



Name \_\_\_\_\_

# COMPETE!

## Training 2: The 3 Levels of Learning to Compete (book chapter 2)

1. WTNP stands for \_\_\_\_\_.
2. The mental skill I picked in session 1 was \_\_\_\_\_.
3. My rating, 0-10 for how much I was that mental skill: \_\_\_\_\_.
4. At least one thing I learned from this is:
5. The 3 Levels of Learning are:
  - \* \_\_\_\_\_
  - \* \_\_\_\_\_
  - \* \_\_\_\_\_
6. The most common error players make when learning to play Heads-Up Baseball is they get too \_\_\_\_\_.

### 7. Train Yourself

#### STEP 1: RATE YOURSELF.

Mental Skill: \_\_\_\_\_

**STEP 2: COACH YOURSELF.** What have you learned? Reflect on what helped and what hurt your performance over this time period and create a list of “Do’s” and “Don’ts” for yourself.

Do

Don't

Date:

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							

