



Mental Goals



Listed here are goals of behavior and attitude. They are all within the control of the pitcher. Result goals are not. A pitcher who trusts her talent and commitment will be able to devote herself regularly to the development of routines and habits that are conducive to effective performance.

The list is not to be considered all-inclusive. Pitchers will be able to think of other goals related to their individual needs. Setting these specific goals, and monitoring her attempts to reach them, allows a pitcher to be attentive to her own strengths and weaknesses. Behavior goals provide purpose and direction. Just as a pitcher should focus on executing one pitch at a time, so should she work on one goal at a time. She should establish her own list of needs and priorities and work diligently at mastery, before moving to the next goal. Establishing those priorities is an initial act.

Her dedication to excellence will determine the level of behavior and achievement she will reach. Elite athletes, by definition, have exceptional habits, which are tools of an effective worker.

GOALS

To develop:

- an aggressive mentality (challenging hitters)
- an effective intensity level (aggressiveness under control)
- consistent focus and concentration on the target and task at hand
- a steady tempo and flow
- an ability to recognize adverse settings, thoughts and behaviors and make the necessary adjustments (gathering & self-coaching)
- poise (utilizing positive self-talk, breathing patterns, good body language, consistent behavior on the rubber, appropriate responses)
- ability to visualize effectively
- a positive and realistic attitude toward self and the game

To:

- be consistent in throwing first-pitch strikes
- get outs early in the count by forcing contact
- establish the count in my favor
- finish hitters when ahead in the count
- have good ball-strike ratio
- develop ability to effectively locate pitches (good focus on intended target)
- have a consistent preparation routine
- treat all situations consistently (focus on behavior and purpose, rather than on possible consequences)
- field position well
- hold runners effectively

A key to the pitcher's success will be her ability to be self-instructive, rather than self-critical. Making excuses for mistakes should have no place in her attitude or program. Neither should self-punishment because of mistakes or temporary inability to achieve a goal. Growth, it has been said so often, is a process. Her determination to "stay with it" is critical. Will power is real power.