

A BASIC ROUTINE FOR PERFORMERS

COURTESY; DR. JEFF SIMMONS

STEP	CUE WORD	MENTAL FOCUS	PHYSICAL ACTION
1.	READY	Check the traffic lights. Free the mind. "No use Worrying." Relaxed breathing, loose body, Positive energy flow.	Breathe fully and easily, move your body to create loose activation.
2.	OBSERVE	Pay attention to the situation: the venue, conditions, other participants and yourself.	Take a neutral position
3.	PLAN	Analyze and choose your zone according to the count and your intention.	Ready to get in the box, in position to take the signal. Do whatever keeps your body loose and ready.
4.	FOCUS	Narrow in on the chosen pitch. <u>See it, feel it</u> in your mind; the pitch, your swing, the result	Step into the box. Comfortable, balanced, with relaxed activation
5.	PERFORM	"Let go - trust your body"	DO IT! Soft focus, fine focus, react. Ready to explode out of the batter's box.
6.	RESET	Analyze the pitch, your action and the result. Focus on the part you actually could control. Satisfied? "Good going". Dissatisfied? Play it through in your mind the way you'd like it to be. (successful). Encourage yourself for the next pitch.	Shake out the body, let the energy subside. Stay away from the box until you're ready to start on the next pitch routine.

COACHES; This performance model is adapted from the Australian Softball Program. Use it as you see fit.