Mental Training for Softball Pitching

A. ARRIVING AT THE FIELD

Familiarize yourself with field conditions.
Select centering point in the stadium.
Get equipment bag set up in dugout.
Make friends w/the circle and rubber.

B. WARM-UP

1. Performance
   Begin by getting loose.
   Feel where your body is at today.
   Gradually loosen it up with TLC.
   Feel the rhythm beginning to merge.
   Work on each pitch with your emphasis on the spin of the ball.
   Play with and assess your variety of pitches.

2. Concentration
   Get mentally prepared.
   Feel the adrenaline pumping.
   Imagine you are pitching 1st inning at end of the warm-up so that you
   Use your imagery skills before game to simulate game conditions.

C. APPROACH THE CIRCLE

1. Performance
   Know the situation, batter and plays.
   Check teammates defensive alignment.
   Check your responsibilities.

2. Concentration
   Feel the concentration and confidence build as
   you walk to the mound.
   You are an awesome pitcher.
   You have trained hard and you've paid your dues.
   Clear and ready.

D. IN THE CIRCLE

1. Performance
   Mental and physical focus
   Know the situation:
   Your responsibilities
   Reassessing situation
   Adjust appropriately
SET POSITION

Centered and ready, concentration clicks in.

Know what you want to throw.

Imagine yourself throwing the pitch.

2. Concentration

Present FOCUS.

Total involvement in the task.

Controlled intensity.

Appropriate focus.

Cocoon of silence.

E. ON THE RUBBER

1. Performance

Finish centering.

Take the signal.

You know what you need to do.

Technical aspects of pitch are in your control.

READY POSITION - tuned in.

2. Concentration

Ready position tunes you in.

Ball feels great.

Rubber triggers your focus in.

You and catcher.

F. FINAL FOCUS

1. Performance

Breath - inhale (activate) exhale (relax).

2. Concentration

Focus on the target (catcher's mitt).

Automatic (may want to start with a breath).

Feel the rhythm and power.

Controlled intensity as released.

3. Coping

Monitor self-talk.

Focus on concentration points.

G. FEEDBACK

1. Performance

Accept the feedback.

More information, use it to your advantage.

Recall and cherish good pitches.

Bring focus to next pitch.

Go to pre-pitch routine.

2. Concentration

Positive feedback.

Monitor self-talk.

Learn from pitch.

Focus on next pitch: pre-pitching routine.
II. RETAINING YOUR FOCUS ON BAD CALLS, ERRORS, ETC.

Acknowledge feeling (anger, upset, etc.).
Face toward field - tighten/release,
    use something physical to let go.
Monitor self-talk - if needed.
Turn to plate and concentration is on next pitch.
You are a warrior.
Go to pre-pitch routine.

I. RUNNER ON BASE

You stay in charge.
You are totally focused on pitch and target.
Monitor your self-talk if needed.
You know you can handle it.
The challenge is exciting.