



# FURY FASTPITCH

## Training and Performance Questions (A Time to Be Honest With Yourself)

- ☑ Do you train with consistency? Do you make every practice session? There may be days you don't want to, but you should know that it is important to your physical and mental development. It provides you with a sense of pride and the confidence that you can rise up to meet any challenge.
- ☑ Do you get proper sleep? Not just prior to a competition but in preparation for training also.
- ☑ Do you maintain a diet that helps achieve athletic success? It is no secret that the type of food you put into your body determines the quality of the "fuel" that makes your "engine" run strong.
- ☑ Have you made a commitment to stretching and flexibility? Doing all the little things to take care of your body will fill you with the confidence that you are capable of doing great things.
- ☑ Do you strive to maintain a positive attitude? Good athletes accept the fact that it is not always easy to do, and then they make the commitment to working on improving their attitude. You can as well!
- ☑ Do you keep your attention on the task at hand? When at practice, are you there physically and mentally? Do you know when you can relax and when not to?
- ☑ Do you train with quality? There is a huge difference between "just doing it" and doing it with purpose and intensity. A look into the Fury Eyes will provide the answer.
- ☑ Do you address the mental aspect of performance in training and competition? Preparation by using positive mental skills on a consistent basis will increase belief in your abilities.
- ☑ Do you maintain a high level of effort? Do you commit your energies whether it is the first sprint in pre-season or the last sprint in winter ball? When it starts to "burn," do you do it two more times when others would have quit? As Roger Staubach said in the quote above, effort in the little things you did months ago can play a big role in having confidence in your performance today.
- ☑ Have you made a commitment to strength training? Recognize how the hard work you do in strength, speed, agility and endurance drills translates to performance on the field.
- ☑ Do you work to perfect every aspect of your game? As an athlete, you can study photos of yourself or others, take the time needed to breakdown the elements of each skill for better understanding, or ask for feedback, all as a part of a commitment to be the very best you can be.

"Confidence comes from hours and days and weeks and years of constant work and dedication. When I'm in the last two minutes of a December playoff game, I'm drawing confidence from wind sprints I did the previous March. It's just a circle: work and confidence, then more work and more confidence."

Roger Staubach,  
NFL Quarterback