

Pitching Visualization Checklist

In Game and Pregame Visualization

- Visualize your sequence of pitches and hitting spots
- Visualize yourself getting batters out
- Visualize yourself winning and being successful
- Visualize your goals and achieving them
- Visualize your in difficult situations and working through them

At Home Visualization

- Watch inspirational videos & quotes
- Listen to music that motivates you to be successful
- Be around your teammates
- Use positive self talk
- Practice breathing
- Research new training methods & baseball players
- Read baseball articles, find players you can relate to
- Watch Video of your favorite pitcher

Pitching with Confidence & Aggression - In the Moment Mindset

- “So what, next pitch”
- Compete one pitch at a time. (keep it simple, expect adversity, ‘turn the page’)
- Focus only on what you can control. (not the weather, umps, other team, etc.)
- Are you able to compete on days that you don’t have your best stuff?
- After the ball leaves your hand, you have zero control over how the hitter responds.
- A hitter may straight up beat you on a great pitch. So what!
- Don’t allow your last pitch to interfere with the quality of the next pitch.
- Positive Body Language
- How well will you execute this pitch?

