Ravizza Explains How To Gain Self Control In Tough Baseball Game Situations

In order to play the game one pitch at a time, athletes must be in total control of themselves.

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FULLERTON, Calif. — It is the top of the ninth, the score is 3-2, and the pitcher is trying to protect his lead.

The first man gets a "bleeder" infield hit and the next hitter hits a double play ball to the shortstop, but he makes an error so now there are no outs and two men on.

The pitcher now begins to "bear down" in order to get out of the inning.

As he tries harder, his ball comes up in the strike zone, and he falls behind on the count.

He begins to work faster and tries to throw even harder.

The pitcher is now out of control and the manager is on his way out to the mound to bring in another pitcher.

This scenario happens all the time.

A pitcher is doing fine and then he begins to press and he speeds up, stops trusting himself and begins spinning out of control.

His mindset of taking it "one pitch at a time" is gone.

He is no longer focused on WHAT IS, which is the next pitch, but he is focused on WHAT IF, which are all the outcomes that could occur if he doesn't make this pitch.

His focus of attention which was locked on the target, has shifted to seeing the hitter, who is on deck, even the manager's facial expression, as well as who is warming up in the bullpen.

This type of focus makes it difficult to hit the target.

In the book Heads Up Baseball, Tom Hanson and I emphasize the importance of playing the game "one pitch at a time."

This concept is like a Zen riddle in that it sounds so simple, but at times it is so difficult to do. This is especially true when the adversity builds or "the garbage hits the fan."

In order to play the game "one pitch at a time" the player must be...
BREATHE

CHECK

In the single game and most ball games there is a rhythm that we have to follow in order to succeed and this is baseball. When you are playing baseball, you have to be in a state of mind where you can focus on the game and not let other things distract you. The key is to be present in the moment and not worry about the outcome.

The first step is to focus on your breathing and calm your mind. Take deep, slow breaths and try to relax your body. This will help you stay focused and centered. Then, visualize yourself hitting a home run and imagine the ball soaring through the air. This will help you build confidence and stay on track.

The second step is to get your mind right. This means focusing on the task at hand and not getting distracted by anything else. Stay positive and keep your eyes on the prize.

The third step is to have a plan. This means having a strategy for how you will approach each pitch. This will help you stay in control and make good decisions.

Finally, the fourth step is to execute your plan. This means putting your best foot forward and giving it your all. Believe in yourself and your abilities, and you will succeed.

In summary, the key to controlling the mind in baseball is to focus on your breathing, stay positive, have a plan, and execute it. With these steps, you can be successful and enjoy the game even when things don't go as planned.

Ken Ravizza gives time-honored techniques to help players control the mind.

Controlling the Mind in Baseball
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opportunity for success. To give herself the best
of the best, she had to play the
right position on the floor. She
needed to think on her feet.

The key is that player did
not just stand and watch the
opponent. She was patient and
willing to move. She was ready
to pounce when the opportunity
presented itself. Her quickness
and agility were her strengths.

The receiver is a key element
in the game of basketball.
When the receiver is able
to catch the ball, it opens
up opportunities for her
teammates. The receiver
must be ready to move
quickly and make decisions
on the fly.

For the receiver, it’s all
about being ready to
move. The receiver
must be able to
anticipate where the
opponent will be
and move accordingly.

When the receiver is
ready to move, she
has the advantage.

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