

PROJECT GRIT



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<p>Pre Game 1</p> <p>Ladder 2x each</p> <ul style="list-style-type: none"> • Linear High Knees • Quick Feet, Right Foot • Quick Feet Left Foot • Icky Shuffle • Lateral High Knees • Lateral 1-2-1 <p>Mt Climbers 2x 20 seconds Frogger 1x 1 minute Skip for Height Skip for Distance Bounding Foot Poppers 2x 10 each 4 Corners Bradford Jump Series CORE 100</p>	<p>Pre Game 2</p> <p>Jump Rope 4x 30 seconds Hand Ladder Routine 2x each</p> <ul style="list-style-type: none"> • Lateral • Icky Shuffle <p>Mini Band Series</p> <ul style="list-style-type: none"> • Monster Walks 10x • Step Outs 2x10sec • Duck Walks 10x • Lateral Strides 10xea <p>Pogo Jumps 2x 10seconds Banded Knee Extensions 2x5 Arm Swings Wall Drill</p> <ul style="list-style-type: none"> - Step 1 w/coaches cue - Step 2 Hip Turn - Step 3 Hip Turn/Sprint <p>Knee Jumps 10x MB Series Band Pulls 1x30</p>	<p>Pre Game 3</p> <p>Ladder 2x each</p> <ul style="list-style-type: none"> • Linear High Knees • Quick Feet, Right Foot • Quick Feet Left Foot • Icky Shuffle • Lateral High Knees • Lateral 1-2-1 <p>Mt Climbers 2x 20 seconds Frogger 1x 1 minute Band Sprint Series</p> <ul style="list-style-type: none"> - 2 Step Stick - 2 Step Stick-to-Start - 2 Step-to-Acceleration <p>Hurdle Hops Bradford Jump Series CORE 100</p>	<p>After Session Mobility</p> <p>Hammy Time 2x30 seconds Frogger 1x60 seconds Mt Climbers 2x30 seconds Couch Stretch 2x30 seconds Band Series</p> <p>CORE 100 – 2x10</p> <p>Crunches Sit Ups Leg Raises GHR Russian Twist</p> <p>MB Series</p> <p>Rotational Throws 5x ea. OH Throws 5x ea. Broad Jump 5x ea. Split Jerk 3x w/ ea. leg MB Pulls 10x</p> <p>After Week 6 replace Spilt W/ Split Jerk w/rotational throw MB Knee Jumps</p>	<p>Percentage Chart A 60% 70% 70% 75% 80%</p> <p>Percentage Chart B 60% 70% 75% 80% 80%</p> <p>Percentage Chart C 60% 70% 80% 80% 85%</p> <p>*Warm up to sets need to include 10reps of 1xbarbel 1x50% then working sets. Technique work</p> <p>Bradford Plyo Series 1x10</p> <p>Drop Jumps Hip Turns Single Leg Big</p> <p>After Week 6 Add Below</p> <p>Single Leg Short Hops Box/Hurdle Bounding 2x 5 boxes</p> <p>Homework –Days Off</p> <p>Lax Ball Routine</p> <p>Links to Pre Game Training Ladder Series Two Step Stick Series Band Strength Series Wall Sprint 1 & 2 Knee Jumps & More</p>
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Week 1

<p>Day 1 Pre Game 1</p> <p>Test Broad Jump 3 attempts</p> <p>Power Practice Squat Jump w/o DB 3x3 45 second rest between sets</p> <p>Strength Box Squat 10x2 1 minute rest between sets</p> <p>1a Hip Thrust 3x5 1b Plyo Push Up</p> <p>Notes: Squat Jump – ¼ squat can be used to create the maximum force necessary.</p> <p>1a Hip Thrust is to be done explosively upward with a slow downward movement.</p>	<p>Day 2 Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 10 yardsx2 80% @ 10 yardsx2 100%@ 5 yardsx2</p> <p>Shoulders/Pec Smash</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Test Vertical Jump 3 attempts</p> <p>Test #2 Rotational MB Throw</p> <p>Power Practice Push Press 3x3 45 second rest between sets</p> <p>Strength Single Arm Bench Press 1 minute rest between sets</p> <p>Notes: Push Press – Bands, MB's or Barbell. Coach will determine where to start. Goal is quick power production. Think 'butt punch' and explode.</p>	<p>Day 4 Pre Game 3</p> <p>Test 20 Yard Sprint</p> <p>Power Practice Clean Pulls 3x3 45 second rest between sets</p> <p>Strength Deadlift 12x2 (light) 1 minute rest between sets</p> <p>1a Military Press 1b Banded Good Mornings</p> <p>2a Rows 5x10 2b Sled Push 5x10 yards</p>	<p>Day 6 Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 10 yardsx2 80% @ 10 yardsx2 100%@ 5 yardsx2</p> <p>Shoulders/Pec Smash</p>
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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/o DB 3x5 60 second rest between sets</p> <p>Strength Back Squat Find 5RM (5x5) 2 minute rest between sets</p> <p>1a Hip Thrust 3x5 1b Push Up</p> <p>2a Step Ups 2x10 each leg 2b Rows 2x10</p>	<p>Day 2 Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 10 yardsx2 80% @ 10 yardsx2 100%@ 5 yardsx2</p> <p>Shoulders/Pec Smash</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Press 3x3 60 second rest between sets</p> <p>Strength Bench Press Find 5RM (5x5) 2 minute rest between sets</p> <p>1a Bicep Curl 5x5 45 second rest</p> <p>2a Skull Crushers 5x5 45 second rest</p> <p>Landmines 3x10</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift Find 5RM (5x5) 2 minute rest between sets</p> <p>1a Military Press 1b Banded Good Mornings</p> <p>2a Rows 5x10 2b Sled Push 5x10 yards</p>	<p>Day 6 Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 10 yardsx2 80% @ 10 yardsx2 100%@ 5 yardsx2</p> <p>Shoulders/Pec Smash</p>
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Week 2



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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/o DB 5x5 60 second rest between sets</p> <p>Strength Box Squat 5x5 Percentage Chart A 2 minute rest between sets</p> <p>1a Hip Thrust 3x10 -90 seconds to 2 minute rest</p> <p>2a Single Leg Squat 3x10 2b Push Ups 3x 5</p> <p>Pull Ups Max # Max # -2 = reps x 3 sets</p>	<p>Day 2 Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 10 yardsx2 80% @ 10 yardsx2 100%@ 5 yardsx3</p> <p>Shoulders/Pec Smash</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Press 3x3 60 second rest between sets</p> <p>Strength Board Bench Press 5x5 Percentage Chart A 2 minute rest between sets</p> <p>10 Minute Amrap 40 yard farmers carry 10 HR Push Ups 40 yard tire walk</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift 5x5 Percentage Chart A 2 minute rest between sets</p> <p>1a Military Press 3x5 1b Banded Good Mornings 3x10</p> <p>2a Rows 2x10 2b Sled Push 2x40 yards</p>	<p>Day 6 Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 10 yardsx2 80% @ 10 yardsx2 100%@ 5 yardsx3</p> <p>Shoulders/Pec Smash</p>
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Week 3

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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/ DB 3x5 60 second rest between sets</p> <p>Strength Box Squat 5x3 – Below Parallel if possible Percentage Chart C 2 minute rest between sets</p> <p>1a Heavy Hip Thrust 5x5 -90 second to 2 minute rest</p> <p>2a Hex Bar Rows 3x8 2b Leg Press 3x8</p>	<p>Day 2</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Press 5x3 60 second rest between sets</p> <p>Strength Board Bench Press 5x3 Percentage Chart C 2 minute rest between sets</p> <p>1a Single Arm Push Press 1b Landmines</p> <p>40/40 Guns</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift 5x3 Percentage Chart C 2 minute rest between sets</p> <p>1a 3 point Rows 3x10 1b Banded Good Mornings 3x10</p> <p>2a Hand Release Push Ups 3x10 2b Resistance Lunges 3x10ea</p>	<p>Day 6</p>
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Week 4

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Week 5

<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/ DB 3x5 60 second rest between sets</p> <p>Strength Back Squat 5x5 Percentage Chart B 2 minute rest between sets</p> <p>1a Heavy Hip Thrust 5x5 -90 second to 2 minute rest</p> <p>2a Hex Bar Rows 3x8 2b Leg Press 3x8</p>	<p>Day 2 Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yardsx1 80% @ 5 yardsx2 100%@ 10 yardsx4</p> <p>CORE 100</p> <p>Shoulders/Pec Smash</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Press 3x3 60 second rest between sets</p> <p>Strength Bench Press 5x5 Percentage Chart B 2 minute rest between sets</p> <p>1a DB Bench Press</p> <p>2a SA Sled Pull 2x 20 yards 2b Weighted Push Ups 2x max</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift 5x5 Percentage Chart B 2 minute rest between sets</p> <p>5 Rounds: Farmers Carry 20 yards Sled Push 20 yards Tire Flips 5 Rope Pull Ups - Max</p>	<p>Day 6 Pre Game 2</p> <p>Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yardsx1 80% @ 5 yardsx2 100%@ 10 yardsx4</p> <p>CORE 100</p> <p>Shoulders/Pec Smash</p>
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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/ DB 3x5 60 second rest between sets</p> <p>Strength Back Squat Find 3RM (6-8 sets including warm up) 2-3 minute rest between sets</p> <p>1a Front Squat 3x5 1b SA OH Press 3x10</p>	<p>Day 2 Mobility</p> <p>OFF</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Press 3x3 60 second rest between sets</p> <p>Strength Bench Press Find 3RM (6-8 sets including warm ups) 2-3 minute rest between sets</p> <p>1a Bicep Curl 8x8 30 second rest</p> <p>2a Skull Crushers 8x8 30 second rest</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift Find 3RM (6-8 sets including warm ups) 2-3 minute rest between sets</p> <p>1a Rows 3x10 1b Sled Push 3x10 yards</p> <p>2a Farmers Walk 2 minutes -Each drop is 5 burpees</p>	<p>Day 6 Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yards x1 80% @ 5 yards x2 100% @ 10 yards x4</p> <p>CORE 100</p> <p>Shoulders/Pec Smash</p>
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Week 6

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Week 7

<p>Day 1 Pre Game 1</p> <p>Power MB Broad Jump 5x 60 second rest between sets</p> <p>Strength Box Squat 10x2 60% 1 minute rest between sets</p> <p>1a Kettlebell Swing 3x10 1b Farmers Carry 3x20 yards 1c Jumping Lunges 3x10 1d MB Hug Sled Drag 3x20</p>	<p>Day 2 Mobility</p> <p>OFF</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Jerk 5x3 60 second rest between sets</p> <p>Strength Single Arm Bench Press 9x3 1 minute rest between sets</p> <p>1a Bicep Curl 8x8 30 second rest</p> <p>2a Skull Crushers 8x8 30 second rest</p>	<p>Day 4 Pre Game 3</p> <p>Power Hang Clean 3x3 60 second rest between sets</p> <p>Strength Deadlift 12x1 60% 1 minute rest between sets</p> <p>1a Battling Ropes 3x30 seconds</p> <p>2a Sled Pull 4x20 yards 2b Box Squat 4x10</p>	<p>Day 6 Mobility</p> <p>OFF</p>
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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/o DB 3x5 60 second rest between sets</p> <p>Strength Box Squat 10x2 1 minute rest between sets</p> <p>1a Single Leg Squat 1b Push Ups</p> <p>Pull Ups Max # Max # -2 = reps x 3 sets</p>	<p>Day 2 Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yardsx2 80% @ 5 yardsx2 100%@ 5 yardsx4</p> <p>Shoulders/Pec Smash</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Test Vertical Jump 3 attempts</p> <p>Power Push Jerk 3x3 60 second rest between sets</p> <p>Strength Bench Press 5x5 Percentage Chart A 2 minute rest between sets</p> <p>1a Plyo Push Ups 3x5 1b SA Sled Pull 3x10 yards</p> <p>2a MB Push Press 3x5 2b DB Floor Press 3x8</p>	<p>Day 4 Pre Game 3</p> <p>Test 20 Yard Sprint</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift 5x5 Percentage Chart A 2 minute rest between sets</p> <p>1a Military Press 1b Banded Good Mornings</p> <p>2a Rows 5x10 2b Sled Push 5x10 yards</p>	<p>Day 6 Pre Game 2 Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yardsx2 80% @ 5 yardsx2 100%@ 5 yardsx4</p> <p>Shoulders/Pec Smash</p>
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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/o DB 3x5 60 second rest between sets</p> <p>Strength Back Squat 5x5 Percentage Chart A 2 minute rest between sets</p> <p>1a Hip Thrust 3x5 1b Plyo Push Up</p> <p>2a Step Ups 2x10 each leg 2b Rows 2x10</p> <p>3a Leg Extensions 2x10 3b Leg Curl</p>	<p>Day 2 Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 5 yardsx2 80% @ 5 yardsx2 100% @ 5 yardsx4</p> <p>Shoulders/Pec Smash</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Jerk 3x3 60 second rest between sets</p> <p>Strength Bench Press 5x5 Percentage Chart A 2 minute rest between sets</p> <p>1a Bicep Curl 5x5 30 second rest</p> <p>2a Skull Crushers 5x5 30 second rest</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift 5x5 Percentage Chart A 2 minute rest between sets</p> <p>1a Military Press 1b Banded Good Mornings</p> <p>2a Rows 5x10 2b Sled Push 5x10 yards</p>	<p>Day 6 Pre Game 2</p> <p>Mobility/Flexibility</p> <p>Sprint 40% @ 10 yards x2 60% @ 5 yardsx2 80% @ 5 yardsx2 100% @ 5 yardsx4</p> <p>Shoulders/Pec Smash</p>
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Week 9

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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/o DB 5x5 60 second rest between sets</p> <p>Strength Box Squat 5x5 Percentage Chart B 2 minute rest between sets</p> <p>1a Hip Thrust 3x10 -90 seconds to 2 minute rest</p> <p>2a Heavy Kroc Rows 3x8 2b Lunges 3x10</p> <p>3a Leg Extensions 3b Leg Curl</p>	<p>Day 2 Mobility/Flexibility</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Push Jerk 3x3 60 second rest between sets</p> <p>Strength Towel/Board Bench Press 5x5 Percentage Chart B 2 minute rest between sets</p> <p>10 Minute Amrap 40 yard farmers carry 10 HR Push Ups 40 yard tire walk</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift 5x5 Percentage Chart B 2 minute rest between sets</p> <p>1a Military Press 3x5 1b Banded Good Mornings 3x10</p> <p>2a Rows 2x10 2b Sled Push 2x40 yards</p>	<p>Day 6 Pre Game 2</p> <p>Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yards x2 80% @ 5 yards x2 100% @ 5 yards x3</p> <p>Rest 1:3</p> <p>Shoulders/Pec Smash</p>
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Week 10



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Week 11

<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/ DB 3x5 60 second rest between sets</p> <p>Strength Box Squat 5x3 Percentage Chart C 2 minute rest between sets</p> <p>1a Single Leg Squat 1b Push Ups</p> <p>Pull Ups Max # Max # -2 = reps x 3 sets</p>	<p>Day 2 Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yardsx2 80% @ 5 yardsx2 100%@ 5 yardsx3 100% @ 10 yards x3</p> <p>Shoulders/Pec Smash</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Split Jerk 5x3 60 second rest between sets</p> <p>Strength Board Bench Press 5x3 Percentage Chart C 2 minute rest between sets</p> <p>1a DB Shoulder Press 1b Standing Flies</p> <p>2a Renegade Row 3x10</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift 5x3 Percentage Chart C 2 minute rest between sets</p> <p>1a Landmines 3x10 1b Banded Good Mornings 3x10</p> <p>2a S/A Push Press 3x10 2b Resistance Lunges 3x10ea</p>	<p>Day 6 Pre Game 2</p> <p>Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yardsx2 80% @ 5 yardsx2 100%@ 5 yardsx3 100% @ 10 yards x3</p> <p>Shoulders/Pec Smash</p>
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<p>Day 1 Pre Game 1</p> <p>Power Squat Jump w/ DB 3x5 60 second rest between sets</p> <p>Strength Back Squat Find 3RM 2 minute rest between sets</p> <p>1a Heavy Hip Thrust 3x10 -90 second to 2 minute rest</p> <p>2a Hex Bar Rows 3x8 2b Leg Press 3x8</p>	<p>Day 2</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Power Split Jerk 5x3 60 second rest between sets</p> <p>Strength Bench Press Find 3RM 2 minute rest between sets</p> <p>Arms – Athlete’s Choice</p>	<p>Day 4 Pre Game 3</p> <p>Power Clean Pulls 3x5 60 second rest between sets</p> <p>Strength Deadlift Find 3RM 2 minute rest between sets</p> <p>5 Rounds: Farmers Carry 20 yards Sled Push 20 yards Tire Flips 5 Rope Pull Ups - Max</p>	<p>Day 6 Mobility/Flexibility</p> <p>Sprint 40% @ 5 yards x2 60% @ 5 yardsx2 80% @ 5 yardsx2 100%@ 5 yardsx3</p> <p>Rest 1:3</p> <p>Shoulders/Pec Smash</p>
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ADAPT AND CONQUER

Week 13

<p>Day 1 Pre Game 1</p> <p>Test Broad Jump 3 Attempts 1 minute rest</p>	<p>Day 2 Mobility/Flexibility</p>	<p>Day 3 Pre Game 2 w/Mb chest pass</p> <p>Test Vertical Jump 3 Attempts 1 minute rest</p> <p>Test #2 MB Rotational Throws 1 minute rest</p>	<p>Day 4 Pre Game 1</p> <p>Test 20 yard sprint 3 Attempts 1 minute rest</p>	<p>Day 6</p>
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IYCA Mental Toughness Checklist Made Simple

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Step 1: Replace Negative Images

Negative images can be highly destructive, often making even the best athlete crumble under pressure. Start by replacing these images with a specific technique or tactical cues that your athlete can accomplish immediately.

Step 2: Get the Athlete to Commit to Sacrifice

It's not enough to simply know what you want and why you want it. Often, especially in athletics, being the best means sacrificing something. Get your athletes to commit to the sacrifices they will make so they are motivated to do the things that are required for peak performance.

Step 3: Eliminate Fear of Failure

Don't let fear hold your athletes back! Replace this fear with unshakeable confidence by ensuring that your athlete has done everything possible that they can control to prepare. Understanding that there will be situations that are uncontrollable and knowing you prepared as well as you could have help you to be confident.

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Visualize Yourself Being Successful

What do you think about before games or practice? Do you see yourself getting that big hit or scoring the game winning goal? Or do you see a missed defensive assignment or a turnover? These thoughts might seem simple and easy to dismiss, but they are too easy to remember. Imagery occurs when the athlete creates or recreates an image in their mind using their senses. Positive thinking at CORE Athletics please! Those negative thoughts can be thrown out because you always have a new opportunity. I played for a Korean War veteran who always said, "It's the next play". The previous play does not matter since we cannot change the outcome, but we can prepare ourselves for the next play. That's where the power of positive thinking and imagery can lead the athlete to success. Creating a distinct image of yourself can leave the last lift behind you. It is important to incorporate your senses when creating an image. For example, an athlete is about to get under the bar to squat so they can start the imagery process by smelling the chalk, feeling the bar on their back and seeing the squat rack. This is referred to as Lifestyle Imagery when the athlete uses their senses to create the picture.

Internal and external imagery take practice, but scratching the surface can help lead to success in and out of the weight room. Internal imagery is when an athlete is seeing the image from behind their own eyes. Internal imagery allows you to see the event before it actually happens and help the athlete feel confident about their ability. External imagery allows the athletes to see themselves as if they were in the crowd watching. This type of imagery gives the athlete an opportunity to view their performance from multiple angles.

Is the use of mental imagery important for youth athletes? It most certainly is important! Youth athletes can sometimes find themselves in 'pressure' situations that don't always lead to success. Outside of an awesome support system for youth athletes is the ability to see themselves being successful. This won't only enhance their fundamental abilities, but more importantly their confidence level. Asking simple questions like, "Did you see yourself make that jump shot" can lead to their ability to replay the successful situation. Increasing confidence and self-esteem in youth athletes is more important than anything as a coach. The rest follows these two precursors.

CORE Performance athletes are at the stage in their training where the weight might start to look heavy or almost impossible. When they started this journey a few years ago the weight they are pulling and pushing now might not have been on their radar let alone performing it for multiple flawless repetitions. This is where "seeing themselves" being successful leads to huge confidence and performance gains on and off the field. And this extends far beyond the weight room and into the college search process, exams and life in general. Visual yourself being successful. Maximize the day!

References

Richter, J., Gilbert, J., & Baldis, M. (2012). Maximizing Strength Training with Mental Imagery. *Strength and Conditioning Journal*, 34(5), 65-69.