



And



*Present a Free Coaching Program for Softball and Baseball Excellence:*

# **“How to Overcome Failure and Play as Well in Games as You Do in Practice”**

*Get the videos for this program FREE at  
[www.BaseballConfidence.com/aaf.html](http://www.BaseballConfidence.com/aaf.html)*

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A blue ink signature, likely of the author, Tom Hanson.



Hi:

In my 20+ years of coaching baseball and softball players to excel, two clear challenges emerged:

- 1) How to overcome failure (you need this skill every day)
- 2) How to play as well in games as you do in practice (I'm sure you don't choke, but..)

This program teaches you a simple system for meeting both of those challenges.

The program is for PLAYERS, COACHES, and PARENTS.

Yes, all of you need the skills in this program to be your best. Coaches and Parents, you can't give away what you don't have. That is, you can't "do as I say, not as I do."

Mastering the basic skills taught in this course will greatly enhance your ability to help the players in your life (and help you at work...)

COACHES: make copies of this program and distribute them to your team. I encourage you to REQUIRE your players to complete it.

WHOEVER YOU ARE..., you spend huge amounts of time, and HUGE amounts of money on equipment, lessons, training, travel, and other related things.

But when it comes down to it, when it comes time for that ball to fly, YOUR MENTAL AND EMOTIONAL SKILLS WILL DETERMINE YOUR SUCCESS.

I know you got this program free. Please don't undervalue it. This is some of the best mental game coaching you could ever receive.

Do the program, don't just take it.

Thank you for playing,

*Tom Hanson, Ph.D.*

*[www.BaseballConfidence.com/aaf.html](http://www.BaseballConfidence.com/aaf.html)*

*p.s. and please write me to tell me what results you get from it.*

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## **“How to Overcome Failure and Play as Well in Games as You Do in Practice”**

### **Lesson 1: The ABC’s of Confidence**

**Step 1:** Remember a time you felt unstoppably confident. On a 1-10 scale you were a “10” (or more!)

**List opponent or situation and approximate date.**

1. \_\_\_\_\_

**Step 2:** Do the “Re-Play” exercise with Dr. Tom at [www.BaseballConfidence.com/aaf.html](http://www.BaseballConfidence.com/aaf.html)

**Step 3:** Discover your ABC’s...

**When you were a “10”...**

**What you noticed about yourself...**

**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?

**Homework:** “Generate” a feeling of 9 or 10 for 5 minutes at least 1x per day (more is better...) using your ABCs.

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*Dr. Tom Hanson's Mental Training Gym Presents a Free Coaching Program:*  
**“How to Overcome Failure and Play as Great in Games  
as You Do in Practice”**

## **Lesson 2: Your Success Qualities**

**List Players and Others Who Have  
Qualities You Admire**

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**Use for...**

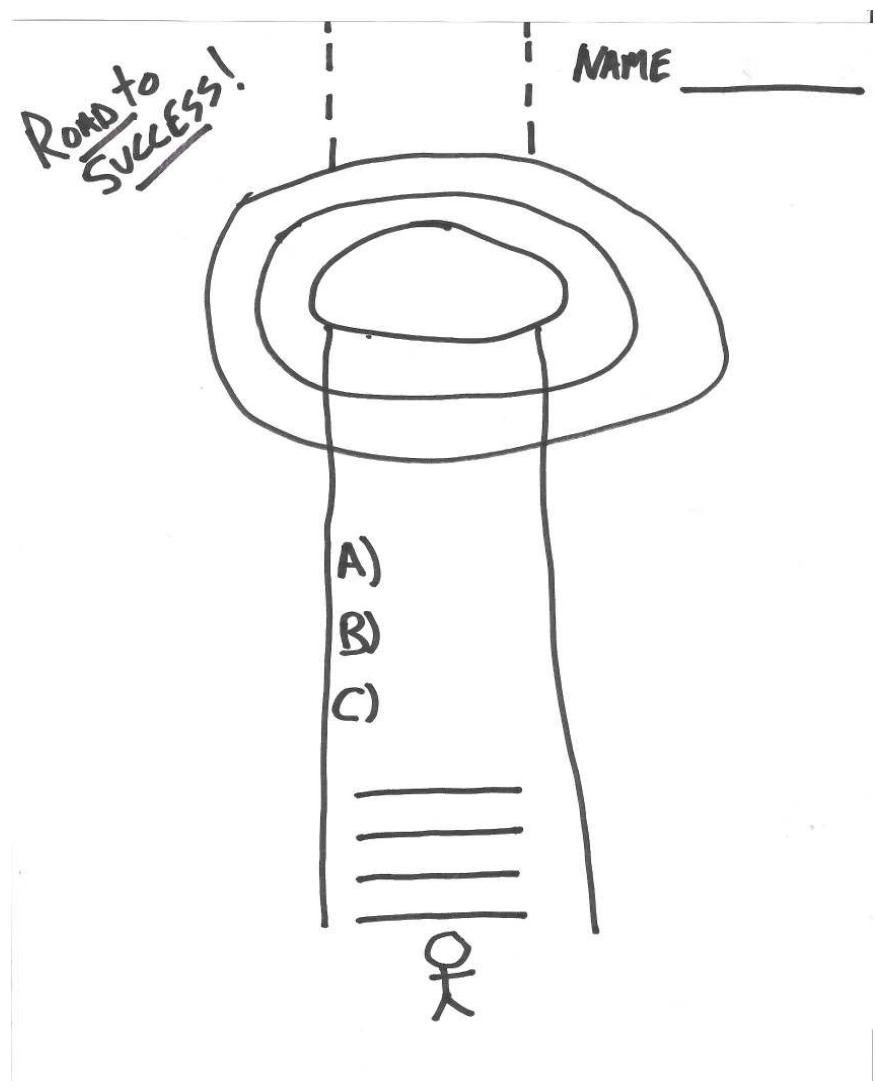
- \* Daily mental preparation**
- \* Performance Evaluation**
- \* Decision making**
- \* Peace of Mind!**

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## Lesson 3: Your Road to Success



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## **Notes for Lessons 4 and 5**

(There's no handout for these lessons. Use this space to record your notes)

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**Think you're ready for the next level?**

**The next program, “Breakthrough!” teaches you how to succeed at the next level,  
whatever that is for you.**

**Log in to [www.BaseballConfidence.com/aaf.html](http://www.BaseballConfidence.com/aaf.html) to unlock your potential.**

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