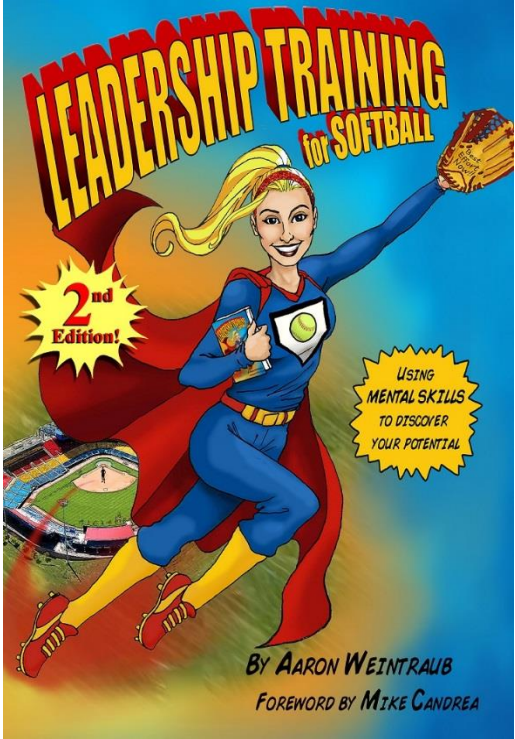


# LEADERSHIP TRAINING for SOFTBALL

**2<sup>nd</sup>  
Edition!**

USING  
MENTAL SKILLS  
TO DISCOVER  
YOUR POTENTIAL



BY AARON WEINTRAUB

FOREWORD BY MIKE CANDREA

# TABLE OF CONTENTS

Foreword by Mike Candrea . .	viii
Preface . . . . .	x
It All Comes Down To One Pitch (Part 1) . . . . .	1
Introduction – Don’t Tell Me “Nice Try” . . . . .	3

## PART 1 – TOP JOCKS ARE SCIENTISTS

Chapter 1 – Control the Controllables . . . . .	11
Chapter 2 – The Secret of Progress (Awareness) . . . . .	17
The Traffic Light Analogy . . .	21

All Lights Green (Gathering) . 25

Chapter 3 – Smart Work Routs  
Hard Work 14-0 (Discipline) . 29

Chapter 4 – Your Game, Your  
Zone (Peak Performance) . . . . . 35  
Confident, Not Cocky . . . . . 36  
To Care but Not Too Much . . . 37

## PART 2 – ATTITUDE, MEET ALTITUDE

Chapter 5 – He Wants It So Bad  
(Motivation) . . . . . 43  
The Energizer Bunny  
(Relentlessness) . . . . . 46  
Going Somewhere? (Mission). 48

Chapter 6 – Champions Look at it  
This Way (Perspective) . . . . . 51

Mistakes Are Good . . . . .	54
No Achievement Necessary?!? (Self-Worth) . . . . .	58
Chapter 7 – Do Not Respect the Opponent...Respect the Game .	63
Never Ass-u-me . . . . .	65
Chapter 8 – Am I Talking To Myself? Am I Good at It? . . . .	67
Yes is Best . . . . .	73
Common Patterns of Trudging Uphill into the Wind . . . . .	75
(Distorted or Irrational Self-Talk)	
Oh That Poor, Poor, Super-Talented Kid . . .	75
The Far From Perfect Perfectionist . . . . .	77
All or Nothing . . . . .	78
Never Say Never . . . . .	79
Can't Say Can't . . . . .	79
Hate the Word Hate . . .	80

There's No Crying in Baseball (Catastrophizing) .....	81
No Fair, No Kidding ..	82
It's All My Fault .....	82
Balanced Rationality is Bad .....	83
Excuses Are Sneaky ..	85
Frankly, I Do Give a Damn, but .....	85
Running Downhill with the Wind (Transforming Self-Talk) .....	86
 Chapter 9 – Building Swag ...	89
Good is Good; Bad is Good (Optimistic Explanatory Style)	91
Staying Unstuck on the Fast Track Up .....	95
Champions are Coachable ...	99
Dump the Slump .....	101

Put the Egg Before the Chicken  
(Confidence Precedes Greatness)  
..... 103

Chapter 10 – Hyped to the Max  
(Controlling Performance  
Anxiety) ..... 107  
Acting Class .....113  
Body Language Speaks ..... 115  
Tight as a Drum, Loose as a  
Goose .....116  
Breathe or Die..... 118  
Don't Just Win, Be Two Better . .  
..... 120

Chapter 11 – Achievements in  
Baseball are Fun...and So Are  
Setbacks ..... 121

## PART 3 – GET READY, GET SET

Chapter 12 – Begin with the End  
in Mind (Imagery) . . . . . 127

Chapter 13 – I Will Not Be  
Denied (Preparation) . . . . . 133

Little is Big, Big is Little  
(Attention to Details) . . . . . 135

Becoming “Clutch” . . . . . 137

Illusions of Confidence or True  
Learning . . . . . 140

Chapter 14 – Know Your Job to  
Do Your Job! . . . . . 145

Go Fast, Don’t Crash . . . . . 148

No Doubt . . . . . 150

Chapter 15 – Success...  
Guaranteed (Routines) . . . . . 153

Chapter 16 – Instant Improvement  
(Anchoring) . . . . . 159

## PART 4 – GO! TIME

Chapter 17 – The Now . . . . . 165  
Flush the “Poop” . . . . . 168  
Don’t Try Harder, Try Easier .170

Chapter 18 – Fine Focus . . . . .  
173Attend-WHAT? (Dimensions  
of Attentional Control) . . . . . 177

Chapter 19 – Pressure: Yes,  
Collapse: No . . . . . 179  
Fear of Failure: Universal and  
Useful . . . . . 182  
Great Expectations . . . . .183

Chapter 20 – Execute! . . . . . 185



## PART 5 – NOW WHAT?

Chapter 21 – Accelerating	
Progress . . . . .	189
Use that Multi-Billion Neuron	
Brain . . . . .	192
Sorry is a No-No! . . . . .	195
The Snowball of Destruction.	196
Chapter 22 – SMARTer Goals . . .	
. . . . .	203
Chapter 23 – T.E.A.M. First .	207
Zen Master Leadership . . . . .	211
Form Follows Function...or	
Dysfunction . . . . .	215
Leaders Inspire Confidence .	217
It All Comes Down To One Pitch	
(Part 2) . . . . .	223

Appendix A – Reflective Worksheet . . . . .	225
Appendix B – Traffic Light Analogy . . . . .	226
Appendix C – Eight Mental Skills of Great Athletes Awareness Exercise . . . . .	227
Appendix D – Leadership Evaluation with 360° Feedback . . . . . . .	230
Appendix E – Values Exercise . . . . . . . .	232
Appendix F – Positive Emotional Flood Exercise . . . . .	236
Appendix G – Routines for a Specific Game Situation . . . . .	238
Appendix H – Pre-Game Routine . . . . .	239
Appendix I – Gathering Routine . . . . . .	240

Appendix J – Stop the Day, Start the Game . . . . .	241
Appendix K – Goal Setting Worksheet #1 . . . . .	243
Appendix L – Short-Term Goal Tracking . . . . .	244
Appendix M – Daily and Weekly Goal Log . . . . .	245
References and Suggested Reading . . . . .	247
About the Author . . . . .	250