



Welcome to CoachTraub's Newsletter #2!!!!

Mental Skills Training = Performance Enhancement and Personal Growth

Thank you in advance for a couple of your minutes... minutes that can help you **WIN the mental side of the game.**

My goal is to add value to your sporting efforts and inform you of events, services, and products that I provide that can further that effort. I always welcome your comments, questions, stories, or MVP nominations.

Today's Mental Skills Tip – *How can you act or react appropriately without thinking too much?*

Athletes in the zone aren't thinking about anything. They're totally engrossed in the moment, focusing on the task-at-hand. This is what works to unleash potential into performance, so it's officially a goal of the mental game. So how do great athletes react appropriately to different possibilities without thinking?

Commit to a plan-of-attack before the action starts. It's what the great ones do every time in their pre-performance routine. By planning ahead and committing to that plan, their muscles know what to do without consciousness jumping in and muddling things up. Plan it out: "I'm gonna do this." "If this happens, I'll do this." "If that, I'll do that." The alternatives aren't too good: If there is doubt in your mind, how are your muscles supposed to know what to do? Or... with no plan at all ahead of time, you'll have to either think or guess during the action.

Here are a few **concrete examples** of a lack of commitment to a plan-of-attack:

- Baseball pitcher: holding a fastball while thinking "maybe a curveball would be good here."
- Softball batter: Stepping into the box without knowing what to swing at and what to take on THIS pitch (the only one that currently matters at all).
- Tennis serve, golf shot, softball pitch or any throw: failing to pick out a precise target.

Does this mean that baseball players should pick out a precise target every time they throw the ball? Yes! Isn't that too hard? No! Just do it once and repeat. It's pretty easy to do it once, so do it and repeat it and it will become a habit. In fact Greg Maddux has said, "I can't do it wrong anymore."

Bonus Tip/Follow-Up Mental Skills Technique: Imaging what you want to happen before it happens is a great way to commit to the plan you've made and successfully communicate mind to muscles.

Quote-of-the-Day: Joe DiMaggio, "You ought to run the hardest when you feel the worst."

"Overheard" from the minds of some great athletes:

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

Change: If I do well, I'll be the hero. to
Do my job.

Change: If I don't do well, I'll be the goat. to
Do my job.

Change: I'm not sure if my teammate knows the play to
Do my job.

Change: What if my opponent does really well? to
Do my job.

Change: My coach is smart/dumb/or anything else. to
Do my job.

By the way, it's a good idea to know your job if you want to get it done! Generally: give your best effort, one step at a time, and accept whatever happens! Specifically: Take your best guess, defining your job in specific, controllable terms.

Inspirational True Story: a boy drops out of high school to pursue his passion: music. He finds the going extremely rough, as he plays piano and sings in seedy bars trying to survive. But he has the love of a wonderful girlfriend to keep him going. Then, she leaves him and he has nothing. He decides to commit suicide. Thankfully, he decides to check himself into a mental institution before doing the deed. Inside, he sees people with "real problems" and decides he'll be okay. It's good that Billy Joel looked before he leapt!

EXTRAordinary Quotes (from my book *Finding Your Peak Performance with Mental Skills Training*):

Pete Rose, "See it and hit it."

Tim Gallwey, "The greatest efforts in sports come when the mind is as still as a glass lake."

Davis Love, III, "I used to get out there and have a hundred swing thoughts. Now I try not to have any."

Gary Mack, "It's better to be decisive than right."

Recent Feedback from Coach Traub's Clients: "We went to dinner afterwards and asked each girl what she thought. I have to say that all five of our girls left there very pumped up and excited. They loved the camp."

"Coach, just wanted to let you know, my son hit a grand slam today! He went 3 for 3 in the first game and 2 for 4 in the second. I knew your positive thinking seminar info would kick in! Thanks!"

You can bring Coach Traub straight to your team!

Coach Wooden Quote-of-the-Week: "Poise is not being throw offstride in how you behave or what you believe because of outside events. Just be yourself."

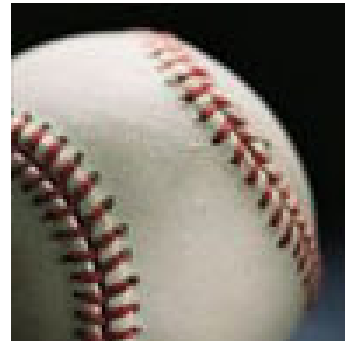
Baseball/Softball Rules Tip-of-the-Day: Four outs in an inning is not only possible, it can save a run. Situation: one out, men on first and third, and a sac fly is hit. Both runners tag up, but the runner from 3B leaves early. The runner from 3B appears to score while the trailing runner gets thrown out for the third out of the inning. An appeal to 3B will prevent the run from scoring (and be the fourth out). Be aware, no appeal is allowed once the defensive players arrive in the dugout.

Thank you again... 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 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

Enjoy your job. Know your job. Do your job!



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