



**Train like a pro**

**Think like a champion**

## **Baseball Mental Game Coaching Program**

The Baseball Mental Game Individual Program Includes:

### **Athlete Mental Aptitude Profile (AMAP) Assessment**

—Comprehensive 5 page assessment identifying mental game strengths and weaknesses.

- **AMAP Summary**  
—Comprehensive Mental Game Summary identifying 5 major mental skill areas to target for improvement
- **Custom Mental Game Plan (MGP)**  
—Sport specific strategies are developed to address challenges identified for mental game coaching
- **Mental Game Coaching**
  - 3, 6, or 12 month program packages
  - One (1) 60 minute weekly individual training (teaching/mental game coaching)
  - Mental Game Training handouts & reference documents
  - Success Monitoring & Performance evaluation
  - Goal Setting and Goal monitoring system
  - Customized Pre-at-bat, or Pre-Pitch routines
  - Practice Efficiency Schedule
  - Game Performance Management
  - Access to Minding the Sport Newsletter
  - Access to Athlete Interviews (Podcasts), Articles, Mental Game Tips
  - Athlete & Parent Education
  - On-site or via telephone
  - Unlimited email and text correspondence
  - 20% discount on early release of all New Protex Products
  - Application of Mental Skills training in competitive environment
  - Final Assessment and Program Evaluation

### **Bonus Options\*:**

\* Available only with 6 & 12 month program packages

- Custom Sport Specific Mastery Imagery Audio Programs (MP3)
- Videotaping & Performance Education Program

### **This Program will help you to:**

1. Uncover the attitudes, behaviors, and beliefs that are limiting individual performance.
2. Implement mental game strategies customized for the specific individual needs.
3. Reveal the "hot buttons" that can help the athlete enter the "flow" and stay there with confidence.
4. Identify areas challenging individual athlete's performance.
5. Aim to eliminate "hurdles", improve confidence, build trust, and enhance performance.
6. Provide tools to help increase the athletes Confidence
7. Fine tune and enhance the athletes Focus and Concentration
8. Implement tools to help the athlete remain Composed in stressful competitive situations

### **Additional Benefits & Mental Game Tips:**

- The mental art of throwing strikes
- The mental art of executing at the plate
- Taking your practice game to "prime time"!
- Mental preparation for game day "The Pre-Game Preparation"
- Learning how to Trust what you train to do.
- Identifying unhealthy expectations and beliefs
- Getting beyond mental blocks and negative self-labels
- Learn the nuts and bolts of how you play one-pitch at a time.
- And much, much more!



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