

# MENTAL TOUGHNESS



**DEFINITION: MENTAL TOUGHNESS IS THE ABILITY TO CONSISTENTLY PERFORM YOUR BEST, REGARDLESS OF THE COMPETITIVE CIRCUMSTANCES!!**

The best athletes in sports possess Mental Toughness! To be successful and improve your game, you must be mentally tough too!

## HERE ARE 5 TIPS TO HELP YOU BECOME MENTALLY TOUGH AND IMPROVE YOUR GAME!

### 1. Self-Confidence:

- When you are feeling confident, you play better.
- Focus on your performance NOT the outcome.  
(Example, Think: I can hit this pitcher, relax, stay focused) NOT (I hope I don't strike out!)
- Before you go up to bat or take the field... imagine yourself hitting the ball, making a great play ..or striking out batters!
- The way you think, affects the way you play! Think like a winner, play like a winner!

### 2. Motivation:

- Set goals for yourself. Mini goals or big goals for each practice, game or season!
- Work hard to achieve those goals
- Think positively and play with intensity
- Internal motivation, which is having the drive to achieve your internal goals
- External motivation is have the desire to beat your competition.. win the game and get the trophy!

### 3.Focus:

- Control your breathing, take a deep breath.. in through the nose and out through your mouth.
- Relax... develop a routine before you go up to bat or take the field'
- Clear your mind before you step on the field, in the batter's box or in pitchers circle

### 4.Self Control:

- Control your emotions, don't cry or get angry on the field
- Control your reactions, don't yell, throw your hands in the air, or show frustration
- Remain calm and focused regardless of situation

### 5.Resiliency:

- Accept discomfort and fatigue and learn to push through it, extend your limits
- Ability to overcome strike outs, bad throws, errors or losing games
- The ability to handle stress, training and competition

These are things ALL successful athletes must do to perform at their BEST!! These are things you must do to improve your game!!!!

## **PLAYER WORKSHEET # 1**

PLAYER NAME: \_\_\_\_\_

PLEASE WRITE THE NUMBER BEST FITS YOU:

**3=ALWAYS**

**2= SOMETIMES**

**1=RARELY**

\_\_\_\_\_ I CAN REACH MY GOALS

\_\_\_\_\_ I HAVE THE ABILITY TO BEAT TOUGH OPPONENTS

\_\_\_\_\_ I HAVE MOTIVATION TO SUCCEED

\_\_\_\_\_ I CAN BOUNCE BACK FROM ERRORS, MISTAKES OR LOSING

\_\_\_\_\_ I PLAY WELL UNDER PRESSURE SITUATIONS

\_\_\_\_\_ I HANDLE PRE-GAME STRESS WELL

\_\_\_\_\_ I CAN REMAIN FOCUSED THROUGH DISTRACTIONS

\_\_\_\_\_ I CAN PLAY THROUGH PAIN AND FATIGUE

\_\_\_\_\_ I CAN BLOCK OUT DISTRACTIONS DURING GAMES

\_\_\_\_\_ I CAN MOTIVATE MY TEAMMATES TO SUCCEED

\_\_\_\_\_ I CAN EXCEPT POSITIVE CRITICISM FROM MY COACHES

\_\_\_\_\_ I CAN REGAIN EMOTIONAL CONTROL AFTER AN ERROR