

NAME \_\_\_\_\_

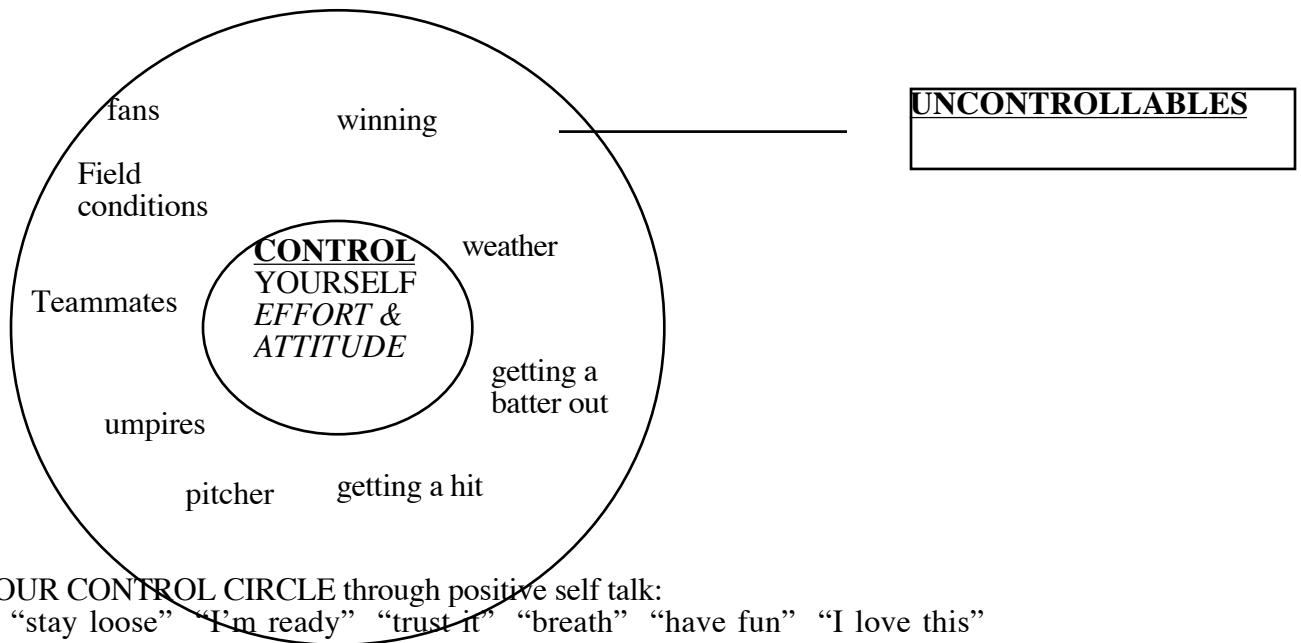
## UCLA MENTAL GAME

### TAKING CONTROL

#### 1. Control Point #1:

You can't control what happens around you, but you can control how YOU choose to respond to it.

“Taking control is the foundation for playing softball ONE PITCH AT A TIME.”



Stay within YOUR CONTROL CIRCLE through positive self talk:

“stay loose” “I’m ready” “trust it” “breath” “have fun” “I love this”

What are **YOUR** trigger words that will help you gain control when you are at the:

A. Plate: \_\_\_\_\_

B. Defense: \_\_\_\_\_

#### 2. Control Point #2:

You must be in control of yourself BEFORE you can control your performance.

##### A. GOOD BREATH:

1. Puts focus on the moment.
2. Makes YOU “check in”
3. Helps slow down the game (long slow breaths)
4. Release the negatives
5. Shift to conscious thinking to unconscious TRUSTING
6. Rhythm in pitching, hitting and defense.

# PROCESS OF PLAYING ONE PITCH AT A TIME

- A. Self Control
- B. Plan Your Performance
- C. Trust Yourself

## A. SELF CONTROL

Turn your focus Inward. “How am I feeling right now Tense? Angry?”  
Use your mental skills to regain control.

1. **Recognize** you AREN'T in CONTROL: Green Lights, Yellow Lights, Red Lights
2. **Breath:** Long slow breaths
3. Take some **time:** tie a shoe, short walk, etc.
4. Use a **release:** adjust your batting gloves, (wipe your foot across rubber..pitchers)
5. Pick a **focal point** : represents all the “hay in the barn”.
6. Carry on to **confident thinking:** Positive self talk: “ I can” “ I am doing it this time”  
“I trust myself” “I am ready” “ bring it on” ...

*Tip: Body Language which exudes confidence*

1. head up
2. sternum up
3. think about your greatest performances!

## B. PLAN YOUR PERFORMANCE

1. Basic **requirements** for a good plan: **keep it simple and make it clear.**  
Hitter: “keep my hands inside path of ball, stay compact”  
Pitcher: “Curve, keep it low, away..”  
Infielder: “Turn the double play..when in doubt... get an out”  
Outfielder: “quick first step, anticipate..back up second base”
2. **Commit** to the plan: GO FOR IT!!
3. **Visualize** yourself doing it. See in your MIND's EYE your successful execution.
4. **Trigger Words** to aid in performance: “Quick hands” “see it and hit it”

## C. TRUST

1. Shift from thinking to trusting
  - a. breathe
  - b. visualize
  - c. trigger words

# TRUST

## What are your reasons to trust yourself

(be clear, be specific: ex: hard work, special skill: speed, good eye, great performance during a game, special comment from coach, player, family member)...

### Offense Game

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Defense Game

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_