

BASEBALL'S MENTAL FUNDAMENTALS

Index for Teaching Points

ATTITUDES

Intro for Baseball's Mental Fundamentals—1:45 to 4:30	
Power of Attitudes—Stories about Cal Ripkin and Mike Bordick—4:30 to 7:29	
Types of Attitudes—7:29 to 8:58	
Goals—8:58 to 10:07	
Commitment—10:12 to 11:26	Featuring—C.C. Sabathia
Playing and working hard—11:26 to 14:53	Eric Byrnes & Nick Swisher
Fun & Competiveness—14:53 to 15:57	C.C. Sabathia
Dealing with Success—16:08 to 18:10	Andre Ethier
Learning & Improving—18:11 to 20:24	Eric Chavez & Dave Hudgens
Excuses / Taking Responsibility—20:24 to 22:04	
Attitude Adjustments—22:07 to 33:08	Eric Byrnes, Shannon Stewart & Steve Ontiveros
Positive thinking—27:48 to 30:30	Shannon Stewart

CONFIDENCE

Confidence is an Attitude and a Choice--:42 to 2:20	
How players Lose Confidence—2:20 to 4:33	Eric Byrnes
Comparing Confident Thinking - to - Thinking when Confidence is Low—4:33 to 9:12	Paul Konerko
Confidence Changes—9:13 to 10:28	Eric Chavez & Dave Hudgens
Dealing with Failure—10:28 to 15:42	Shannon Stewart & A. Either
Building Confidence—15:42 to 25:02	Eric Byrnes, Steve Ontiveros

& Shannon Stewart (2)

Practice—17:05 to 17:42

Defining Success & Self-Evaluations—17:42 to 23:46

Replay Success & Fix Unsatisfactory Execution—23:57 to end

PREPARATION

Starts Long Before the Game—:48 to 6:42

Rich Harden, Eric Chavez

& Dave Hudgens

Preparation Helps Confidence—6:43 to 7:44

Jason Cooper

Visualization is Critical to Confidence—7:45 to 13:00

Rich Harden & Nick Swisher

FOCUS AND CONCENTRATION

“The Zone” The Ultimate in Concentration--:38 to 3:44

Nick Swisher, Jason Cooper &

Rich Harden

“My Zone” —3:34 to 6:03

Rich Hardin & Jason Cooper

Emotional Control—6:03 to 13:46

Steve Ontiveros, C.C. Sabathia

Eric Byrnes

Routines—13:50 to 18:00

Paul Konerko & Andre Ethier

Situational & Approach Attitudes—18:00 to 30:52

Eric Chavez, Dave Hudgens,

Paul Konerko, Nick Swisher

Eric Byrnes & Andre Ethier

Demo of Pre-Pitch Preparation for Hitters—30:35 to 35:04

Between Pitches for Hitters—35:08 to 35:37

Nick Swisher

Between Pitches for Pitchers—35:37 to 38:18

Rich Harden

Demo of Pre-Pitch Preparation for Pitchers—38:18 to 39:22

Pressure

What is the Root of Pressure—Start to 2:26

How AB's are Given Away & How Players Choke —6:10 to 8:12	Paul Konerko
Define Success in the Clutch—8:11 to 8:40	
Playing in the Clutch—8:41 to 13:10	Eric Byrnes, Jason Cooper, Dave Hudgens, Eric Chavez Shannon Stewart
Forget the Past & Inappropriate Goals—13:09 to 15:26	Andre Ethier
Don't Let the Situation Affect the Process—15:43 to 17:11	

Reggie Jackson Story

Describes Fundamentals for Controlling Emotions.