



**MINDSET TRAINING
FOR SPORT**

MINDRITETRAINING.COM

Achieving Optimal Athlete Development





1. “Growth mindset” is key to maximizing an athlete’s development



2. Mental tools to
maximize an
athlete's
development



1. “Growth mindset” is key to maximizing an athlete’s development

“Growth Mindset”

Vs.

“Fixed Mindset”

“Growth Mindset” Characteristics

- ❖ Skills are built
- ❖ Focus is on the process
- ❖ Effort will lead to growth
- ❖ Embraces challenges
- ❖ Mistakes are an opportunity to learn
- ❖ Feedback is appreciated

“Fixed Mindset” Characteristics

- ❖ Skills are born
- ❖ Focus is on the outcome
- ❖ Effort is not necessary
- ❖ Avoids challenges
- ❖ Mistakes should be avoided
- ❖ Feedback is taken personally

Growth vs. Fixed

Growth

Skills are built

vs.

Fixed

Skills are born

Focus is on the process

vs.

Focus is on the outcome

Effort will lead to growth

vs.

Effort is not necessary

Growth vs. Fixed

Growth

Embraces challenges

Mistakes = learning

Feedback is appreciated

vs.

Fixed

Avoids challenges

Mistakes should be avoided

vs.

Feedback is taken personally

Can coaches teach a “growth mindset?”

Can athletes acquire a “growth mindset?”

YES!!

How do athletes develop a “growth mindset?”

Focus on factors they can control

(energy, attitude, & effort)

&

Focus on the “process”

Factors They Control

“Great effort!”

“You worked so hard!” “Great teamwork!”

“Great energy!”

The “Growth Mindset” Killer

Batting Average!!

Quality At-Bats (QAB's)

-Hit the ball hard

-Walk

-Hit and run

-Sacrifice

-Hard swings

-Advance runner

Quality At-Bat Champion!



2. Mental tools to
maximize an
athlete's
development

Tools to create a “Growth
Mindset,” &
focus on the “Process”



Physical & Mental Preparation

“Players who get the most out of their talent develop a system (process) that becomes their focus.” Mike Scioscia, LA Angels of Anaheim



“Growth” Or “Process” Mindset Tools

Performance Journals

Circle of Control

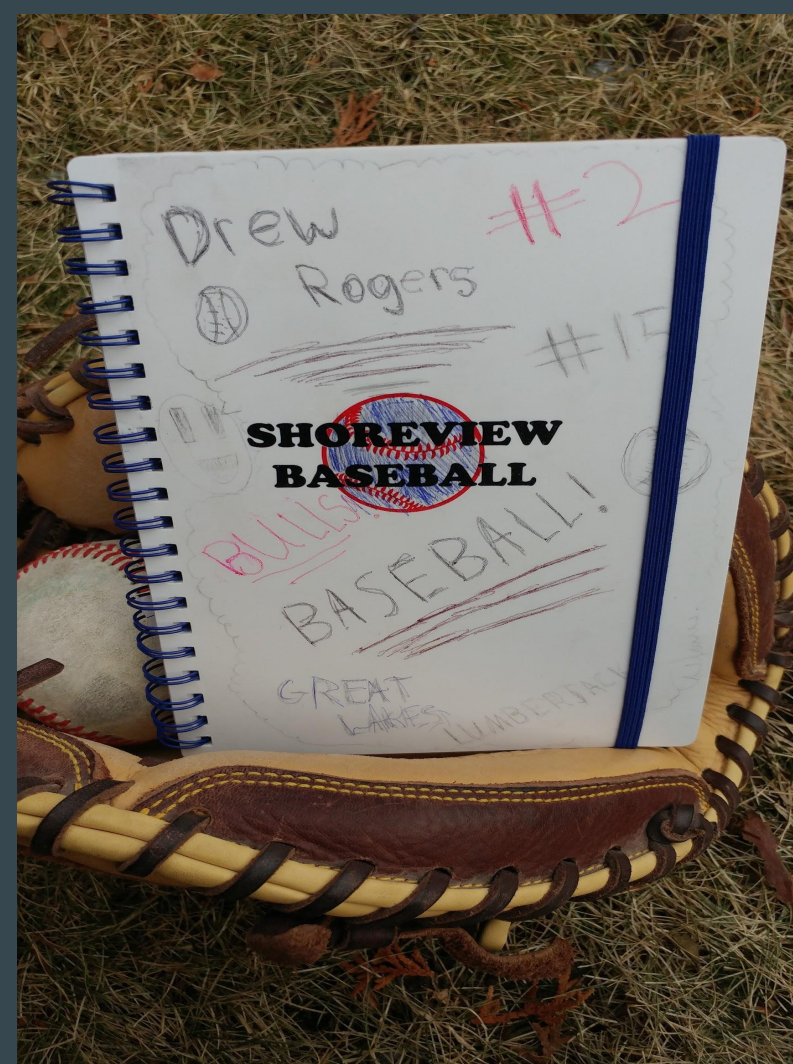
Tool #1-Performance Journal

Focus On The Process

Aspects They Control

Team First

Reduces Stress



Performance Journal

Season Goals

Outcome- What do I want to achieve this season?

Process- How will I achieve these goals?

These goals must be revisited!

Performance Journal

Pre-Practice/Pre-Game Goals

How will I help the team today?

What are my physical goals today? How will I achieve these goals?

What are my mental goals today? How will I achieve these goals?

Performance Journal

Post-Practice/Post-Game Thoughts

How did I help my team today?

What did I do well today (physically & mentally) & why?

What can I work on (physically & mentally) & how?

Tool #2- Circle Of Control

Focus on the process

Eliminates unwanted thoughts

Relax, improve focus, & improve confidence

Tool #2- Circle Of Control

LOSS OF CONTROL!!

Score

Coach

Umpire

Parents

Last Pitch

“In the red”

Teammates

“Game speeding up”

3 C's For The Circle

CONTROL- Control your thoughts

COMMIT- Commit to your plan

COMPETE- Forget about everything, and compete!

Circle Of Control (Hitting)

Outside The Circle (Batters Box)

*CONTROL- Breath & Focal Point (Release if needed)

*COMMIT- To the Plan. “I’m hunting fastballs in the strike zone.”

Inside The Circle (Batters Box)

*COMPETE- Positive Thought- “See the ball.”

A baseball player in a TCU uniform is shown in the background, holding a bat. The image is overlaid with a blue tint and white text.

BRIAN CAIN PEAK PERFORMANCE

TCU BASEBALL ROUTINES ON TEE



Release Ideas

- Take off helmet
- Undo-redo batting gloves
- Throw a little dirt
- Knock cleats with bat

Circle Of Control (Pitching)

Outside The Circle (Off The Rubber)

*CONTROL- Breath & Focal Point (Release if needed)

Inside The Circle (On The Rubber)

*COMMIT- To the Plan. Catcher's sign.

*COMPETE- Positive Thought- "Through the glove."

Circle Of Control (Fielding)

Outside The Circle (Fielding Position)

*CONTROL- Breath & Focal Point (Release if needed)

*COMMIT- To the Plan. “Ball to me I’m turning two.”

Inside The Circle (Fielding Position)

*COMPETE- Positive Thought- “Hit this to me!”

3 Levels

- Know it (know techniques & why we use them)
- Do it (practice the techniques)
- Own it (it comes natural!)

These levels apply for ALL mental tools

Practice, Practice, Practice

- Circle of Control skills must be practiced
- Create situations that test emotions
- Everyone is different!

BONUS IDEAS TO CREATE A
GROWTH MINDSET!

Team Release



Team Release Ideas

Let them choose their own

Flush it!

Next Pitch!

Compete!

Moving on!

Body Language



The mind can be led by
changes in the body

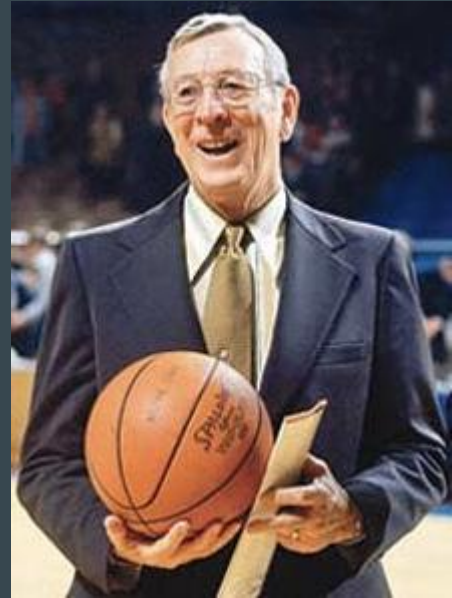
Head up, chest up,
shoulders back

“Get BIG!”

“Life Lessons”

Reporter- “coach, what a great year.”

Coach- “I won’t know for 20 years”(Wooden)



“Life Lessons”

My life lessons for the year-

Be a great teammate

Practice a growth mindset

Take personal responsibility for growth

REVISIT THESE

Themes



Themes

Shoreview 14AAA Mindset

With great effort, I can reach my true potential

Fail Harder!!

I will always put team first

I am in control of my thoughts

I will compete to the best of my abilities

Themes

Control What You Can Control

Themes

Next Pitch

Themes

Obstacle

Or

Opportunity?

Themes
Attitude
Is a
Decision

Post-Game/Post Practice Huddle

Your Thoughts?

Help The
Team?

Goals?

Raise-Ups



Resources

”Mindset” (Dweck)

”Sport Psychology for Youth Coaches” (Smith & Smoll)

”Heads Up Baseball” (Ravizza & Hanson)

”The Double Goal Coach” (Thompson)

Positive Coaching Alliance (Website)

Trainugly.com (Website)

Contact- mindritetraining@gmail.com

Website- www.mindritetraining.com

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Twitter- Travis Rogers @MindRiteCoach

Instagram- Travis Rogers @ MindRiteCoach