

# SUCCESS FACTORS

## **THE MENTAL ASPECT IS THE KEY TO SUCCESSFUL SOFTBALL**

Concentration – no mental mistakes

Be in the right spot at the right time

## **YOU CAN'T CONTROL**

The umpires

Luck

## **YOU CAN CONTROL**

Your effort – how hard do you try – do you give 110% every minute?

Your dedication – do you make every practice?

Your concentration – is your head in the game at all times?

Your enthusiasm – are you constantly cheering for your teammates?

## **WINNING OR LOSING IS #2**

### **EFFORT IS #1 - THIS HAS TO DO WITH LIFE**

If you only give 90% - you fail, you're a loser

If you always give 110% - you succeed, you're a winner

## **YOU ONLY PLAY IN A GAME LIKE YOU PRACTICE**

## **KEY PERSONAL ATTRIBUTES: INTENSITY, COMPOSURE, ENTHUSIASM, EFFORT**

## **COACHES PLAY "FAVORITES"**

Their "Favorites" are players that:

Play their hardest

Give their best

Make the most effort

Are the most enthusiastic