Baseball is a Mentally Tough Game
• More games lost than won – struggle
• Failure + Frustration are part of the game
• A lot of time to think: Boredom
• 3 or 4 pitches become critical in close games
  The more players present the better
• Control of process not results
• Players must be present to win/perform/learn

Routines Are Critical
• Total involvement
• Clear thinking: A plan for each pitch
• Connection with task at hand
• Confident to win next pitch

Preparation
• Day by Day
• Game by Game
• Inning by Inning
• Batter to Batter
• Pitch to Pitch

Day By Day
• When does practice begin:
• Segmentation/separation
  Academics
  Personal life
  Baseball
• Prepare to prepare
  Make a commitment to practice/game

A Pre-Game/Practice Routine Must Include
• Self-Control
• Body preparation
  Treatment, cardio, stretching
• Warm up mechanics
• Focused mechanics – game-like

Hitters
• Go into At Bat – Do the At Bat – Come out of the At Bat
• When does an At Bat begin?
• Pre-Bat routine
  Watch from dug out – study pitcher
    Rhythm
    Release point
    Go to pitch
    Tipping pitches
  Helmet and batting gloves on
  In the hole in dug out
  On-deck
  Walking to plate
  Establishing a plan – “Hunt and Attack”
  Taking possession of the box
  Connection to task – vision

Perform – Pitch to Pitch
• In control
• Have plan
• Trust your swing

Post-Performance Routine
• Get the lessons learned
• Release the At Bat
• Take off helmet and gloves
• Support teammates

Pitfalls of Routine
• Too much attention on routine: neglect competing
  Hitter must have energy out
• No meaning/purpose in routine
• There is a learning curve with routine
• A routine is not a ritual or superstition

The Routine Must Be Practiced: Quality vs. Quantity
• Batting practice
  Practice being on deck
  Getting in box
  Stepping out