



**VICTORY**  
E N D M I N D

[www.nfsoftball.com](http://www.nfsoftball.com)

**VICTORY**



# **Mental Skills Training**

refers to the **consistent practice** of mental skills for the purpose of ***enhancing performance.***

# PURPOSE

- Define sport psychology
- Identify the benefits
- Discuss the objectives of the **VICTORY** Mental Skills Training Program





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***What is the purpose of  
sport psychology?***



**Intended to  
help athletes  
compete as  
close as  
possible  
to their  
100%  
potential.**



# BENEFITS OF SPORT PSYCHOLOGY



## Improve Focus

Focus is often displaced on the wrong areas such as “I need to get a hit.” Players must focus on present moment verses results.

## Identify Zone of Optimal Functioning

Identify the level of arousal or mental activation that is necessary for each person to perform at their best.

## Grow Confidence

Confidence is a core mental skill and influences all other skills. Doubts must be minimized and/or silenced to perform well.

## Develop Communication & Team Cohesion

A huge part of sport psychology is helping teams improve cohesion & communication, which improves results.

## Develop Coping Skills

Emotional control is a prerequisite to getting into the zone. Athletes must learn to deal with minor errors that’s part of sports.

## Instill healthy belief system & identify irrational thoughts

Identify ineffective beliefs and attitudes such as comfort zones and negative self-labels that hold back athletes.

## Balance Motivation

Help athletes adopt a healthy level of motivation and be motivated for the right reasons.

## Enter the “zone” more often

Develop foundational mental skills that can help foster the conditions for entering the “zone” more frequently.

# IMPORTANT DISTINCTION BETWEEN



## PSYCHOLOGICAL QUALITIES

Characteristics that facilitate optimal performance.  
Can be experienced to varying degrees (e.g. high & low self-confidence).



## PSYCHOLOGICAL STRATEGIES

Interventions or the methods used to purposefully teach those psychological skills and qualities (e.g. thought control).



## PSYCHOLOGICAL SKILLS

Involves the ability to regulate psychological qualities such as the ability to maintain self-confidence.

# V-I-C-T-O-R-Y Mental Skills Program Overview

**V**

**VISION**

What's my end goal in softball?



**Goal Setting**

**I**

**INNER AWARENESS**

What are my strengths & weaknesses?



**Reflection**

**C**

**COMMUNICATION**

How does body language impact performance?



**Self-Talk**

**T**

**TEAM MENTALITY**

Why is being a good teammate valuable?



**Pre-Performance Routine**

**O**

**OVERCOMING OBSTACLES**

How do I cope with adversity?



**Centering Technique**

**R**

**RECOGNIZING OPPORTUNITY**

What is a growth mindset?



**Reframing Technique**

**Y**

**WHY**

What's my WHY for playing?



**Visualization**