

THE RELAXED ATHLETE

My Pregame Softball 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 |