

Welcome to Coach Traub's Newsletter

Mental Skills Tips #9!!!!

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.

This issue's theme: DISCIPLINE

Excellence is not a singular act, but a habit. You are what you repeatedly do.
-Aristotle

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Discipline is a learnable skill!
"Overheard" from Inside the Minds of Athletes
Inspirational True Story: John Wooden
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DISCIPLINE IS A LEARNABLE SKILL!

Today's Mental Skills Tip – Last issue (Tips #8) discussed motivation. With enough motivation, you can have discipline. Discipline may not be a sexy topic, but we all know that to get to any worthwhile "end," you must go through the "middle." No cheating, no shortcuts. Discipline is the "middle." **You can get whatever you want in life if you have enough MOTIVATION and COURAGE, and it is DISCIPLINE that will take you there!**

What is discipline? **It's hustle and sweat and fighting through pain. No excuses. It's attention to details. It's consistency. It's hard work without having to be asked. It's more...** I am afraid that too many teenagers lack a clear concept of what discipline really is. I was well past my teen years when I discovered Dr. M. Scott Peck's book, *The Road Less Traveled*. In it, Dr. Peck suggests that discipline is scheduling painful things now to enhance pleasure later. It is accepting responsibility for the results I am getting, and dedicating myself to reality so that I may figure out what is working and what isn't. This requires stringent self-examination, a willingness to be challenged, and relentless honesty. Then, choosing one course of action over another requires flexibility, good judgment, and courage. With discipline, I will work hard and smart. "Life is difficult" claims Dr. Peck, but with discipline, we can "transcend the difficulty of life."

COACHING POINT - Leadership is first taking care of yourself and leading by example. As John Wooden often says, "Discipline yourself and others won't need to."

"Overheard" from the Minds of some Great Athletes:

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

Change: It's too far. to
Let's see how much I can do.

Change: This is good enough for practice. to
I need to practice like I play. Same speed, same intensity.

Change: Life's not fair to
I'm lucky that I can keep trying to get to my goal.

Change: I'm sweating and hurting. That must be enough. to
A little pain won't stop me from getting my job done.

Change: The prize. The prize. The prize. to
I know what it takes to get the prize.

Change: I can ease up now because no one is watching. to
Giving my best effort one step at a time is what really matters.

Change: If I try, I may fail. to
I'll start and see how it goes.

Change: I'll do it later. to
I'll do it now and feel great about it when it's done.

Change: That's not my fault. to
I wonder if I could do something different to help prevent that?

Change: Cliff's Notes *instead* of the book. to
Cliff's Notes *in addition to* the book.

Change: My way is the right way. to
I'm gonna find the best way.



Quote-of-the-Day: "Insanity is doing the same thing over and over and expecting a different result."

Inspirational True Story: Johnny was born to a fine, although poor, family on a farm near Centerville, Indiana. He credits his discipline and hard work to lessons learned on that farm. These include his two sets of threes (**Never lie, cheat, or steal; and don't whine, complain, or make excuses**) and the Creed his father gave him at graduation from grade school. His father's note said, "Son, try and live up to these things."

1. Be true to yourself.
2. Help others.
3. Make each day your masterpiece.
4. Drink deeply from good books, especially the Bible.

5. Make friendship a fine art.
6. Build a shelter against a rainy day.
7. Pray for guidance and count and give thanks for your blessings every day.

Johnny did try, and will do so today, too, as perhaps the youngest 98-year-old on the planet.

The future coach-of-the-century was a high school hero who had led his team to three straight state championship games. He was also a star at Purdue. His dazzling all-around play earned him three All-America Awards. (Why only three? Because freshmen were ineligible.) As a senior, he led Purdue to a National Championship and won National Player-of-the-Year honors. He said, "I was blessed with speed and quickness, and I could control my condition and balance. Not just physical condition and balance, but emotional and moral condition and balance, too."

When he graduated, he was offered \$5,000 to play professionally for the Celtics. However, **a barnstorming professional basketball player was not as respectable a job as... teaching.** So for \$1,500, Johnny instead taught 5 english classes a day, was the A.D., and coached baseball, football, basketball, and track. It is here, he says, that he learned how to lead a practice. He reports that as a youngster, he had a lesson plan in English, but not in the various sports. That first year coaching basketball was rough (6-11 record; it would be the last team he coached with a losing W-L record). He learned that he needed a lesson plan for practice, too, to avoid wasting time.

Coach was a special teacher. As a college coach, he reports spending two hours every morning with his assistants (when he had any) making that day's lesson plan for practice. This included going to his loose leaf folder to review yesterday's practice and his post-practice notes, and the corresponding practices and notes from each of the previous two years. Then he adjusted all this to the current team's (and each player's) specific needs. He wrote out the new practice and filed it in his loose-leaf folder, then copied the lesson plan onto 3X5 cards to be carried at practice. At this 90-120 minute practice, steady improvements and continuous motion ("Move. Move. Move.") were standard expectations. Repetition bred successful habits, but Coach also made sure to add small variations to keep the drills fresh and fun.

So, did those 10 national championships in his last twelve years at UCLA, the 7 straight titles, the 88 straight wins come from his intelligence? Yes. His competitiveness? Yes. Talented people around him? Sure. More than anything else, though, John Wooden succeeds (that is, he earns **the peace of mind that comes from knowing he did his best**) because of the consistent and persistent **DISCIPLINE** he lives by every day.

Testimonial for Coach Traub's Consulting:

"Thanks for checking up with me. As for the mental side of the game, I have really stepped my game up! I still use many techniques that you taught me, especially concentrating on a part of the field to keep my focus. I have been doing exceptional lately, and I feel like I have definitely matured."

"Thank you for the wonderful opportunity to listen to you speak at a UT baseball showcase camp last summer."

High School Coaches: You can bring Coach Traub straight to your team(s) at school and it won't cost you anything.

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

Jack Nicklaus, "I always practice as I intend to play."

Thomas Jefferson, "I'm a great believer in luck and I find the harder I work, the more I have of it."

Martin Luther King, Jr., "Nothing pains some people more than having to think."

George S. Patton, Jr., "Accept the challenges so that you may feel the exhilaration of victory."

Tony Muser, "Discipline is doing things correctly every single time."

Abraham Lincoln, "Always bear in mind that your own resolution to succeed is more important than any other thing."

Vince Lombardi, "The harder you work, the harder it is to surrender."

Coach Wooden Quote-of-the-Month: "Earn the right to be proud and confident."

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

Baseball Rules Tip-of-the-Day: Know the **slide rule** (which doesn't exist in softball or MLB). A baserunner has to slide directly into the base, or give himself up by getting out of the way of the play. Illegal actions include sliding out of the baseline towards the fielder, sliding past the base, contacting the fielder with the raised leg above the knee, and using any sort of rolling slide. Even a pop-up slide is technically illegal. It is illegal if contact is made, or if the fielder's play is altered. Also, it is interference if "the runner illegally slides towards or contacts the fielder even if the fielder makes no attempt to throw to complete a play." The interfering runner and the batter-runner are called out and **no other runners can advance!** Also of import, the home plate umpire is directed in the rulebook to move towards the base and follow this play if there is no potential play at the plate, as the field umpire must follow a throw to first and may not see the effect of the lead runner's action.

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.

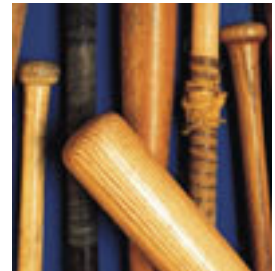
God bless.

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