

# 5 Simple Steps To Teach Your Child Mental Toughness and Self-Confidence While Playing The Game

Coach John Adams





# First Things First...

Before we kick things off, I want to personally let you know how much I appreciate your dedication and commitment to your child when it comes to their success in baseball.

You are a rare breed, so congrats!!

Now...the information in this eBook will help you as a parent navigate the ebb and flow of your child's baseball path and it will help your child grow and develop into a fundamentally better player.

Baseball is a hard game....if it was easy everyone would do it and the top 1% wouldn't get paid millions of dollars to play a game.

And while baseball can be a ton of fun, it is also a game of failure...

While drills, techniques and strength are important, developing a mental toughness and attitude for the game is probably the most important aspect that is often overlooked.

Now...The information you're about to read in this ebook will not only help your child develop the needed skills on the baseball field but also in life.

So pay close attention and let's...

*Enter the Batter's Box!*

# Enter the Batter's Box!

Hi, my name is John Adams and baseball has been my life ever since I fell in love playing the game as a child. My father and grandfather loved baseball, so naturally I too wanted to follow in their footsteps and play the game.

This intense love for baseball eventually led me to playing varsity in High School, drafted in the MLB Draft, playing in spring training with the Big Leaguers and ultimately the opportunity to play in the Minor Leagues for 5 amazing seasons.

Now while this may sound like the ideal career, there were many issues and hurdles I had to overcome along the way.... I experienced Daddy Ball on various different travel teams, had slumps and seasons of struggle, injuries and loss of confidence which almost took me out of the game on several occasions.

However, due to my love of the game I kept coming back and in doing so I learned some extremely valuable lessons that I'd like to share with you so that you may instill them into your child at a young and impressionable age.

Baseball is the biggest self-esteem destroying sport in the world. It is a sport of failure. You can have all the ability and tools in the world, but if you don't put in the time and work to develop these traits – the game of baseball will eventually chew you up and spit you out.

So please take the time to share this information with your child and teach them to practice these techniques regularly. The following habits will build your child's mental toughness and self-confidence not just in baseball but also in life.

# What is mental toughness?

A mentally tough player is one who is calm and has a focused sense of self-worth and belief. As a hitter, you approach the plate knowing you are going to make solid contact, not hoping you will. Professional pitchers will confidently throw a 3-2 back door slider with the game on the line because they have the mental fortitude to stay cool and keep their head in the game.

How do I increase my child's mental toughness and self-confidence?

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- 1 Visualization
- 2 Awareness
- 3 Breathing
- 4 Affirmations
- 5 Individualization

## 1

## Visualization

Even though visualization was regarded as “new age hype” for many years, new research has shown that there is strong scientific evidence to prove that visualization does work. It is now a well-known truth that we turn on the same brain regions when we visualize an action vs when we actually perform those same actions, much like muscle memory.

In order for visualization to work correctly you must teach your child to use all five senses...

Your child must see themselves confidently walking up to the plate and feel the crunch of the dusty clay under their feet. They must listen closely to hear the sound of the crowd and the crack of the bat. They'll feel the vibration of the bat in their hands as the ball soars through the air and the smell of fresh cut grass as they run into first. (detail is extremely important)

After a good game or play, teach them to replay the moment. This will train their mind and body to reproduce these same feelings because they are programming it to do so.

Teach them to picture in their mind what they are going to do at-bat before they're even on deck. In doing this they will achieve a greater chance of success because they are priming their mind and body to respond to what they have rehearsed in their mind. This is a simple but underused technique that most professionals use in and before every game because it works.

## 2

## Awareness

Bring awareness to your child's thought process and teach them to control their inner voice in doing so. This will allow them to acknowledge any excitement, fears or anxiety and convert it into strength, power and control.

By reinforcing positive thoughts they will quickly begin to outweigh any negative emotions or fears your child may be holding onto.





## 3

## Breathing

Teach your child to slow down and breathe... Controlling the breath has been shown to be one of the best ways of controlling the mind. Teaching them to become aware of their breath in high stress situations allows them to pull the focus off the distraction of the game and back into their internal space head space.

There are various different routines for athletes that can be found online but I've found that a simple 5-6 second count for both the inhalation and exhalation works wonders to tame the mind.

## 4

## Affirmations

Help your child come up with a list of positive affirmations they can review in times of struggle. Teach them to write them down and say them aloud while visualizing them as if it were already happening. Here are just a few examples of some of my favorite affirmations but I encourage you to help your child create their own based around their goals as a player.

- I was born to play baseball.
- My throwing is always on target.
- Winning comes easy to me.
- I have excellent coordination.
- I always give my best for myself and the team.



## 5

## Individualism

Teach your child to separate their self-worth from their performance on the field. This is a big trap for players and parents. Let them know that their performance on the field has nothing to do with the value they have as a person. At the end of the day baseball is just a game...

This is just as much for you, the parent, as it is for your child. Love your kid the same when they struggle as you do when they are successful. You must train yourself and your emotions to be consistent and level. Your child will ride the waves of success and failure and it will be a destructive pattern if you don't stay consistent.

Ask yourself how many times the Mom has had to be the buffer between the child and Dad after a tough game... As a parent you are either developing or destroying their self-confidence and self-worth so be sure to keep that in mind.

Just like learning the mechanics of a flawless swing, it takes practice and repetition so understand that it will take some time for your child to train their mind and thought process to use these techniques effectively. However, once they learn them, your child will continue to improve and be on the fast track to success.



# THANKS FOR READING!

Thank you for reading, I hope you gathered some value in the lessons I've learned over my many years of loving and playing this game.

My wish is that your child will be able to use these techniques to gain an edge not just in the game of baseball... but also in the game of life.

Your mental strategy coach,

Coach John Adams