

CENTRAL COLLEGE SOFTBALL
THE MENTAL EDGE FOR SUCCESS
WHAT PART OF THE GAME
IS MENTAL AND WHAT PART IS PHYSICAL
HOW DO WE HANDLE THIS GAME OF FAILURE

1. COACHES PHILOSOPHY

- A. Players must belief in what you are trying to do.
- B. Teach clearly what you want and explain why.
- C. Make the mental part of the game a daily practice routine.
- D. Convince players that often games are lost not won.
- E. The difference between good and great is often between the ears.

2. COMMUNICATION

- A. Be direct
- B. Eye Contact
- C. Before season
- D. During season
- E. After season
- F. Explain drills clearly and why you do each.
- G. The power of Non-Verbal.

3. MOTIVATION

- A. What is it?
- B. External vs. Internal
- C. How do we motivate our athletes?
- D. Team vs. Individual

4. YOUR ATHLETES LEVEL OF AROUSAL BEFORE COMPETITION

- A. How to read it

- B. What we might be doing to hurt it
- C. Suggestions for working individually on it.

5. WHAT CAN WE DO TO HELP OUR ATHLETES REGAIN FOCUS IN PRACTICES OR GAMES

- A. Red-Yellow-Green Light System
- B. Anchor.
- C. Self-Talk
- D. Imagery vs. Visualization

6. CONFIDENCE

- A. The most important quality we can give our athletes.
- B. How do we help instill it?

7. TEAM BUILDING

- A. Ideas
- B. Identity
- C. Leadership
- D. Coach-player relationship. Team and individual.
- E. How to handle the drama

IF YOU START DOING THIS SHORT LIST OF SUGGESTIONS IN PRACTICE AND GAMES YOUR TEAM WILL GET BETTER.

1. Visualization
2. Self-Talk
3. Build People the player part will take care of itself
4. Have high Expectations
5. Demonstrate a belief in yourself, your staff, and your players.
6. Play the game not the opponent.

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