



FAIL FORWARD PRACTICE BUNDLE

PREVIEW



IMPLEMENTATION GUIDE

Make the main thing the main thing

If you say you wanna work on the mental game: do it! Often times, we coaches have the best of intentions, then once we get into practice we go into auto-pilot and go back to the usual. We start with a great speech on embracing failure, then when they do fail? We correct their fundamentals. (Myself included!)

Even if the mistake was a fundamental issue, keep the main focus on finding the lesson after the fail. Let *them* come up with the adjustment. You stay focused on this next part!

Provide obstacles on purpose

The *best* way to implement these lessons is to throw them in the deep end and let them learn. For you, that means creating obstacles. Use the challenges & drills here and make your other drills challenging, too!

It's just like every other skill you teach: your main priority is to constantly look for opportunities to help your girls level-up. The only difference this time is you're not helping their torque or wrist snap; you're working on their *resilience!*

Live in the goal-setting Sweet Spot

You'll be able to tell on instinct the level of challenge your team can handle on average, but you need to keep an eye on individuals. Push too hard, and you can (temporarily) hurt their confidence. Not the end of the world- but avoidable!

If you see someone struggling, pull them aside and explain that you'll level down a minute to give them a breather. For example, if you're doing the Clean Play 10 drill and they can't even seem to get 3 in a row... Have them take a break (and a breath!) and get 5 in a row first. Then tell them to level back up as soon as they're ready!

If the opposite is the case and one player is crushing the drill, encourage her to level up! Go for another rep, a faster time, or beat her personal best. Make the drill itself more difficult like tougher pitches or a tighter zone.

This is the fun part! Pay attention to where each individual is and keep them in that Fail Forward Sweet Spot :)



IMPLEMENTATION GUIDE

Getting your girls to buy in

- Start with by **Redefining Failure** for them (next page)
- Use the **Buy-In Bundle*** to get them to understand the power of failing forward
- Check in with individual players as needed

Running the drills

- Make your practice plan like usual
- Plug in a **Fail Forward Drill** for the physical skill you want to work on
- Keep the focus & conversation on failing forward

Tracking & celebrating wins

- Track wins on your practice plan
- Add to the **Win Scoreboard** after each practice
- Once you fill a Scoreboard - celebrate as a team!

Keeping it competitive

- Play a **Game-Within-A-Game*** to focus on the controllables & make it fun
- Make progress faster with the **Momentum Master Plan***
- Stay out of slumps with the **Slump-Buster Handbook***

Taking advantage of a built-in team

- Reach out to mel@mentalsweetspot.com with any product-related questions
- Ask questions & get ideas in the **Customer Group on Facebook**
- Share your ideas & wins with the group too!



REDEFINING FAILURE

I don't know who started the trend, but "fail" has become another dirty, 4-letter word. But words don't have meaning until we give it to them, so why let one simple word bring down hours of training?!

These bullet points are from the intro video to this product (*which you can access mentalsweetspot.com/library*) and serve as a reminder that Failure isn't all that bad!

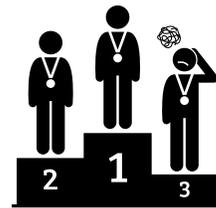
Who said it's a bad thing

- It hurts because you care
- Our default is to protect ourselves
- Feeling bad can actually help you
- It's your choice



Flip your script

- Option A: "3rd place is Second Loser"
- Option B: "Getting a medal is a dream come true!"
- Neither are true
- It's your choice



Fail forward

- Thank your emotions for getting your attention
- Shift to problem-solving mode
- You can use *any* experience to your advantage
- It's your choice



EXAMPLE

WIN SCOREBOARD

Abby Swag	Bella Retire the Side	Claire Hosed @ Home	Dani Out In 3	Elise Smashed it					

How will you celebrate? 

Ice cream for all!!



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FAIL FORWARD DRILLS

OUT-OFS

Pitching Drill

OBJECTIVE

Hit as many spots as you can within 50 reps

WHAT YOU'LL NEED

- Catcher or target
- Softball(s) & glove
- Plate
- Pitching rubber (if possible)

IMPLEMENTATION

- Set a goal for how many spots you think you can hit out of 50
- Success = you reach that goal
- Decide what pitch or pitches you'll throw beforehand
- Keep track of hit spots on paper or your phone
- Finish the drill even if you can't reach your goal
- Meet/exceed your goal? Put it on the Win Scoreboard!
- Win or fail, take at least one lesson from the drill

TIPS

- Make sure your goal is in the Sweet Spot: challenging & achievable
- When you make a mistake, use your reset routine & try again
- Find a lesson in every missed spot (fail forward)
- Give yourself credit for every spot you do hit - and keep going toward your goal
- If you hit your goal, make it more difficult!
- *Doing this solo?* Write down the sequence of pitches before, then take time to track your points in between reps; Use athletic tape to mark off strike zone on a net or flat surface
- *Doing this indoors?* Make sure there's a safe backstop & use a softee if necessary



FAIL FORWARD DRILLS

PUT IT IN PLAY

Hitting Drill

OBJECTIVE

Put the ball in play, on the ground, no matter where it's pitched

WHAT YOU'LL NEED

- Front tosser/pitcher
- Softball(s)
- Bat
- Plate

IMPLEMENTATION

- Success = Hit the ball on the ground
- Your goal is to hit 10/10 pitches on the ground
- Mix pitch locations as well as balls and strikes
- Treat it like a game: step out between "at-bats"
- Get all 10? Put it on the Win Scoreboard
- Win or fail, take at least one lesson from the drill

TIPS

- Find a lesson in every missed play (fail forward)
- Give yourself credit for every play you make - and keep going!
- If you hit all 10, raise the number &/or make the pitches tougher
- *Doing this solo?* Use a tee & move locations each rep
- *Doing this indoors?* Make sure you have enough space to see the ball down

