

THE RELAXED ATHLETE

My Pregame Baseball Routine

Phase	Strategy	Your Mental Game Tasks	Sports-Specific Tasks
Arrive at the field	Expel pressure-packed expectations	<input checked="" type="checkbox"/> Identify your expectations about competition one to two hours prior to the game <input checked="" type="checkbox"/> Replace your expectations with process goals for upcoming competition	<input checked="" type="checkbox"/> Enjoy favourite music <input checked="" type="checkbox"/> Start to focus on game
Get equipment	Calm your inner chatter	<input checked="" type="checkbox"/> Recognize when you are engaging in inner chatter quickly <input checked="" type="checkbox"/> Refocus your mind on the pregame warm up	<input checked="" type="checkbox"/> Hang bat bag <input checked="" type="checkbox"/> Put on cleats and mitt
Team Warm-up	Take control of your confidence	<input checked="" type="checkbox"/> Review your confidence resume one hour prior to competition <input checked="" type="checkbox"/> Shoot down any last minute doubts you may have about the event	<input checked="" type="checkbox"/> Team run <input checked="" type="checkbox"/> Team stretch <input checked="" type="checkbox"/> Team agilities
Batting and Soft Toss Drills	Rehearse your performance	<input checked="" type="checkbox"/> Use mental imagery to review your game plan or strategy for the day. <input checked="" type="checkbox"/> Use mental imagery to rehearse the situations you will see in the game	<input checked="" type="checkbox"/> Go through batting warm up
Team Throwing Warm up	Focus on the process	<input checked="" type="checkbox"/> Keep your mind on preparation during your warm up <input checked="" type="checkbox"/> Know what cues to stay focused on during the game <input checked="" type="checkbox"/> Set one or two process goals for today's competition	<input checked="" type="checkbox"/> Pitchers/Catchers warm up <input checked="" type="checkbox"/> Set process goals
Team Huddle	Prepare your mind to win ugly	<input checked="" type="checkbox"/> Forget about proper technique during the warm up <input checked="" type="checkbox"/> Do not assess the quality of your warm up <input checked="" type="checkbox"/> Remind yourself to perform with a functional mindset – win ugly	<input checked="" type="checkbox"/> Run off field <input checked="" type="checkbox"/> Team cheer
Waiting for game to start	Embrace the pregame butterflies	<input checked="" type="checkbox"/> Interpret excitement as a sign you are ready to compete <input checked="" type="checkbox"/> Embrace the pregame butterflies as helpful to your performance <input checked="" type="checkbox"/> Use the added intensity to help you focus better	<input checked="" type="checkbox"/> Relax <input checked="" type="checkbox"/> See yourself performing well