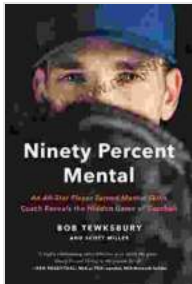


An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball



Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball

by Bob Tewksbury

★★★★☆ 4.6 out of 5

Language : English
File size : 2009 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 258 pages



Baseball is a game of both physical and mental skill. While the physical skills of the game are often praised, the mental skills are often overlooked. However, mental skills are just as important as physical skills in baseball. In fact, some would argue that mental skills are even more important.

Mental skills include things like focus, concentration, confidence, and motivation. These skills are essential for success in baseball, because they allow players to perform at their best under pressure. Players who are able to stay focused and concentrate on the task at hand are more likely to make good decisions and execute their skills properly. Players who are confident in their abilities are more likely to take risks and go for the big

play. And players who are motivated to succeed are more likely to put in the hard work and dedication that is necessary to reach their goals.

Unfortunately, mental skills are not something that can be easily taught or learned. They take time and practice to develop. However, there are a number of things that players can do to improve their mental skills. These include:

- Setting realistic goals
- Developing a positive self-image
- Learning to cope with pressure
- Visualizing success
- Practicing relaxation techniques

Mental skills are essential for success in baseball. By developing their mental skills, players can improve their performance on the field and reach their full potential.

The Hidden Game of Baseball

There is a hidden game of baseball that most people never see. This game is played in the minds of the players. It is a game of strategy, execution, and psychology. It is a game that can be just as intense and competitive as the physical game that is played on the field.

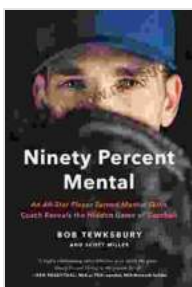
The hidden game of baseball begins with the mental preparation that players do before they even step onto the field. Players need to be able to focus their minds and concentrate on the task at hand. They need to be able to visualize success and stay positive even when things are tough.

They need to be able to cope with pressure and make good decisions under fire.

Once the game starts, the hidden game continues. Players need to be able to read the opposing team's signs and anticipate their plays. They need to be able to make quick decisions and execute their skills under pressure. They need to be able to stay calm and composed even when things are going against them.

The hidden game of baseball is a game of inches. It is a game where small mistakes can have big consequences. Players who are able to master the hidden game are more likely to be successful on the field. They are more likely to make the big play, win the close game, and ultimately achieve their goals.

Baseball is a complex game that requires both physical and mental skills. By developing their mental skills, players can improve their performance on the field and reach their full potential. The hidden game of baseball is a game that is played in the minds of the players. It is a game of strategy, execution, and psychology. It is a game that can be just as intense and competitive as the physical game that is played on the field. Players who are able to master the hidden game are more likely to be successful on the field and achieve their goals.



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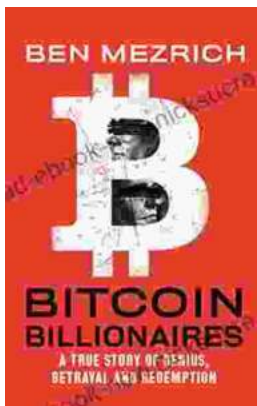
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