

Objective: to create an Alter Ego on the mat to deal with stress to be more aggressive in game

Many of the top players & performers have an alter-ego/stage name to help themselves cope with stress & perform fearlessly. As a person, you may be quiet, reserved, & very nice, but your Alter Ego on the mat can be whatever you want it to be- with no fears or doubts.

Be sure to balance ALL Alter-Ego Worksheets with the rest of the program.

Do not let the Aggressiveness series raise your energy level above your desired level.

Exercise 1: You will name your Alter Ego in game

Your Alter Ego name: _____ Alter Ego Birthday: _____

You will now write down attitudes and qualities your Alter Ego has:

(ie. I don't care about losing or making mistakes; I don't need praise, recognition, pity, or approval from anyone; This is my mat/gym, I own it; I'm the baddest man in the world; Im not afraid of anything; I go after all challenges; It's all a game, it isn't even real)

Attitudes of your Alter Ego:

Objective: to develop your Alter Ego on the mat by learning how to “flip the switch”

Physical cues/anchors/gestures help us transition into different mindsets/attitudes easier. You will describe your Alter Ego’s physical qualities in this exercise. These minor adjustments will go a long way in getting “into character.”

Exercise 1: You will develop physical qualities for your Alter Ego

Your Switch (ie. Mark Schultz’s switch was pulling his hoodie over his head, putting on batting gloves or cleats)	
Colors you wear (black is dominant; red is related to better performance)	
Haircut (ie. slightly shorter than you wear it now- cops, military, etc)	
Battle Cry (making a noise is something warriors have traditionally done, ie. Loud clap, yell, mat slap)	
Your Mark on your head/face (Warriors have traditionally worn face paint/helmet Possible exs: Tape around head, symbol on headgear, masked headgear, chin strap)	
Other additions:	

Objective: to develop the willingness to dominate & destroy your opponents.

The most aggressive players have aggressive attitudes.

*Baseball is a game, yes. It is also a business. But what it most truly is, is disguised combat. For all its gentility, its almost leisurely pace, baseball is violence under wraps.--WILLIE MAYS

*The pitcher has got only a ball. I've got a bat. So the percentage in weapons is in my favor and I let the fellow with the ball do the fretting.--HANK AARON

*Cobra Kai (Karate Kid)- No Mercy (on the field)

Exercise 1:

Do you have the willingness to crush your opponent in game? _____

Exercise 2:

Practice targeting tough game. Next practice, Challenge the toughest pitcher/hitter on the team to some game. Who will this be?:

Exercise 3:

Practice crushing your opponents and continuing to hit/score/pitch to the best of your ability. In practice, when scrimmaging someone you're a lot better than, look to score 10 runs or more. Keep a tally below of all the times you do this:

Objective: to find aggressive players to watch and integrate into your Alter Ego

You need to know who your aggressive player role models are so you know what behaviors & attitudes to emulate.

Exercise 1: Aggressive Player role models:

Exercise 2: Name some of their behaviors you can integrate into your Alter-Ego (ie. Challenge Hitters (For pitchers); Diving and going all out on defense; last to stop hustling; head nod; Swing full out; running all batted balls full out; clap; run onto & off the field)

Exercise 3: Watch video of at least 1 of your aggressive player role models each week. Which videos will you watch:

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Objective: to find additional buttons to help you become more aggressive

It is important to identify all things that can help you flip the switch, become more aggressive, and turn on your personal Alter Ego.

Videos/Movies	
Songs	
Quotes	
Animals, Superheroes, Symbols	

**Exercise 2: You will post pictures, create playlists, & surround yourself with these buttons.
How?:**