

Tools for Making Yourself Better

PRACTICE W.A.G.

- W**atch *Who are you going to watch?* _____
- A**sk *What are you going to ask?* _____
- G**et 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