

Softball Mindset Bingo

Performing Under Pressure

Do something in practice to practice being under pressure or practice what it feels like to be under pressure

Intentionally give 100% effort in practice at least 3 days this week

Make a plan for what, where, and when you will practice good habits to help you perform under pressure

Have a friend, coach, or teammate intentionally push you in practice this week

Intentionally give 100% focus in practice at least 3 days this week

Make a list of good habits vs bad habits you have currently

Research how pressure makes diamonds and reflect on how that relates to you. How does pressure make you a diamond?

Practice a game-like situation in hitting or pitching this week

Practice a game-like situation in fielding or catching this week

Practice a good habit you want to have under pressure at least 3 times this week so it helps you in a game

Make a habit of staying calm and composed by intentionally practicing it at least 3 times this week

Practice a skill that you are weak, doubtful, or uncomfortable doing usually

Kindly help a friend or teammate push herself while practicing with a team or on her own this week

Write a plan for how you will handle feeling nervous, anxious, or scared

Do something to be uncomfortable at least 1 time in practice this week

Make a habit of thinking positively and showing up confident by intentionally practicing it at least 3 times this week