



GO WARRIORS!

## West Bend “Warriors” Youth Baseball

The mental part of the game of baseball is often overlooked. It’s important for players to maintain a positive outlook no matter what the situation. Be a supportive teammate and try to keep a good attitude at all times and this will go a long way in building a solid, close knit team.

Nervous before a big game? - This is a normal feeling and you should have some butterflies in your stomach before a game begins. One way you can help calm your mind and muscles is through deep breathing. Take two minutes and do some deep breathing and slowly exhale counting down from 5 to 1 with your eyes closed and open them at zero.

*When hitting or pitching sometimes a deep breath before get into the batter’s box or starting your pitching motion helps relax you.*

### Picture a great performance!

This technique is called visualization. Picture yourself hitting a double, home run etc. Picture yourself standing at your position, in the batter’s box and something good is about to happen. If you’re pitching visual yourself throwing strikes and retiring all the hitters you face. Visualization when practiced can help improve game day performance.

Our 10 rules to help build a better team:

1. Listen to your coaches. Eyes are engaged on the coach when speaking
2. Effort – Always 110% during practices and games!
3. Hustle – Always sprinting to and from your position. Hustle takes no skill. You can always out hustle your opponent. There is no excuse for ever not hustling out a batted ball under any circumstance.
4. Compliment your teammates. Talk with your teammates about good memories of plays they made during the game as well as past games.
5. Respect is always shown to your teammates, your opponent and the umpires. We never argue as a player with an umpire.
6. Confidence – Put good images into your mind (see many successful pictures) These can be successful at bats, successful something on the ball field.
7. Goals – Set goals for yourself on how you want to improve as a player and put them in writing and review them before bed every evening.
8. Positive mental attitude. Tell yourself over and over you have worked hard and have prepared yourself to enjoy success in the games.
9. Believe – Believe in yourself and that your opponent is never superior
10. Smile and enjoy the game! Have some fun