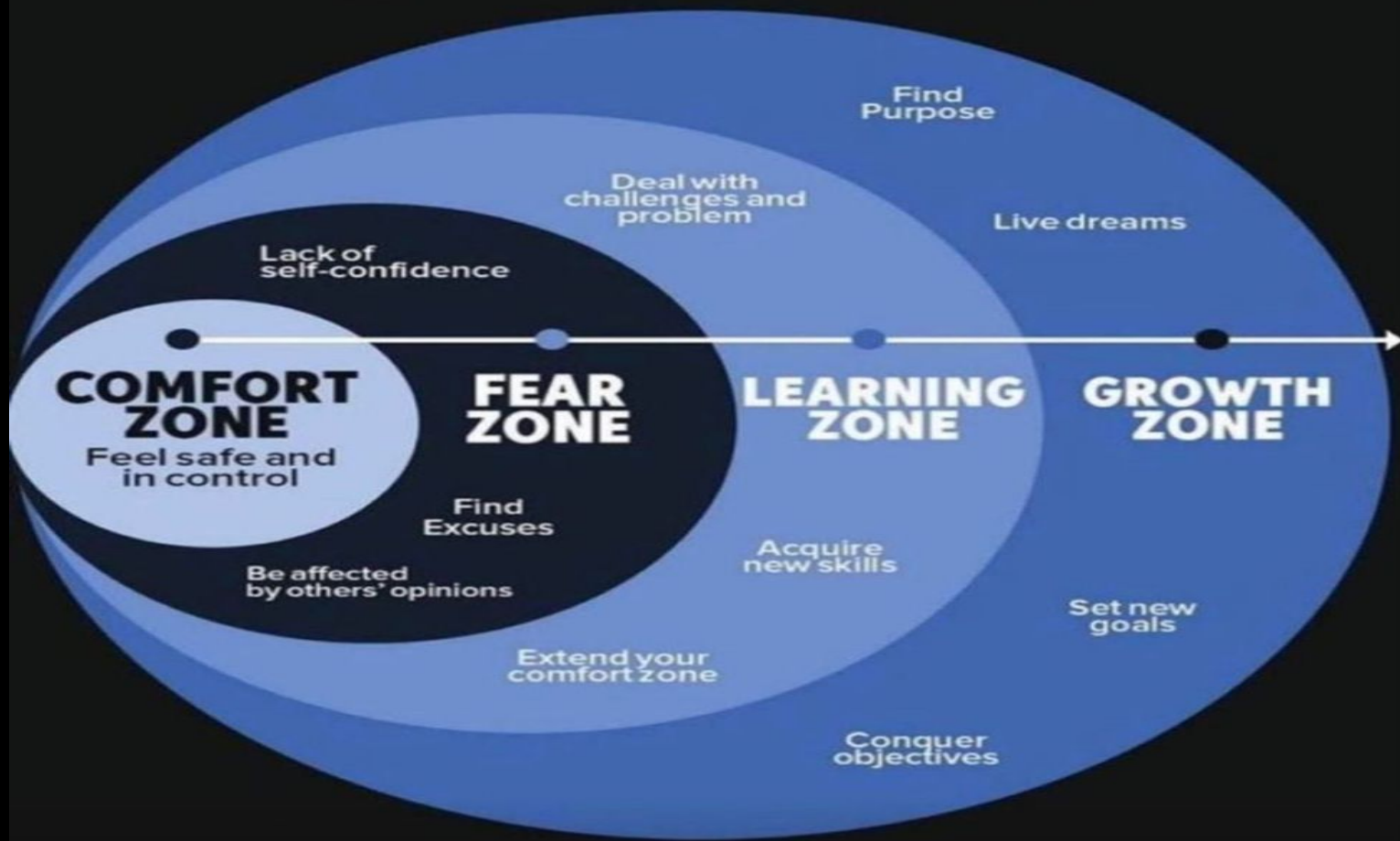
Pressure is a privilege.
Not everyone gets to be
out there performing.

ONE WAY TO KEEP MOMENTUM GOING IS
TO HAVE CONSTANTLY GREATER GOALS.

- MICHAEL KORDA -

**Steve Kerkman, Head Softball Coach Millard South, Current President
Nebraska Coaches Association**

"THE COMFORT ZONE"



Pressure IS a privilege!

Everyone talks about pressure in sports...but let's first talk about that word 'privilege'

- What does it mean?
- (ask your athletes) How do you gain privileges at home?

So let's start to make the connection to SPORTS being a privilege?
What's that mean?

Pressure IS a privilege!

Now let's talk about that word “pressure”

- What does it mean? *(but we are going to get it right)*
- Get in your accountability group - what creates or causes “pressure” in softball? *(think from singular moments to even the largest perspectives)*



Pressure IS a privilege!

- So how does pressure become a PRIVILEGE!?

1) The psychology of pressure:

- A. A situation changes pulling you out of the comfort zone
- B. You have a psychological response: increased heart rate, sweat, shallow breathing, “butterflies” - **EVERYONE DOES**
- C. You react with an emotional response: often through self-talk (I got this, Gimme the ball, Oh crap!, Don't hit it to me...)
- D. There is an outcome in the moment - that really you don't have a lot of control over the **OUTCOME!**
- E. Then there is a response to the moment - good or bad



Pressure IS a privilege!

When you understand pressure, you can handle pressure:

Prepare for pressure:

- 1) Practice at the same level you are going to compete
- 2) Pressure situations require enhanced communication – practice this too
- 3) Visualize success. Often in sports, athletes feel pressure unnecessarily over a skill they've practiced (and have had success with!!!) hundreds and hundreds of times: a free throw, a pitch, a bunt, a serve, etc.
- 4) Don't borrow suffering
- 5) Never let anyone dictate your success or your failure. Quite honestly, they can't.

Pressure IS a privilege!

When you understand pressure, you can handle pressure:

In that moment:

- 1) Control what you can control (block the noise)
- 2) Know that YES, *you* are important to it. It means someone believes in you. And not everyone gets that chance.
- 3) Positive self talk: “don’t see a monkey”
- 4) Share the positive self-talk with a teammate - it helps!
- 5) Breathe deep, exhale, and cut loose
- 6) Did you do your best? - it either worked or it didn’t, no excuses, you either win in that moment or you will win in a similar moment later because you now have experienced it!

Momentum

ONE WAY TO KEEP MOMENTUM GOING IS
TO HAVE CONSTANTLY GREATER GOALS.

- MICHAEL KORDA -

LIBQUOTES.COM

“Steal momentum”

“Keep momentum”

Momentum

Go back to your groups (great for student discussion):

- 1) What creates momentum in a game?
- 2) What takes momentum away in a game?
3. What do you notice about momentum and pressure?

Momentum

Creating momentum:

- 1) Understand that momentum is BOTH physical and emotional - it's an ENERGY that is created (*remember energy is up and down and positive or negative*)
- 2) Momentum is contagious!
- 3) Unlike pressure: ANYONE can create or destroy momentum
- 4) Momentum is something you create RIGHT NOW; you can't wait for momentum to show up

Final thoughts on momentum

What stands out?



One way to
keep
momentum
going is to
have
constantly
greater goals.

Michael Korda


QuotePixel.com



People with momentum
can get so much done.
Momentum is easy to
lose and almost
impossible to fake.

Shaun King

BrainyQuote



One positive step can
put an end to negative
momentum. Now is
when you can take it.



A loss of momentum
is often a loss of perspective.

Keeping momentum
is a matter of
gaining perspective.

MarissaBracke.com

Softball All Star Game:

We are at a very important crossroads

I'd like to gather thoughts/have some discussion to bring back to the NCA Board:

- 1) Not all of the issues are unique to softball - they have just become more pronounced in our sport
- 2) 20th annual: two seven inning games to start, not on TV, went to 9 innings, on TV, went to open defensive subs and batting through an order, "borrowing" players from the other team at the last minute, moved the game from Wednesday to Monday
- 3) All star game dates around the Clinic are non negotiable
- 4) We endure the highest cost to host at Bowlin Stadium
- 5) Graduating seniors play Club (often through this week); volleyball for example has Club ending at end of April
- 6) Is it an "all star" game or a game for available seniors?

Softball All Star Game:

We are at a very important crossroads

Some more specifics:

5) Fewer and fewer coaches getting on the Zoom process
6) 30 kids nominated per year: many coaches stop their process with the nomination:

2024: 12 of those 30 declined the offer; 2 no-showed day of; only 27 players played after replacing, game ended up 18-3

2025: 13 fewer players nominated overall, 14 declined initial offer, 8 total pitchers of the 30 - 4 declined with one legitimately injured; will have two rosters of 11 players;

7) The landscape of “all star games”, summer involvement, college commitments, has changed greatly, especially over the last 5-10 years

Thoughts? Discussion? Solutions?

Thank you!

Contact Information:

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Cell can be given via email request (*or out loud right now :))*

End of Clinic: 3:05 - 3:25 Prize drawings Main Gym