

Mental Toughness

Umpiring Seminar March 2012
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Activity

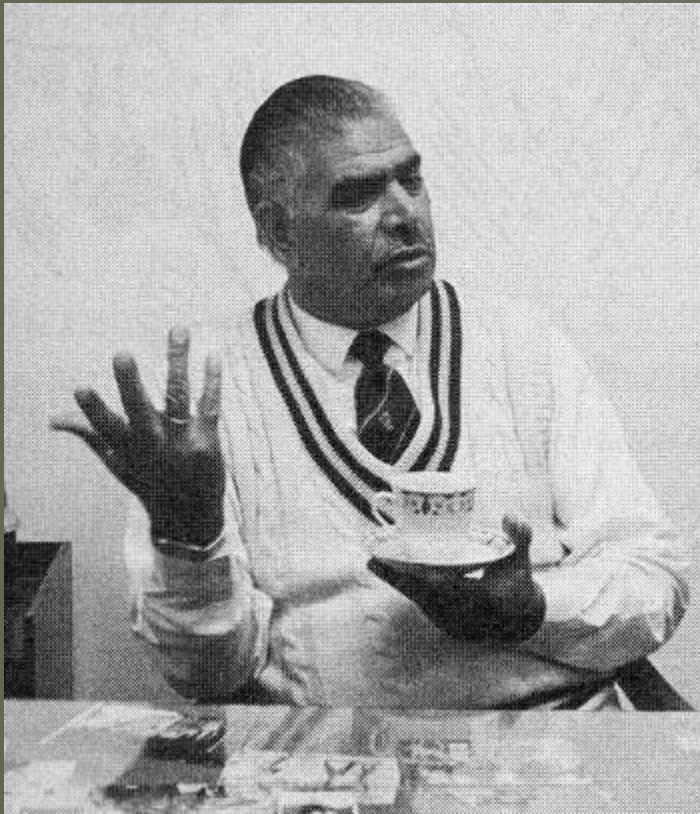
- ⦿ Who do you think is “mentally tough”?
- ⦿ What qualities make them “mentally tough”?
- ⦿ *“The price of discipline is far less than the pain of regret”*

Staying in the Present



- Only think about the ball in front of you
- During a game there is no evaluating – only trust and acceptance
- No distractions
- Peace of mind
- Only when you run out of balls do you evaluate and see how you have done.

Anger and Acceptance



- Umpire who is angry is not staying in the present
- Anger is a choice and is never caused by someone or something else
- A feeling of anger shows that something else is more important than the ball in front
- Anger makes the body tense
- Anger is a sign of losing control
- Accept what happens and move on

Butterflies



- Good umpires welcome butterflies
- Butterflies only become harmful when we let the fear of them control us
- Fear of butterflies is fear of yourself
- If you are nervous, then so are others around you

Perfectionism



- There are no limits to improvement so there is no such thing as perfect
- Improving the quality of near misses is vital but elimination is impossible
- Learn to accept partial successes
- The word “failure” does not exist

Fear



- Fear in umpiring is caused by an excessive concern about the opinion of others
- The worst thing that can happen is a blow to your ego – nothing to be afraid of
- Ignore fear and umpire freely

Your best friend on the field



- The last voice you hear on the field is your own
- Your performance will suffer if that voice is criticising or putting you down
- Your inner voice needs to talk to the way you would talk to your own child

Setbacks



- The nature of the game is that **EVERYONE** will suffer setbacks and failures
- Dwelling on failures compounds the original mistake
- With a positive attitude, setbacks don't bother you as much
- Have compassion for yourself when you fail
- Refuse to get upset with yourself about bad decisions or games
- Take pride in the way you bounce back from setbacks