



Welcome to CoachTraub's Newsletter #5!!!!

Mental Skills Training = Performance Enhancement and Personal Growth

My mission is to over-deliver value on goods and services designed to help you 'win' the mental side of the game.

This issue's theme: KEEPING IT SIMPLE

Today's Mental Skills Tip – Keeping it simple is a pre-requisite for releasing talent. I wrote a book with 200 pages and I can talk to athletes for hours about thinking DOs and DON'Ts. This leads some to think that they should avoid mental skills training because they don't want to make the game too complicated. Not to worry: a primary goal of mental skills training is to help athletes keep it simple when it's time to perform.

Simple means **manageable**. Simple means **controllable**. Simple often means **singular**. But simple does not mean easy. Simple and easy are NOT synonyms; the athlete's job should be simple, but it is never easy because approaching potential is never easy. Communicating mind-to-muscle is challenging *because* an athlete's mind is capable of processing so many distracting thoughts simultaneously. Keeping it simple allows athletes to spend their energies in useful ways instead of spinning their wheels.

Control is a huge factor in keeping things simple and manageable. **Know your job to do your job**, and make sure you're defining your job in 100% controllable terms. Trying to control the uncontrollables, including winning, leads to frustration, worry, and a lack of attention to the things that can be controlled. Rather than trying to win, try to give yourself and your team the best chance to win by doing **What's Important Now**. That's controllable. It's simpler. Example: what is a pitcher's job? It's to "Throw the ball aggressively through the target." That may take longer to say than "Get outs," but it's a simpler concept. It defines precisely what to do, regardless of how things outside of the pitcher's control are going. Trying to get outs or control results leads to guessing about things outside of the pitcher's control and worries about irrelevant details, especially as soon as anything starts to go wrong.

"Overheard" from the minds of some great athletes:

Poor Self-Talk can be transformed into
Great, Simple Self-Talk

Change: I'll be a hero if I... to
Just do my job by giving my best effort.

Change: I'll make up for that mistake by... to
Just do my job. Not more, not less.

Change: If I lift my elbow slightly higher and earlier, then twist my wrist... to
Trust it and let it happen.

Change: If I get this outcome, I'll get this reward. to
Just do my best. The rewards will come.

Change: Hit a home run. to
See it and be easy.

Change: That was awful, I've got to fix it, maybe starting with my stance... to
Trust it and see it big.

Quote-of-the-Day: "It seems that perfection is reached not when there is nothing left to add, but when there is nothing left to take away" -Antoine de Saint Exupéry

Inspirational True Story: A schoolmaster in France was once very discouraged with one of his students, and wrote of him: "He is the smallest, the meekest, the most unpromising boy in my class." That boy eventually solved the mysteries of rabies, anthrax, chicken cholera, and silkworm diseases, and contributed to the development of the first vaccines. He set the stage for modern biology and biochemistry. Fifty years after the schoolmaster's evaluation, an election was held in France to select the greatest living Frenchman. By popular vote, Louis Pasteur, now known as the founder of modern medicine, was chosen. A national holiday was declared in his honor. He said: "The future belongs not to the conquerors, but to the saviors of the world."

Size and disposition are not requisites to be successful. Success comes from confidence and a willingness to work for what you believe in.

Remember to:

Have Fun,

Trust Your Stuff,

and Play the Game One Pitch at a Time!

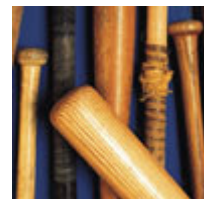
EXTRAordinary Quotes

Branch Rickey, "A full mind is an empty bat."

Pete Rose, "See the ball and hit the ball."

Ken Ravizza, "You have no control of what goes on around you, but you have total control of how you respond to what goes on around you."

Kevin Brown, "I've brainwashed myself to remember that you can't control your last pitch. It's already been thrown so get over it. All you can control is the next pitch."



You can bring Coach Traub straight to your team!

Coach Wooden Quote-of-the-Week: This is a short poem that Wooden found in a barbershop and recited often:

*At God's footstool to confess
A poor soul knelt and bowed his head.
"I failed," he cried. The Master said,
"Thou didst thy best, that is success."*

Coaches Reminder: "They don't care how much you know until they know how much you care."

Players Reminder: "You can either find a way or you can find an excuse, but you can't do both.."

Baseball/Softball Rules Tip: If both the fielder and runner are making a play and they collide accidentally and it could have been avoided, it is interference on the runner, he is out, and no other runners can advance, unless forced by the batter/runner. The batter/runner is placed at first base and credited with a hit. I'm surprised that very few high school players seem to know this rule.

I was watching the final Connie Mack Regional qualifier, when the Raiders loaded the bases against the Miracles with one out. The hitter drilled a line drive that ricocheted off the pitcher towards the left side of the infield. It looked like the third baseman might dive and catch the ball in the air, but he and the baserunner from second base bumped each other. It was obviously unintentional, but interference was correctly called, an out was recorded, and the bases remained loaded. Interestingly, the wrong runners were placed on the bases. The interfering runner should have been out, with the batter advancing to first, forcing the runner from first to second. The main point here is that the defensive player has the right of way over the runner in the base paths if he is making a play on a batted ball.

*May your hunt for excellence be fruitful and never-ending.
May you not only hold on to the dreams you've had, but also dream greater dreams
than before. May you not only enjoy this land and its wealth, but also
make it a better place to live by giving and loving generously.
God bless.*

Coach Traub

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