



Name _____

COMPETE!

Training 13: Troubleshooting (book chapter 12)

1. Your _____ is often the root cause of breakdowns in your game.
2. The better you train RAMP-C... the more _____ you'll be.
3. The R's Model can help you locate your mental game _____.

4. The most common mental game error:

Players go _____ to check their Signal Lights, but

they don't get back _____ to COMPETE!



5. O.P.A.A.T. stands for:

Do It! Practice

1. "Why do I play baseball?"
2. The "cause" of most of my slumps is.... (what thinking trap do you fall into?)
 - Results?
 - Mechanics?
 - Hidden Mission (e.g., prove myself)?
 - Fail at one of the R's?