

Writing Out Your Routines



Name: _____, Number: _____, Positions: _____

PERSONAL OFFENSIVE ABC's:

A: _____

B: _____

C: _____

PERSONAL PITCHING/DEFENSIVE ABC's:

A: _____

B: _____

C: _____

Refocus Routine (GREEN LIGHT): - (Before every pitch I look at this and take my breath):

Release Routine (RED LIGHT): - (How I release a yellow or red light is...):

Green Light Recognition: (When I am playing my best, this is how I would describe it...) _____

Red Light Recognition: – (When in red lights I get Primal _____% Prayer _____% Perfect _____%)

Defensive Routine: Deep breath, Step into my circle of focus, pound glove, “Hit It To Me”

Defensive Release: Turn back to home plate, glove off, focal point & deep breath

My Compared To What Is: _____

