

THE MENTAL★MINUTE

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ATHLETE SPOTLIGHT:
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**HOW VISUALIZATION CAN
HELP YOU EXECUTE
WITH CONFIDENCE**

**QUICK TIPS
YOU CAN USE**
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WELCOME to the August edition of *The Mental Minute*! We're excited to keep bringing you impactful insights into mental performance training—designed to help athletes, coaches, and parents gain the **mental edge** when it matters most.

This month, we're exploring the power of **Visualization / Mental Rehearsal**—the practice of running a short, vivid “best-rep” movie in your mind before you perform. When you picture the movement, timing, and outcome you want, your brain and body get a head start. It calms nerves, sharpens focus, and makes the next play feel familiar.

By practicing brief mental clips paired with steady breathing, you'll step into reps with clarity and confidence, **bounce back faster after mistakes**, and approach each moment with purpose—on the field and in life.

THE MENTAL MINUTE is a monthly newsletter intended to educate athletes, coaches, and parents about essential mental performance skills and keep you informed about **upcoming training** events and opportunities to book 1-on-1 training sessions with a mental performance coach.

Each newsletter is designed to focus on a specific mental skill (e.g. breathing, mental rehearsal, etc.) and offers **practical insights and techniques** to enhance your current mental performance skillset. Through this newsletter, we aim to support ongoing athletic growth to sustain engagement, personal development, competitive resilience within all sports disciplines through ongoing mental performance education.



Contact Us:
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Topic of The Month: Visualization



COACH DANNY, MPM

VISUALIZATION (also known as *mental rehearsal*), is a powerful tool to control your mindset, focus, and performance. The most effective athletes run short, vivid “**see it, do it**” clips before they move. Every moment is a chance to see it first—before a big play, after a mistake, or during tough practices—so your body knows what to do when it counts.

WHAT IS VISUALIZATION?

Visualization (mental rehearsal) is the practice of creating a crisp, first-person “movie” of the exact rep you want—sight, feel, sound—paired with calm breathing. These 3–7 second clips prime timing, calm nerves, and make the next rep feel familiar. Athletes use **visualization** to prepare for key moments, reset after mistakes by replaying the correct movement, and boost belief in their skills.

Coaches use it to reinforce routines, teach reset plans, and help players to

control attention under stress.

WHY IS VISUALIZATION IMPORTANT?

Visualization drives confidence and consistency. Athletes who visualize bounce back faster, focus longer, and execute with greater precision. Short, purposeful mental clips help you **manage nerves**, stay motivated, and respond to challenges with clarity and control.

Just like physical training, your mental repetitions can be trained—when you see it with belief and purpose, you perform it with confidence. At Prime, we teach simple tools like the **3×3 Primer** (3 breaths, 3 vivid reps, 3 cue words) and **Flush It → Replay → Replace** (post-mistake reset) to make visualization a repeatable skill.

VISUALIZATION directly impacts your focus, confidence, and performance. No matter your role or experience level, training your mind to “see it first” helps you stay mentally tough and ready for any challenge.



Above: Mookie Betts turns visualization into execution—seeing the at-bat before he steps in.

Quick Tips You Can Use: Visualization

PARENTS TIP: Help your athlete build visualization by encouraging them to “see it, do it.” Before practice or games, ask them to describe one crisp mental clip of their best rep—what they’ll see, feel, and hear. Between plays, cue 3 calm breaths and a 3–7 second mental replay. After mistakes, use **Flush It → Replay → Replace** (*see it done right, then move on*). Remember that calm body language and brief prompts reinforce positive habit loops that boost confidence, focus, and resilience.

VISUALIZATION is a mental skill you can practice daily—no special tools required. Short, vivid mental clips prime your body to do what your mind has already seen. Here are **3 visualization tips** you can start using right now:

RUN THE 3×3 PRIMER

3 breaths to calm → 3 vivid reps of the exact play/swing you want (*first-person sight/feel/sound*) → 3 cue words as you step in (e.g., “smooth,” “explode,” “next”).

KEEP CLIPS SHORT AND FIRST-PERSON

Use 3–7 second “movie clips,” not long films. See it through your own eyes, lock in one key feel, and pair the start of the rep with a quiet exhale to transfer the picture into action.

FLUSH IT → REPLAY → REPLACE (POST-MISTAKE RESET)

Rewind the error for one beat (*no judgment*), replay the correct movement once in your mind, then replace it with your cue word and confident posture before the next rep.

Mental Performance Training Opportunities

TITLE	DESCRIPTION	REGISTER
1-on-1 Lessons	Personalized one-on-one mental performance coaching lessons tailored to your specific goals and needs.	Book a Lesson
Warrior Academy	The Warrior Academy is an online, self-paced video training where athletes learn proven skills and tools used by elite performers to build resilience, manage nerves, and perform under pressure.	Join Now
Warrior Academy (In-Person)	In-person with Coach Danny, MPM, athletes learn the same skills and tools used by elite performers to build resilience, manage nerves, and execute under pressure.	Register Now

ATHLETE SPOTLIGHT

DAVID STRAW
PRIME ATHLETIC CLUB



MEET DAVID: A resilient Oak Park ballplayer who loves defense and the feeling of making the out. After a challenging season, David has doubled down on his training at Prime Athletic Club clinics—bringing focus, composure, and dedication to every rep.

STORY: For David, mental performance includes actions, self-talk, **visualization**, and then some. He stands tall, sets his posture, and plays with intent. In the on-deck circle he now runs a quick visualization clip—**seeing himself hit line drives and extra-base hits**—so his body knows what to do before he steps in. When things go sideways, he resets with breathing and a short memory: “*goldfish it.*”

That routine helps David stop dwelling, **recover faster**, and play freer after mistakes. As a catcher, David embraced being the on-field voice—calling out situations and owning the **role of leader**. Prime Coach Gabe Gage pushed him to be loud, clear, and confident; David took that to heart, and it shows.

According to David, all of his **favorite pros** — Nico Hoerner, Gunnar Henderson, and Pete



David Straw Oak Park, IL

Crow-Armstrong—model the kind of confidence he’s building, including steady body language, fearlessness against top arms, and a willingness to learn. David studies how they carry themselves, then mirrors it—one pitch, one play at a time.

GOALS: Keep sharpening his on-deck visualization (*short, vivid, first-person clips*), stay disciplined with his breathing **reset after every play**—good or bad—and continue leading from behind the plate with clear, calm communication.

Through consistent mental reps and a Warrior Mindset, David is turning preparation into performance.



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Using Visualization to **WIN** - 3 Key Takeaways



1. See It Before You Do It

Mentally walk through the exact routine, pitch sequence, swing, or play you’re about to execute. Then **picture the successful result** and how it will feel. This pre-performance and outcome rehearsal sharpens focus and makes the moment feel familiar.

2. Wire Your Brain For Execution

Visualization activates the same neural pathways as physical reps and helps build a clear “**mental blueprint**” for success. Repeating crisp clips strengthens those pathways, making skills faster and more automatic when it counts.

3. Use Imagery The Whole Game

Drop in brief sessions during practice to rehearse plays, before competition to build a **Warrior Mindset**, and after games to replay positives and learn from challenges. This cadence boosts confidence, reduces anxiety, and reinforces good habits.