

Name _____



COMPETE!

Training 1: Competing is a Skill You Can Learn (book chapter 1)

1. My "A Game": One game/moment I was POSITIVE and competed great:
2. My "C Game" (or worse) One game/moment I was NEGATIVE and played poorly:
3. Joe Maddon says: "When the umpire says 'Play Ball!,' the real advantage lies with the player who has _____ himself to compete."
4. Mike Scioscia: "After playing and managing over 3,000 games at the Major League level, I say that players who get the most out of their talent develop a _____ that becomes their focus."
5. Working on my mental game means I'm weak. True False
6. What % of baseball success is "mental" _____%
7. A. Circle one mental skill you'll focus on this week:

Courage	Compete	Dedication	Sportsmanship
Gratitude	Unselfishness	Enjoyment/Fun	Mental Toughness
Focus	Leadership	Composure	Concentration
Pride	Hard Work	Relentlessness	Consistency
Integrity	Resilience	Desire to Learn	Respect for Game
Confidence	Love of the Game	Commitment	Positive

B. By focusing on that skill this week, I learned...

