

Imagery Script for DGC3 – Baseball Scenario

Find a quiet space and a comfortable position. Take a few moments to get adjusted to your position. Notice any discomforts and adjust to a comfortable space. Try not to cross your arms or legs, rather leave them in a comfortable position where they can lie loose and limp. For the next few minutes, you will focus all your attention on relaxing your body, quieting your mind, and becoming present with what you are doing right now. This is your time, so whatever has gone on prior to the next few minutes and whatever will go on during these next few minutes while you relax your body does not concern you. All that matters is the present moment, since this is the only time you are in complete control. Take all thoughts, good and bad, put them in a small box, and park this small box on a shelf for the time being. By taking this step, you are now free to channel your energy into the present moment. This is a unique opportunity for you to nourish the mind & body. Now that you have placed all of your thoughts in “park” mode & are completely focused in the here & now, you have made a clean break from conscious thought & prepared to be one with the present & in the “right frame of mind”. You know that entering the right frame of mind at the beginning of each practice or competition, you alert the mind that you are “now focused” & will not be disturbed you are now in the “training”, or “competitive” mindset with an undivided mind.

Now I want you to focus on your breathing...take a deep breath, feel the air fill your lungs, and then slowly exhale feeling all of the tension exiting your body. Repeat this 3 or 4 times, focusing on your breathing and becoming more and more relaxed with every breath that leaves your body.

PAUSE...let them breathe

Now I want you to imagine arriving at the field for practice an hour before the game. Hear all of the sounds of your friends arriving excited for another day at the ballpark. Smell the freshly cut grass, the bubble gum you always like to chew, and any other smells that you enjoy when you get to the park.

See yourself lace your shoes up, go through some stretching and your typical warm-up routine and you can just tell that you feel really good today! You put your batting gloves on, grab your favorite bat, and pick a helmet that fits just right and you are ready to take some cuts.

You are on the field during batting practice. It is a nice sunny afternoon and the day is simply perfect weather to play baseball. You are with your hitting group and rotating through each round of hitting. As you swing you work on having a good feel of your swing and driving the baseball. The first baseball flies off of the bat as you complete each round of hitting. You hear the ball hit the bat with a sweet ping, and you feel confident with each swing. You see the ball clearly as it is being released by the pitcher and your swing is in sequence and very rhythmic. During the last round of hitting you hit nothing but balls with backspin and see each of them travel with maximum carry. Your swing is short and quick to the baseball. You are staying behind and on top of the ball and you swing perfectly through the hitting zone. You see and feel the ball jumping off of the bat with every additional swing. At the end of batting practice you feel confident and in complete control of your swing. “You love this part of the game.” And you are so ready for the game to begin.

During the game, you watch the pitcher throw to your teammates. You see how he is pitching to them in different situations. You see how he pitches when ahead in the count, and how he pitches when he is behind in the count. You have a good idea of how he likes to work. You see his release point and you get your internal clock timed to the velocity of his pitches. Your confidence is high. You have done a good job of preparing to hit. You are now in the hole and go to the bat rack and select your bat and get your helmet off the shelf. . All of your equipment is in place. . You are ready to go and have a sense of calmness and a businesslike attitude as you prepare to go on deck. Once on deck you get your timing with the pitcher as you take practice swings. You feel balanced and in rhythm. You pay attention to the action that is taking place and anticipate any possible situations that may arise during your at-bat. As you fine-tune your focus you take the bat over your head and stretch. You also bend over and limber up any part of your body that feels tight. You continue to take practice

swings at a controlled pace until it is your turn to hit. Once it is your turn to hit you walk to the plate with a calm confident relaxed feeling. You look at the coach to get the signs. You program my approach for the first pitch. You look for your pitch in your zone of choice. You step into the box and go through your regular routine of tapping the plate and taking practice swings. You focus on the pitcher as he gets his sign from the catcher. “You own this guy”. Once he gets the sign and begins his routine, you settle into my stance. You tell yourself to “see the ball” and trust your abilities and

The outcome is of no concern to you because you are into the process of seeing the ball and reacting freely. You are ready to go and feel calm and confident. You feel balance as the pitcher goes into his windup. You load and stride at the proper time and feel in sync with the pitchers rhythm. You focus on the release point of the pitcher and immediately recognize what type of pitch he is throwing. It is you pitch! You let the pitch travel as you begin to unlock the swing. Your back knee triggers and your swing begin to unlock in perfect sequence and in perfect timing. You remain balanced as you effortlessly swing to perfect contact. The ball jumps off of the bat as you swing through the ball. You hardly feel the ball because contact was so solid. As you finish your swing you begin to run toward first base. You know you will go for extra bases so you get into your turn early. You round first base and head for second. You feel fast and am glide to second base. You easily reach second as the ball is being thrown in from the outfield. As the game progresses, you trust in your ability to see or feel each pitch as it leaves the pitchers, makes it’s way to your zone of choice, and makes contact with your bat. You are focused because you are in the process of reacting and trusting with freedom what you see or feel in your mind. You are not concerned with the outcome. You feel calm, committed, and focused each and every time you step into the batter’s box. Each time you take a swing with consistent tempo you can see or feel the ball make contact with the bat. When this happen you rejoice with confidence and self-satisfaction. You know the pitcher will have an impossible time today getting you out. You own this pitcher. This is a great day to be playing baseball. This is my day!

Take a moment to see the rest of the game. See yourself having success, having fun with your teammates, and enjoying every aspect of the game.

PAUSE

Now the game is over...you shake hands with the other team congratulating them on a game well played. You here your coach talk about things that you and your teammates did well as well as things that you need to continue to work on. You can feel the confidence inside yourself and you are excited to keep working on the skills that will help you improve. You do one last cheer together as a team and you head home for the day. As you lay in bed that evening you think back on the game and you cannot help but thinking how much fun it was to be out there and you cannot wait to play baseball again tomorrow.

As you lay there I want you to focus back on your breathing. First on your inhale and then on the way that you exhale. Take a few more breaths and when you are ready, open your eyes and come back to the room.