

**How to Be  
Mentally Tough  
So You Can  
Consistently  
Play Your Best**

**Confidence  
Conditioning  
for Baseball**

**Dr. Tom Hanson**

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## Confidence Conditioning For Baseball



### Pre-Game Warm-Up

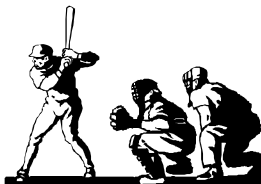
Track 1

**The Bottom Line:** \_\_\_\_\_ and \_\_\_\_\_.  
Everything in this program is designed to help you do that.



#### Why “Confidence Conditioning?”

Two Games going on -- \_\_\_\_\_ Game and \_\_\_\_\_ Game



Mental Game Skills are just like \_\_\_\_\_ Game skills

You get better with \_\_\_\_\_ and \_\_\_\_\_.  
(e.g. bunting, change-ups, running the bases)

**We’ll be working on 2 levels:** \_\_\_\_\_ and \_\_\_\_\_  
(e.g. Fun, Love, Passion, Gratitude) (e.g. Imagination, Focus, Breath)

**Program Overview: CD #1 and CD #2 (CD #2 sold separately)**

**Who is Dr. Tom Hanson?**

## Confidence Conditioning For Baseball



### Part 1: What's at Stake?

#### Track 2

1. What percentage of your performance on a given day is determined by mental game factors such as confidence, focus and composure?

\_\_\_\_\_ %

2. What percentage of your practice time do you spend working on your mental game?

\_\_\_\_\_ %

3. **Most players ride the Results** \_\_\_\_\_.



4. **Exercise: Imagine Two Careers...**

a. Results Roller Coaster

b. \_\_\_\_\_

**The goal is to make great performance happen by**

\_\_\_\_\_ **not by** \_\_\_\_\_.

## Confidence Conditioning For Baseball



### How Hank Aaron Broke the Home Run Record

Track 3

#### Key Points...

What do you feel are the most important lessons of this story?



“Aaron filled his head with what he knew was most important.”

# Confidence Conditioning For Baseball

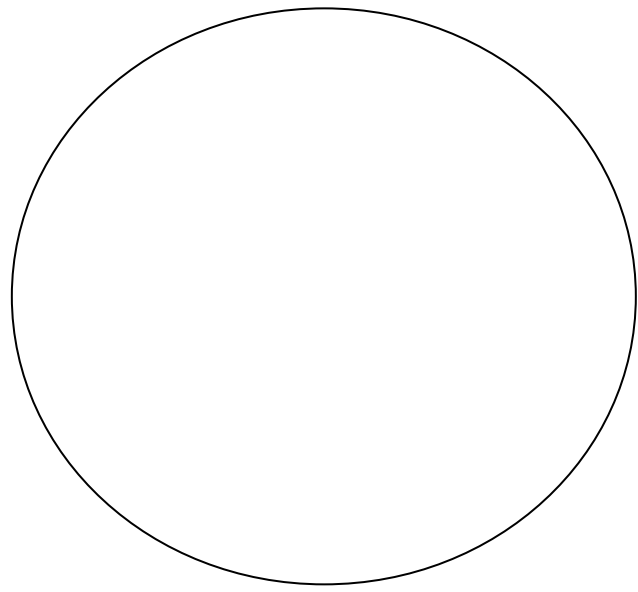


## Part 2: Three Vital Fun “duh” Mentals

Track 4

### Fun-duh-Mental #1

Focus on What You \_\_\_\_\_



The Circles of Care and \_\_\_\_\_.

Place an “X” where each of the following are on this diagram....

- Umpire’s call
- Coach’s decision
- Your shortstop’s play
- Runs your team scores
- Getting a hit
- Getting a batter out
- Throwing a strike
- Physical Game (stats)
- Mental Game

“Are you focused on something you \_\_\_\_\_?”

# Confidence Conditioning For Baseball



## Fun-duh-Mental #2

Track 5

Be a \_\_\_\_\_, not a Victim

*Victim*

*Player*

Focuses on: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_



A Player plays the game, a Victim let's the game \_\_\_\_\_.

Fundamental Change: Play from the \_\_\_\_\_.

Get confidence from your \_\_\_\_\_  
not just your results.

## Confidence Conditioning For Baseball



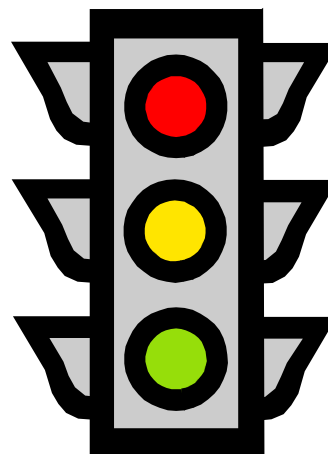
### Fun-duh-Mental #3

Track 6

Stay Centered, Stay \_\_\_\_\_

The Performance Spiral

The Internal Traffic Light



#### Goals:

1. Learn to get yourself \_\_\_\_\_.
2. Learn to \_\_\_\_\_ when you are Yellow.
3. Learn to get yourself back to Green from \_\_\_\_\_.

## Confidence Conditioning For Baseball



### Part 3: How to Create Unstoppable Confidence from Thin Air

Track 7

**When were you a 10?**

List opponent or situation and approximate date.

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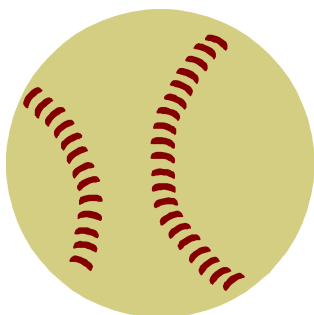


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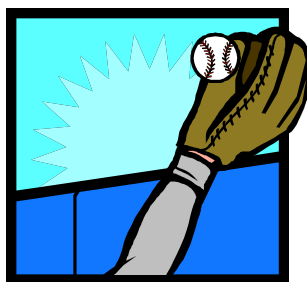


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Do the “10” experiential exercise....



See



Hear



Feel

What stands out most to you about being a “10”?



## Confidence Conditioning For Baseball



### The ABC's of Confidence

Track 8

**When you were a "10"...**

**Your responses...**

- A** How did you "ACT?"  
 How did you move your body?  
 How did you carry yourself?  
 What was your posture like?  
 Did you move fast or slow?
- B** How were you **BREATHING**?  
 Heavy or light?  
 Deep or shallow?  
 Where did your in-breath go in your body?
- C** What were you "**CONNECTED**" to?  
 What were you **CONCENTRATING** on?  
 What did you see?  
 Were you focused on the past, future or present?  
 What did you visualize?
- D** What did you **DECLARE** to yourself?  
 What was your Little Voice saying?  
 What did you believe?
- E** What was the **EXPERIENCE** like?  
 How much effort were you putting forth?  
 What qualities did your motion have?  
 (ease, fluid, etc.)
- F** How much FUN did you have? 1-10  
 How FREELY did you move? 1-10

## Confidence Conditioning For Baseball



### Part 4: How To Consistently Play at or Near Your Best (Regardless of Circumstances)

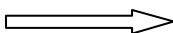
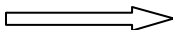
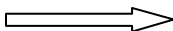
Track 9

#### 1. Awareness: Catch Yourself “Spiraling Out” of Your Green Light



Event (What Happens)

My \_\_\_\_\_  
What happens to me...



YOU MUST \_\_\_\_\_ THAT YOU HAVE A YELLOW LIGHT IN  
ORDER TO HELP YOURSELF.

**Know where to look for your yellow and red lights!**

“I know I’m getting away from Green when I...

**Feel this...**

**Think this...**

**Do this...**

## Confidence Conditioning For Baseball



How To Play Consistently at or Near Your Best, continued

### 2. Condition Yourself for Confidence

Track 10

Under pressure you will take the action most deeply engrained in your body. This is known as the **Law of the**

\_\_\_\_\_.

#### Law of Conditioning

Your body \_\_\_\_\_ to the demands placed on it.

Condition your confidence just the way you condition the rest of \_\_\_\_\_  
\_\_\_\_\_!

**See CD #2 for your Confidence Conditioning Workouts!**

**Don't Have CD #2? Go to**  
**[www.BaseballConfidence.com/cd2.html](http://www.BaseballConfidence.com/cd2.html)**



## Confidence Conditioning For Baseball



### Wrap Up

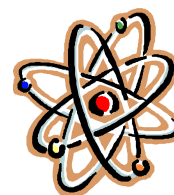
Track 11

Get off the *Results Roller Coaster!*

- Focus on what you can control
- Be a Player, not a Victim – Play from the “inside-out”
- Use your ABC’s to Get Green and Stay Green

### Know yourself

- Your “10” self
- Your Yellow Lights
- **Recognize** where you are at, 1-10.



Condition yourself so you can \_\_\_\_\_  
your own confidence.

**The Bottom Line:** \_\_\_\_\_ and \_\_\_\_\_.  
Everything in this program is designed to help you do that.



## **Confidence Conditioning For Baseball**



**“Your performance is dictated largely by your imagination and your habits. Make a habit of imagining yourself playing great.”**

**Get your \_\_\_\_\_ over to CD #2!**

and have Fun doing it.

## Confidence Conditioning For Baseball

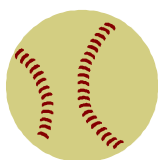
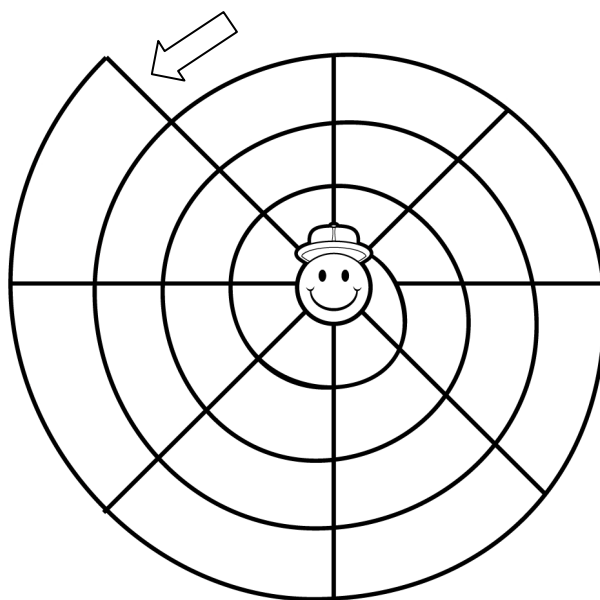


### 30-Day Confidence Conditioning Scoreboard

Name \_\_\_\_\_ Start Date \_\_\_\_\_

- Color in a box each day you do at least 10 minutes of Confidence Conditioning exercises.
- Use a red pen or marker for your first “lap” (8 days), then Yellow for 2 laps (16 days), then finish with Green.
- Your Goal: Get to the center of the spiral in 35 days or less (then start over!)

**Start Here Day 1** and work your way around to the “Centered” happy you!



**See**



**Hear**



**Feel**

## Confidence Conditioning For Baseball



### “ABC” Post-Performance Feedback Form

Name \_\_\_\_\_ Date \_\_\_\_\_ Opponent \_\_\_\_\_

**A** How confident did you **ACT**? How confidently did you carry your body?

(1 = low, 10 = high)

1    2    3    4    5    6    7    8    9    10

“I noticed...”

**B** How well did you use your **BREATH**? Did you take one before each pitch?

1    2    3    4    5    6    7    8    9    10

“I noticed...”

**C** How well did you **CONNECT WITH THE TARGET**? (Focus)

1    2    3    4    5    6    7    8    9    10

“I noticed...”

**D** How clearly and powerfully did you **DECLARE YOUR INTENTION**

(say to yourself what you are going to do) for each pitch?

1    2    3    4    5    6    7    8    9    10

“I noticed...”

**E** How well did you **EXPERIENCE THE PITCH** before it happened?

1    2    3    4    5    6    7    8    9    10

“I noticed...”

**F** How much **FUN** did you have? How **FREELY** did you play?

1    2    3    4    5    6    7    8    9    10

“I noticed...”

**Total Score** \_\_\_\_\_ (add all 6 above)

**List On Back:** Yellow Lights, Key Lessons Learned, Do This Don't Do This

Confidence Conditioning  
For Baseball



## CD #1 Track List

1. Pre-Game Warm-up
2. **Part 1: What's at Stake?**
3. How Hank Aaron Broke the Home Run Record
4. **Part 2: Fun "duh" Mental #1**
5. Fun "duh" Mental #2
6. Fun "duh" Mental #3
7. **Part 3: Playing In-10s Baseball**
8. The ABC's of Confidence
9. **Part 4: How to Consistently Play at or Near Your Best**
10. Wrap Up
11. Keeping Score

Would you like additional copies of Confidence Conditioning for your team?

For a small fee you can purchase a license that will make it legal for you to duplicate this workbook and your CDs.

Contact Dr. Tom Hanson at [Tom@HeadsUpPerformance.com](mailto:Tom@HeadsUpPerformance.com)

**Having a great mental game requires a clean conscious. Integrity Wins!**



Confidence Conditioning  
For Baseball



## CD #2 Play List

- 1. Key Principles**
- 2. “Triple Play” Introduction**
  3. Present Focus (center)
  4. Past Greatness
  5. Future Greatness
- 6. “Confidence Builders” Introduction**
  7. Push-Button Confidence Conditioner
  8. Confidence Crunches
  9. Great Day Today
  10. Embody Buddies
- 11. “Breathing Agility Drills” Introduction**
  12. Energy up Breathing
  13. Energy down Breathing
  14. One Breath Centering
- 15. “Focus Stretches” Introduction**
  16. 15 second Focus Stretch
  17. 30 second Focus Stretch
  18. One minute Focus Stretch
- 19. “Let Goes” Introduction**
  20. The Little Voice
  21. Scramble
  22. Let it Be
- 23. “Turn Arounds” Introduction**
  24. Flash
  25. ACT Confident
  26. Power Spot
- 27. “Power Relaxers” Introduction**
  28. Relaxation
  29. Visualization