

Pitching- the mental mindset

Pitching is not for everyone, you have to be mentally tough, willing to practice, and a lot of passion for the game. For some, pitching comes natural... for others, it does not. Either way, practice makes perfect. If you are blessed with height, then use it to your advantage! Use your legs to drive off the mound. If you are on the shorter side (as am I) then you have to try extra hard and push extra hard with your legs. *DO NOT* let anyone tell you that you can't do something. If they do, then prove them wrong. *DO NOT* limit yourself, dream big.

A few tips to keep in mind...

- ◆ Do not get behind in the count; the batter will then have an advantage.
- ◆ Limit the walks, especially the first batter. Almost always, walks will score.
- ◆ Don't be timid, have confidence and "go after" the hitter.
- ◆ If you have a bad game, don't carry it over to the next game.
- ◆ Be coach-able, try new things.
- ◆ Always want to be in the tough situations. Show your team what you know you can do.
- ◆ Remember, if it was easy then everyone would be doing it!