



Welcome to Coach Traub's Newsletter Mental Skills Tips #12!!!!

Mental Skills Training = Performance Enhancement and Personal Growth

My mission is to over-deliver value on goods and services designed to help
"WIN" the Mental Side of the Game.

This issue's theme: HAVE FUN!

I kind of forced myself to say, 'Hey, I'm going to enjoy this moment, it may not happen again.'
-Michael Jordan

Contents below:
It's a Game: HAVE FUN!
Coaching Point: You, too!
"Overheard" from Inside the Minds of Great Athletes
Famous Quotes
Upcoming Coach Traub Events
Baseball/Softball Rules Tip: HBP

It's a Game: HAVE FUN!

Today's Mental Skills Tip – The beginning of the baseball and softball season is here in Texas, and I've already seen both outstanding and impressively poor performances on the diamond. I see so many youngsters pressing to try to make things happen that it seems like an epidemic. The first message I want to get to them is this: HAVE FUN! These games are what all that hard work and anticipation were for. These are the times for you to shine. It's okay not to do well, and in fact some adversity is inevitable, but try not to screw yourself into the ground before you even start by worrying so much! If you're trying to give your best effort, you're already a winner in my mind, and you should be in your own mind as well. So just go out there and let it hang out and see what happens.

Remember, fun is an attitude, and attitudes are a choice. This choice results from the thoughts a person is focused on. He can change his thoughts, and therefore his attitude, in an instant. Most athletes have fun after they get good outcomes. But good outcomes are more likely to occur when an athlete is having fun, so the greatest athletes in the world decide to have fun first! And this shouldn't be too hard, since he is, after all, playing a game he loves. (If he doesn't love the game, he should either learn to, or find another performance pursuit to pursue that he does love.)

COACHING POINT - You should have fun, too! Try to enjoy the *process* of identifying what doesn't work (often = losing) almost as much as identifying what does work (often = winning). I know... easy to say, but hard to do! When you succeed, you'll be making it easier for your players to relax and have fun, and therefore, you'll win more often.

"Overheard" from the Minds of some Great Athletes:

Poor Self-Talk can be transformed into
Fantastic Self-Talk

Counter: I've gotta get a hit. into
I don't have to win, but I'm going to have trying.

Reframe: Adversity sucks. into
At least it's adversity in the game I love.

Counter: I just love winning. into
I love this game.

Change: What will my coach say? into
I know I'm trying my best, so I'm going to enjoy this competition.

Counter: If we don't win, it will be a catastrophe. into
Winning sure beats losing, but it's just a game.



Quote-of-the-Day: "I tell myself just go out and play the game as I did when I was a kid." -Tom Watson

Coaches: You can bring Coach Traub straight to your team(s)

EXTRAordinary Quotes (from my book *Finding Your Peak Performance with Mental Skills Training* - [Book Details and Ordering Info HERE](#)) :

Marshall Faulk, "When you take a person and put him in a situation where he is having fun, his possibilities are limitless."

Coach Gary Williams, "I've learned if you have the chance, you'd better take it. Life's too precious. I always tell my players, 'Enjoy the now.'"

Dan Dierdorf, "You go for it. All the stops are out. Caution is to the wind, and you're battling with everything you have. That's the real fun of the game."

Tracy Caulkins, "I know a lot of people think the training is monotonous, but it's not if you're enjoying what you're doing. I love to swim and I love to train."

Coach Wooden Quote-of-the-Month: "If we magnified blessings as much as we magnify disappointments, we would all be much happier."

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

Baseball/Softball Rules Tip-of-the-Day: Hit by pitch. The hit by pitch can be an offensive weapon so it is quite useful to know the rule. If the batter swings and is hit by the pitch (including in the hands - even if the ball goes into fair territory) or is hit by a pitch in the strike zone, it is a dead ball and a strike. If the batter tries to get out of the way of a ball and does not swing, the ball is dead and the batter is awarded first base. If the batter intentionally moves into the pitch (umpire's judgment), then the ball is dead and it is a ball, no base is awarded. What about when the batter does not move and is hit by the pitch in the batter's box? Here's where umpire's judgment is king. The rule says the batter is supposed to try to get out of the way, but most umpires usually award the base. The rule book notes that if the umpire judges that because of the movement of the pitch, the batter froze and was not trying to get hit by the pitch, first base should be awarded.

Training Point 1- Learn to roll into the pitch to get hit in a manner that will prevent any serious injury. This motion can also appear to an umpire to be an attempt to get out of the way, although it actually is not. It's an acting job and a protective move, and the batter should remember to look displeased for a couple of moments after getting hit.

Training Point 2- It's a natural instinct to try to get out of the way, so practice getting hit by pitches. The best way to do this is to put soft practice balls (IncrediBalls, for example) in the batting practice bucket. These look like baseballs so the batter doesn't know when the pitcher has grabbed one. When he does, he throws it at the batter, who works on rolling in to protect himself without getting out of the way of the pitch.

For getting this far, I have warm wishes for you...

*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
enjoy the wind at your back as you make it a better place to live
by giving and loving generously.
God bless.*

Coach Traub

Enjoy your job. Know your job. Do your job!
www.CoachTraub.com



Sign up for more. It's free!

If you found this newsletter helpful and would like to receive future issues for FREE, sign up from the link near the top left of my homepage in about 12 seconds: www.CoachTraub.com.