

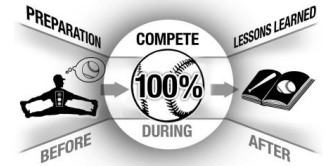


Name _____

COMPETE!

Training 10: Defense (book chapter 10)

1. Responsibility: "Choosing to _____ your energy on whatever gives you the best chance of success now regardless of what has happened or how _____ .."
2. In short, choose to focus on things that are _____ !
3. For Zobrist, defense is a _____ process.
4. As the pitcher starts his move, step into my Circle of _____.
5. Keep Your CONNECTION Greater than my _____.
6. I actually ought to practice making an _____.



Do It! Practice (see p. 246)

1. Two games I played great defense were vs.: _____
2. "When I'm playing great defense, just before each pitch I'm thinking..."
3. "When I struggle on the field, just before each pitch I'm thinking..."
4. "3 things that sometimes trigger Yellow Light for me are..."
5. Pay attention to your thoughts on defense!!!