2:00-4:00 POSITION PLAYERS

3 Teaching Strategies

- Levels 3-5-8 Energy – Energy is choice, Energy is contagious is yours worth catching?
- Callbacks – Verbal answers, repeat after me, claps, hand in air, please write this down, talk to someone else
- The :30 second drill

Who Is Brian Cain?

- Played at UVM, Cape Cod League, Cal State Fullerton, Omaha 03, 04, 07, 10, 14, Team USA 2013

Why Am I Here?

- To help give you the best chance for success, my goal is to help you reach yours

Why Should You Care?

- Baseball is a mental game, NOBODY ON EARTH has more experience in College Baseball Mental Game / UFC

What is Mental Toughness?

- Your ability to play one pitch at a time – 4RIP3 System
- Mental toughness is like an onion… lots of layers to get to the core

Evan Longoria E:60

- Ken Ravizza was my mentor at Cal State Fullerton, You are getting the same SYSTEM
- Save Yourself Stress, Time, Effort, Motivation/Money

Playing One Pitch At A Time - The 4RIP3 System

Routines

- “To be consistent you must describe what you do as a process/routine”
- Have a definitive start and end to your routine
- Do something physical and associate with the mental
- 5 Parts of The Hitting Routine
- 4 Parts of The Pitching Routine
- Baserunning Routine
- Defensive Circle of Focus Routine
- The Impotence of the breath

Recognize

- Check in on your signal lights
- The key is to play in green lights and recognize when you are in yellow or red and release
- The most difficult part of the mental game is to have self-awareness / the ability to recognize

Release

- When you are not in a green light you must release
- 3 Parts of the release (1. Physical, 2. Cleansing Breath, 3. Verbal)

Refocus

- Lock in on a focal point and get a breath, last breath & last thought
- As a navy seal in combat, your brain rushes out of your ears like water… go on instinct
- All that matters if the next pitch – be a one pitch warrior

Mental Imagery

- Everything happens twice, first in your mind then in reality
- Active Mental Imagery: Shadow Bullpens, Mental At-Bats
- 4 Steps To Passive Mental Imagery, Pre-Game Preparation

Present Moment Focus

- The time is now, the place is here
- Today + today + Today = Your Season
- 86,400seconds / 164hrs – Do you spend or invest time?
- Breath says you are present
- Feel the dirt and the mound

Process Over Outcome

- How do you measure success? AVG. QAB?
- Your goal must be in your control
- Control what you can control – THE TWO CRITICAL LISTS

Positive Energy Giver / Attitude

- Turn Have to into Want To
- Get Bitter or Get Better
- What you want, vs want to avoid
4:00-5:00 TEAM & STAFF MEETING

- 4 Steps To “Buy In”
  - Not for me
  - Ok for others
  - I’ll Try it
  - I can’t believe I did it any other way

- 4 Stages of Commitment
  - Job
  - Do work
  - Career
  - Mission

- 3 Steps To Becoming More
  - Awareness
  - Strategy
  - Action

- 3 Aspects of An Elite Mental Game System In College Baseball
  - 1. Championship Culture Where EVERYONE Knows Who We Need To Become, How We Act
  - 2. Statistically Proven Measurements That Give Us The Best Chance For Success vs. The Game
  - 3. A System/Routine/Process for Playing One Pitch at A Time (4RIP3)

- 5 Steps To Establishing & Enhancing A Championship Culture
  - Identify
  - Define
  - Describe what it looks like (Sport, School, Conditioning, Community)
  - Self-Assessment
  - Growth Plan

- 7 Ways To Compete vs. Yourself & The Game – Give Yourself The Best Chance For Success
  - 0 Errors
  - Score 1st
  - 2/3 For A K
  - 3 Runs or less
  - 54% QAB
  - 5 Runs of More
  - W in Freebie War

- The Google Drive App – Your Link To The Best In The Mental Game of Baseball
  - The Master Calendar
  - The 4RIP3 Baseball Audio Program
  - The Daily Dominator Book
  - The Mental Game of Hitting/Pitching Audio
  - Daily Mental Practice Audios
  - 10 Day Challenge (Headspace)
  - PRIDE Program
  - Mental Game Videos
  - The Lone Survivor, ASU Football, American Sniper
  - Hunter Pence Video

5:00-7:00 PITCHERS
See page one of this handout

7:00-9:00PM - DINNER WITH STAFF

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