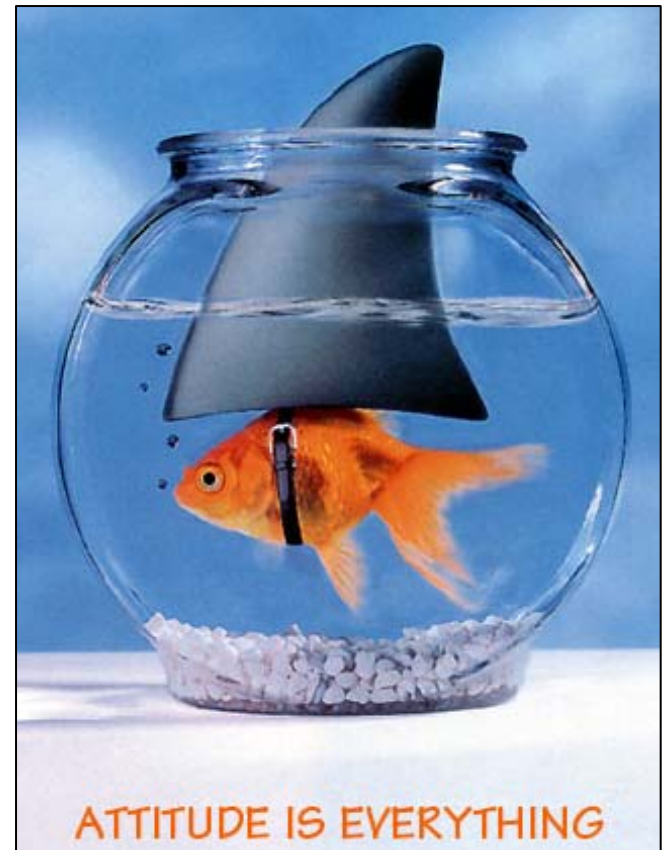


HOW TO DEVELOP MENTAL TOUGHNESS, TEAM LEADERS and MOTIVATED PLAYERS

Cindy Bristow



WIN



1) FRUSTRATING GAME –

- **Not Give Up**
- **Leave the Last Play Behind**
- **When to Focus**
- **Make Good Decisions** (on and off field)
- **Good Teammate**



GET THEM TO BELIEVE and BUY IN!!!!



Yours AND Theirs

HOW TO DEVELOP MENTAL TOUGHNESS, TEAM LEADERS and MOTIVATED PLAYERS

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -



HOW TO DEVELOP MENTAL TOUGHNESS, TEAM LEADERS and MOTIVATED PLAYERS

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -

EQUIPMENT:	TYPE YOU USED:	YOUR AGE:	POINTS FOR ANSWER:	YOUR SCORE:
BALL	<ul style="list-style-type: none"> • White • Yellow 	<ul style="list-style-type: none"> • Old • Current 	<ul style="list-style-type: none"> • +0 • +4 	
CELL PHONES	<ul style="list-style-type: none"> • Used only for calls • Used for text messaging 	<ul style="list-style-type: none"> • Old • Current 	<ul style="list-style-type: none"> • +0 • +4 	
BAT	<ul style="list-style-type: none"> • Wood • Just Metal • Aluminum (no clue about # of walls) • Double or Triple Walled 	<ul style="list-style-type: none"> • See “Dinosaur” • Old • Middle Aged • Current 	<ul style="list-style-type: none"> • +0 • +1 • +2 • +4 	
HELMET	<ul style="list-style-type: none"> • None • Required • Custom painted • Air Vents & 1 per Kid 	<ul style="list-style-type: none"> • Dinosaur • Old • Middle Age • Current 	<ul style="list-style-type: none"> • +1 • +2 • +3 • +4 	
BALL BAG	<ul style="list-style-type: none"> • Must have had one • Floppy-shaped like a hat • Multi-compartment to Apartment sized. 	<ul style="list-style-type: none"> • Old to Dinosaur • Middle Aged • Current 	<ul style="list-style-type: none"> • +1 • +2 • +4 	
CHEERING	<ul style="list-style-type: none"> • Secondary to game • Practiced & choreographed • Get them off the internet 	<ul style="list-style-type: none"> • Ancient • Middle Aged • Current 	<ul style="list-style-type: none"> • +2 • +3 • +4 	

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -

Totaling Your Score:

18 – 24 points	Able to Relate to Current-Day Players
11 – 17 points	Probably Contemplating a Tattoo
5 – 10 points	Take Good Notes Today – You'll Need Them
0 - 4 points	You're Better Suited to Coach Mummies

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -

What is MENTAL TOUGHNESS?

“Not letting things get to you. When you screw up you have to let it go and make up for it on the next play and not let what happened in the past effect what you do in the future.”

“Not breaking down when you make a bad play. Always being positive”

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -

What does LEADERSHIP mean to you?

“When you’re down or you’re in a tight spot that someone is going to be there to pick you up and push you to keep going.”

-“good attitude”
-“stands up for the right thing”

Do LEADERS help your team?

“Yes, if no one ever steps up to fire up the team and get them going then your team isn’t really going to play intensely if they aren’t fired up.”

“Kind of – because some leaders have an attitude problem and no one likes them so they don’t help, but others do. So, it just depends on the person, really.”

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -

Do you think you are a MOTIVATED PLAYER

“Yes, because I want to be the best player I can be and help my team win. I think I’m motivated at all games and most practices. Some practices though I’m not motivated because I might want to take it easy that night because I had a rough day. But mainly I’m motivated to play because I love the game and want to be the best I can.”

“I don’t know?? (don’t know what it means) – I’m only at games and at pitching practice because it’s fun and something I want to do, at regular practice I’m not because it’s boring and not fun/exciting.”

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -

How can you tell your TEAMMATES are MOTIVATED?

“I can tell when my teammates are motivated if they are focused on the game and into the game and they’re talking and chatting and cheering the team on and picking each other up.”

“By the way they act – not caring, or caring, hearing other people’s opinions.”

What should the coach do about players that are not MOTIVATED?

“If they aren’t motivated to play then the coach needs to talk with the player and ask her if she really wants to play and if not **ask them to leave the team**, because I don’t want to play with someone who isn’t going to give their all when I’m giving mine.”

“Find a way to motivate them, but in a good way and if they don’t want to be motivated **then they shouldn’t play – or not on our team anyway.**”

2) MENTAL TOUGHNESS -

16 year old players

“Not letting things get to you. When you screw up you have to let it go and make up for it on the next play and not let what happened in the past effect what you do in the future.”

“Not breaking down when you make a bad play. Always being positive about yourself and your teammates.”

Sports Psychologist

*Having the **natural** or **developed** psychological edge that enables you to:*

*- **Cope better** than your opponents with all demands placed on you (training, competition, life)*

*- **Be more consistent and better** than your opponents in – **determined, focused, confident, resilient, in control under pressure.***

2) MENTAL TOUGHNESS -

How Do We Develop It in Our Players?

- Homer **isn't** our model



*"Well Kids - you tried your best
and failed.*

The lesson is Never Try"

- Our Own Talk
- Monitor Their Self Talk
- Insist All **"I Can't"** statements be followed by **"YET"**
- Be it Ourselves!
- Exercises

2) MENTAL TOUGHNESS - Exercises

• What Do You Bring To This Team?

CHAMP. EXPERIENCE
EXP. IN LEAGUE
CONSIStANCY ✓
MENTAL TOUGHNESS
COMPETITIVENESS ✓
FUNDAMENTALS
DESIRE ✓
LOVE OF GAME

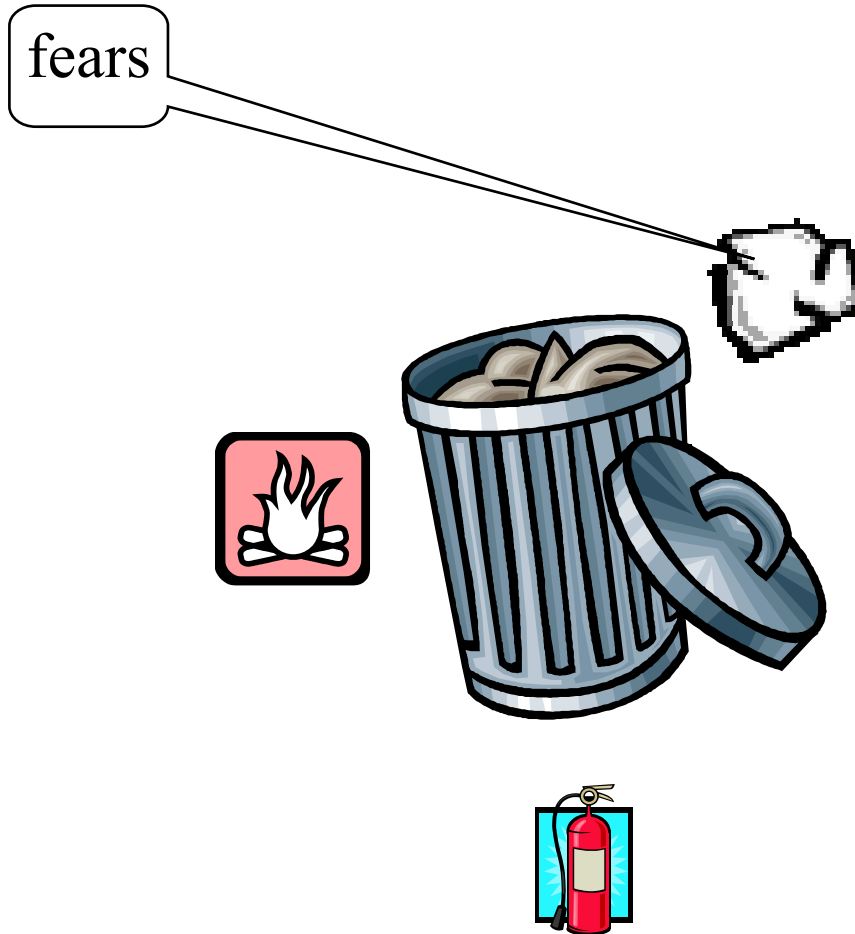
!!! SPEED ✓
WORK ETHIC ✓
INTENSITY ✓
POSITIVE ATTITUDE ✓
KNOWLEDGE ✓
LOUD
PRIDE
LEADERSHIP
CLUTCH HITTER

HEART
BALANCE
VERSATILITY
PASSION
INTELLIGENCE ✓
ORGANIZATION
POWER
HUMOR ✓
EFFORT
COHESIVENESS

FUN
SUPPORTIVENESS
PATIENCE
PASSION
MEDICAL ASSISTANCE

2) MENTAL TOUGHNESS - Exercises

- *The Fear Can*



2) MENTAL TOUGHNESS - Exercises

• I've Got Your Back

PLEASE BE NICE ☺

Quiet Thunder

Hard worker

Hits the ___ out of the ball!

- Funny -

HAS CONFIDENCE IN TEAMMATES

GREAT GAME ATTITUDE - HARD AS ~~ROCK~~!

*!?!-

calls great game / consistent power hitter

- Calls a great game - confidence in pitchers

- Calm presence behind plate

You hit the ball harder than anyone I know

Brings good attitude to field, calls a great game.

- Great Talent, Awesome Attitude

Great Catcher & Hitter Great to have you on my team again

YOU GOT A CANNON! ★

Great Arm & person.

clutch hitter

*Your arm has been blessed by GOD!

GOOD EYE FOR A RISEBALL

Great hitter, sees ball well.
leader by action / great hitter

Calm confidence
No fear

Power

Humerous, tremendous talent, Never gets down on himself,
Hard Worker!

~~Great~~ Great Player (Power Hitter)
Leader

LEADERSHIP, POWER, SMILE, GREAT HITTER

2) MENTAL TOUGHNESS - Exercises

• Positive Comments Jar

Positive Attitude

Tremendous Softball Talent

Humorous

Can hit the Hell out of
the ball.

Supportive of Teammates

Very intense

team oriented

Good communication (on field)

Works hard

Nice person 😊

You are very hard working and
knows about a off ball and
yet have the ability to have
fun and be fun out of
the field. You're very sweet!
-Great hitter!

People person

great arm

cute dog

sound fundamentals in hitting/fielding

dedicated/intense

3) WHAT ARE TEAM LEADERS? -

*“Good teams have good coaches – **GREAT** teams have **LEADERS**”*

*“ You want good team leaders? **YOU'RE** the Leader! Don't leave your season up to chance and hope you have some good leaders surface!”*

- Carol Hutchins, Univ. of Michigan

3) WHAT ARE TEAM LEADERS? -

- **33% Rule**, Sue Enquist, UCLA

Always 3 Groups Of People On Any Team

Top 1/3

Will follow you, absorb your every thought, feeling, suggestion - they are the positive energy people - they possess a high "buy in" level

Middle 1/3

They blow in the wind. When you're winning life is great, they love everything, they go with the flow. When life is bad they follow the bad attitude.

Bottom 1/3

*These suck the life out of you. The world is on their shoulders, "poor me's" "we will never come back from the deficit" people - have a very low "buy in" factor and no trust - they are **ENERGY SUCKERS!!***

YOU MUST:

Get the Bottom 1/3 to go with the Top 1/3 and get the Middle 1/3 to buy in.

DONT EVER LET THE BOTTOM THIRD GET IN YOUR CAR AND COME HOME WITH YOU

Don't get fixated on the bottom third - JUST manage them - get the middle third to buy in. With that you have the top two-thirds or 2 of 3 and you have momentum - and that makes doing anything fun

1) UNDERSTAND, THAT THEY DON'T UNDERSTAND -

Do you think CAPTAINS are good for a team ?

only if they are the right person

How should CAPTAINS be picked?

“players pick one and the coaches pick one”

Their reason for saying that the coaches should also pick a captain is because the players will often vote in the person they're most afraid of on the team and not necessarily the best leader.

What Should CAPTAINS do?

They should set a good example for the team and be a type of leader as well and be the one who talks to the coach when there is a problem, be the enforcer to the coach/team.

3) WHAT ARE TEAM LEADERS? - - Captains vs. No Captains?

How should CAPTAINS be picked?

- **Be sure they aren't all in the same grade.** (You never want to lose all your leaders in one graduating class)
- **Be clear on what is expected of the person holding this title.**
- **Team votes and coaches vote**
- **Position of responsibility and privilege**

What Should CAPTAINS do?

- She must:
 - 1. Be the voice of the team to coaching staff, administration, and community.**
 - 2. Be the voice of reason when there is inner conflict among the team or between the team and the coaching staff.**
 - 3. Have a positive influence in times of struggle and staleness throughout the season.**
 - 4. Be the individual who carries out the mission statement of the team whether she is playing well or not. The captain must be “captain like” through her own tough times as well.**
 - 5. Reflect the values identified in the top 1/3 of the 33% rule.**

3) WHAT ARE TEAM LEADERS? - - Captains vs. No Captains?

Create a CAPTAINS CLUB -

- **All CAPTAINS from all sports within the school will be involved**
- **Meets once a week or at least twice per month - usually at home-room**
- **Discuss issues that are relevant to all Team Captains such as:**
 - Dealing with athletes who violate rules
 - Dealing with 9th and 10th graders on the varsity
 - What to do as a JV player when your best player is taken to varsity
 - How to handle things when they or their teammates make a mistake
 - Motivating teammates who aren't motivated, 6. Dealing with tough coaches
 - Qualities of a Leader
 - Self-image
 - Problem Solving and Decision Making
- **Assign a different Coach to be present at each meeting and speak to the group about team issues from a coaches viewpoint. (*AD present as well, if have one*)**
- **About an hour long**
- **Can create a Captains Manual**

3) DEVELOPING MOTIVATED PLAYERS -

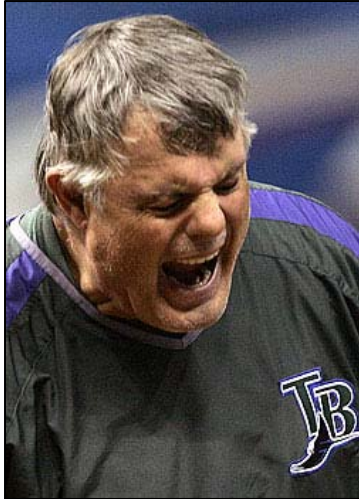
Study on HIGH ACHIEVERS:

- there were no set rules for how they were developed, except –
- they all had parents (coaches) that:
 - *set touch but realistic challenges*
 - *applauded their successes*
 - *went easy on their failures*

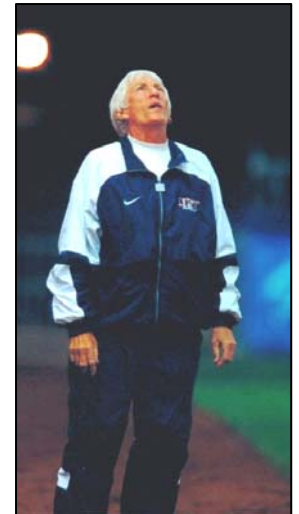
A Lack of Motivation as attributed to:

- a fear of failure
- peer pressure of not performing well and therefore not being cool

3) DEVELOPING MOTIVATED PLAYERS –



- Usually more emotional intensity around your errors, mistakes and failures – than around your successes
- The brain more easily remembers events accompanied by strong emotions....
- **SO – most people tend to under-estimate their successes and over-emphasize their failures.**



3) DEVELOPING MOTIVATED PLAYERS – young girls & women

Counteract this by focusing and emphasizing on their successes



Exercises

- Success Journal
- “Best Softball Moment Ever”
- Success Jar

3) DEVELOPING MOTIVATED PLAYERS – young girls & women

SELF ESTEEM – Poker Chip Theory



- The more chips you have, the more risks you'll take
- The more risks you take, the more chances you have to win

Self Esteem works the same way –

- OUR past successes are our poker chips
- the more successes we've had in the past, more confidence we'll have on your next attempt and the more attempts we'll take

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