

UCLA SOFTBALL PLAY LIKE A CHAMPION

I Highly developed individual sport -- PLAYED AS A TEAM

A. Physical-Develop the individual's full potential

1. Basic skills. Strength, Speed, Balance, Hand-Eye Coordination
2. Hard Work Through Training
3. Experience-players learn to think on their own

B. Mental-Develop the individual's full potential

1. Desire to be the Best
2. Self-Confidence, High Self Esteem
3. Sacrifices on Behalf of the Team
4. Perseverance-Bounce Back, Patience
5. Concentration- Focus & Consistency-ability to block out.
6. Perception Others-NO JUDGING TEAMMATES
7. Goal Attainment-Have a plan
8. Leaders-everyone is their own captain

II. Team Factors

- a. Develop a common level of RESPECT for one another
- b. Communication system: with one another and coaches
- c. Mental maturity -- True team concept
- d. Identify individual roles

III. Misc. Important Factors

- a. Sound academics – SUCCESS OFF THE FIELD
- b. Ability to separate life on and off the field with friends and family
- c. PLAYER must balance demands -long/short term planning
PLAYER must BE AWARE of:
 1. fatigue
 2. attention span
 3. volume of material

IV. Practice Routine

1. Concentration begins with warm-up
2. Target practice
3. Player pays dues during practice, keep it fresh, and TAKE breaks
4. Drills to do when YOU have nothing to do
5. Stay in routine all year: pre season, in season, off season.
6. Have performance failure routine well practiced at practice
7. Knowledge of self: the pluses and minuses.

V. Individual Preparation Routine

1. Game thoughts
2. Dressing
3. Field routine
4. Game routine
5. Ability to be flex