

Fundamentals of the Mental Game

At the University of Oregon we believe that the difference between us winning and losing is the implementation and belief in the mental game and the attitude of our players. By controlling the controllables, getting to the next pitch quickly with the right frame of mind, we give ourselves the best chance to win the very next pitch. Here are some mental game items that we use.

1. You are responsible for you. Do your job and operate in the middle not at the extremes.
2. Be on a mission: know why you play your sport, what character traits do you want to possess and what you want to accomplish in it.
3. Make your daily actions consistent with your mission.
4. NEXT PITCH! THIS PITCH! Perform one pitch at a time; confident and focused on each pitch as it is played with disregard for past or future pitches.
5. Focus on the process of playing the game rather than the outcomes of your performance. Stay off the lighted monster and your stats.
6. We ask our players to focus on the task at hand. Once we commit to doing that and execute our job, we can only control the way we respond to what happens around us both positively and negatively. We call this “Controlling the Controllables”.
7. Develop your mental skills so you constantly perform near the best of your ability and have “something to go to” when adversity strikes. This is the development of a routine.
8. Let your actions be so loud that nobody can hear what you say.
9. Learn each day.
10. Keep it simple, smart.