

ATTITUDE is EVERYTHING

A few mental game tips to help you complete your season with success...

Accept the fact that you will fail, make a lot of mistakes and learn from them. Failing is a big part of the game. If you succeed only 30% of the time at the plate, it's excellent. That means that you will be failing more often than you succeed. Failing is part of life and sport in general. You actually learn more by failing than by succeeding. The key point is to look at mistakes and failures as learning opportunities. Ask yourself: "What didn't go well and how can I do things differently next time to be successful?"

Focus on the controllable. Realize that you can't control what happens around you, but you can control your response to it. You must be in control of yourself before you can control your performance. Don't waste your time on things that you have no control over, focus on the things that you can change or control.

Be here, now. Play one pitch at a time, confident and focused on each pitch as it is played with disregard for past or future pitches. Ignore the emotional baggage of scores, innings, and pitch counts; just focus on the next pitch. Playing a full game in the present is to ultimate goal and the best way to ensure that you perform at your best.

Focus on the process rather than the outcomes. You have much more control over the process than the outcome. For example, when hitting, focus on having a good at bat (proper mental approach to the plate, selecting the right pitches, using your best swing, hitting a line drive, etc.) rather than focusing on getting a hit or not striking out.

Develop routines to help you get in the zone. The use of routine is one of the most widespread practices among elite softball players. They perform routines before games, between innings and between pitches at the plate and on the field. A routine integrates both the mental and the physical aspects. It is a specific way of doing things to stay focus, block distraction and put you in the ideal mindset. Routines are powerful and you should definitely use them.

THESE ARE LIFE LESSONS ALSO!!!