

INTRINSIC MOTIVATION AND MENTAL REQUIREMENTS FOR PITCHING

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FormulaWon

- ▣ Where are you now?
- ▣ Where do you want to go?
- ▣ How are you going to get there?

Know Thyself

- ▣ Looking inward

Focus

- ▣ Create a clear plan and commit to it
- ▣ Commit to bullpen (what do you need)
- ▣ Commit to each pitch (clear the mechanism)
- ▣ Commit to the offensive inning
- ▣ Mental and emotional discipline

Intrinsic vs. extrinsic and self-efficacy

- ▣ These can be created and cultivated

Self-Talk

Recognition

- ▣ You're a what? You are what you say!
- ▣ Mantras
- ▣ Rubber band – stop it!
- ▣ Practice positive could be embarrassing

Rehearsal

- ▣ Mental
- ▣ Emotional
- ▣ Body language

Relaxation

- ▣ Blowing Candles
- ▣ Identify the level – this is not yoga

Fear and Anxiety

- ▣ Play Whiffle Ball
- ▣ Starve the Monster
- ▣ Cause and Plan

Visualization

- ▣ Unless it's reaction, everything you do is first seen in the mind's eye

Trust

- ▣ Definition...

Compete vs. Complain

- ▣ Accountability and Responsibility
- ▣ Being Present
- ▣ “If this is as good as it will get for me right now, how can I find a way to make the best of the situation at this time in my life, at this very moment, as it exists right now, without change?”
- ▣ Macro and Micro during game

The mental mechanics

- ▣ Grip determines velocity and deviation
- ▣ Hand speed determines deception
- ▣ Trust not hope allows hand speed
- ▣ Do you have a trust meter?