

Writing Out Your Routine Sheet

Name: _____

Routine (GREEN LIGHT): – (What I Do Before Every Pitch (Where do I look and take my breath): _____

Release (RED LIGHT): - (What do I do to release the red light and get back in control of myself): _____

Final Thought (SWING/PITCH) : _____

Defensive Routine: Deep Breath, Step into my Circle of Focus, Pound Glove "Hit It To Me"

Defensive Release: Back to home plate, focal point is LF or RF Foul Pole & Deep Breath, + Self Talk

Red Light Recognition – I Will Recognize When I am In Red Lights (Primal, Prayer, Perfect) _____
