

Pre-Game Preparation Plan

Always Remember:

This is a game, and the games are fun. Remember to smile, relax, have fun, and enjoy each pitch!

Control the controllables:

- Attitude
- Effort
- Body language
- Zero Emotions

You are already winning! The game is set up in the pitcher's favor. Effective misses will generate outs.

BREATH. Focus on big deep belly breaths between pitches and in situations where your heart begins to race.

Count outs and strikes backwards 3-2-1 to maintain focus and complete each inning and each batter.

Physical	Mental	Performance
<ul style="list-style-type: none"><input type="checkbox"/> Get better at your worst pitch<input type="checkbox"/> Trust mechanics<input type="checkbox"/> Focus on making the ball do what you want it to do	<ul style="list-style-type: none"><input type="checkbox"/> Pick up team after making errors<input type="checkbox"/> Cheer the loudest<input type="checkbox"/> Positive vibes only<input type="checkbox"/> No emotions to errors	<ul style="list-style-type: none"><input type="checkbox"/> Get first batter of every inning out<input type="checkbox"/> Limit free bases<input type="checkbox"/> Throw a 3 pitch inning<input type="checkbox"/> Execute a pitch the batter can not hit