

Tools for Making Yourself Better



PRACTICE W.A.G.

Watch - *Who are you going to watch?*

Ask - *What are you going to ask?*

Get Coaching – *Who can help you do this?*

DEVELOP A MISTAKE RITUAL

> Flush

My mistake ritual: _____

HAVE A PLAN A, B, C

What are you really good at?

Plan A) _____

What if that isn't working?

Plan B) _____

What if both A and B are not working?

Plan C) _____

HAVE A GET READY ROUTINE

My Get Ready Routine: _____

TO COMBAT "CHOKING" > Breath > Bounce > Break!

"GREAT PLAYERS HAVE THE ABILITY TO FLUSH MISTAKES DURING THE GAME. THAT ABILITY IS LIKE LEARNING A NEW LANGUAGE. 'THIS SIMPLY WAS A MISTAKE – LET US LEARN FROM IT AND MOVE ON.' THIS IS EASIER SAID THAN DONE."

Sue Enquist
UCLA Softball Coach, NCAA Champions, 1989, 1990, 1992, 1999, 2003, and 2004