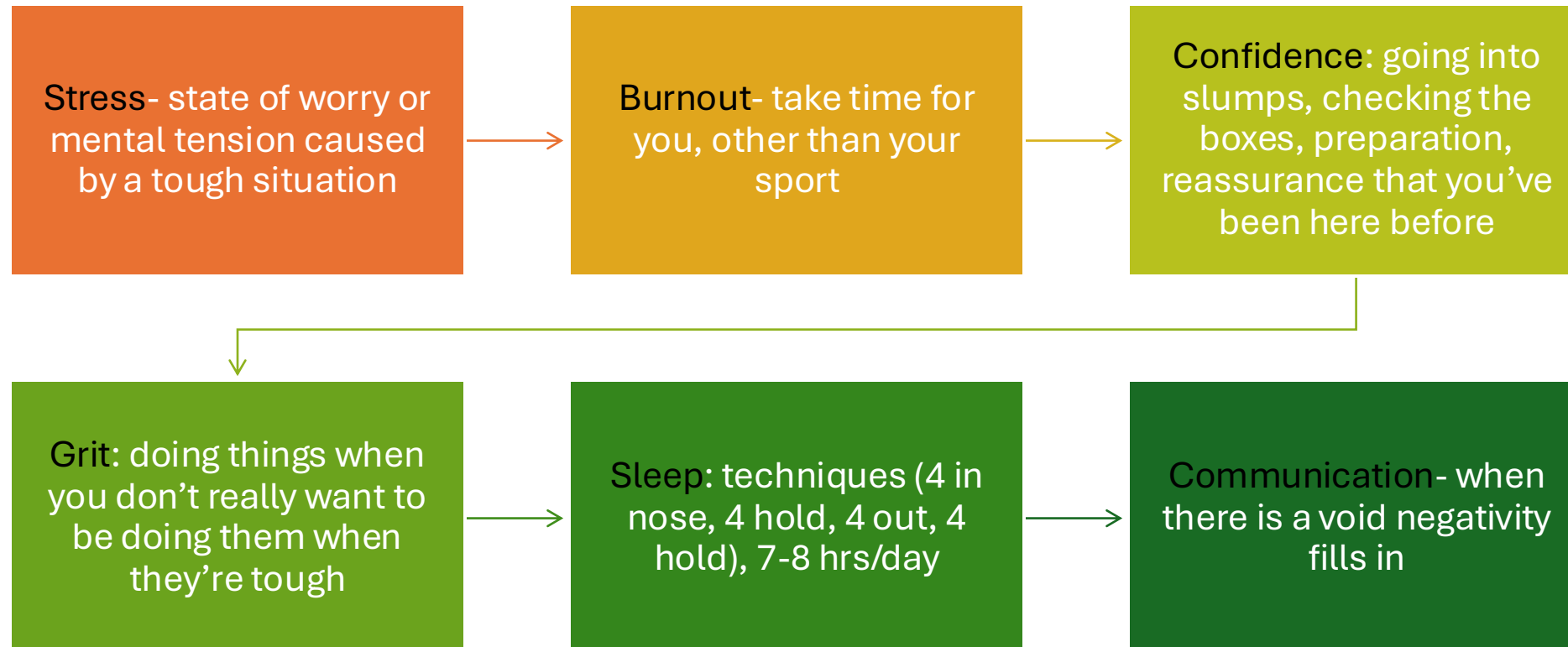


Surviving the Failures of the Game

Preserving the Mental
Health of our Athletes
through Reflection and
Goal Setting

Causes of Failure for Athletes



Win the Season Goal Sheets

Cape Baseball	
WIN THE SEASON	
Personal Goals	
○ 1.	
○ 2.	
○ 3.	
○ 4.	
○ 5.	
Team Goals	
○ 1.	
○ 2.	
○ 3.	
○ 4.	
○ 5.	

Individual Player Meetings Weekly/Bi-Weekly

Pre-Season

- Discuss Goals for the Season/Week/Day
- Discuss their impact and potential
- Ask them how they feel and where they fit in
- Ask them what they feel we can do to improve

In-Season

- Discuss their post-game reflections
- Discuss their goals for the week and daily reflections
- Discuss what we need to do to improve

Cape Baseball

Opponent:

Post Game Reflection

Personal Strengths

Personal Areas for Improvement
+ Solutions

Team Strengths

Team Areas for Improvement
+ Solutions

Reflection on Offensive Approach/Defensive Side/Pitching Performance

WIN THE DAY MENTALITY

Positive Growth Mindset
Every Day



CAPE BASEBALL
DAILY REFLECTION
DATE:

•

Sleep Total Hours: Time to Bed:		Screen Time Yesterday: Today's Goal:		Water Intake Glasses yesterday: Today's Goal:		
<input type="checkbox"/>		Meal Tracker	Breakfast	Lunch	Dinner	Snacks
3 Goals for Practice Today <input type="radio"/> <input type="radio"/> <input type="radio"/>			How can I be a better Teammate Today?			
			How can I be my best Self Today?			
<p style="text-align: center;">After Practice Reflection and Rating 1: Poor 2: Below Average 3: Above Average 4: Excellent</p> Notes:						

Flush the System

1

Game of Failure

2

Respond by
looking forward,
not back

3

The next pitch
will happen
regardless of the
previous one

4

Pick each other
up

5

Learn something
from every
opportunity

Coaches Role

- Open Dialogue is Most Important aspect as a leader
- Build Trust (Use terms like "we, our", not "I, my")
- Records (logging goals, daily reflections, stats)
- Constant Feedback regarding performance as well as mental side of preparation



Zack Gelof Oakland A's

- "Goal setting allows me to see the big picture when dealing with the daily grind competing against the best players in the world. I set big goals that I'm working toward while also setting smaller daily ones to stay focused on the daily process. When I set a goal to get better today, everything else falls in place. Once you stack days together you get closer to that big goal."

Jake Gelof

High A Rancho

LA Dodgers

- “Goal setting helped me stay grounded and focused. By setting one overarching goal and breaking it down into smaller, actionable steps, I can maintain clarity and direction. This makes it easier to show up every day with a purpose. This approach helps me navigate the everyday challenges, knowing that each experience whether positive or negative is an opportunity to learn and grow while remaining focused on my ultimate goal.”



Mason Fluharty

AAA Buffalo

Toronto Blue Jays

“I have found simplifying your goals is most helpful. Make it about gaining weight, gaining velo, or gaining muscle. Not about making all-state or all-conference. If you set your goals based on statistics you’re headed down a slippery slope. Make it about the foundation and build yourself up in the off-season and practice. Baseball is a game of failure, you’re going to go through trials in your career so don’t take or granted setting unrealistic result based goals. Put in the work in the classroom, weight room, and practice to set yourself up to be the best teammate/leader you can be and the results will come. Know that you have done everything you can and when you take the field you know mentally that you are ready to dominate the day and compete at the highest level.”



MLB
DRAFT
LEAGUE



DRAFTED



2024 MLB DRAFT

LUKE JOHNSON

ROUND 10 | PICK 290



Luke Johnson Rookie Ball Washington Nationals

”Setting reasonable goals for yourself is an important aspect of the mental and preparation side of the game. Something I do is write sticky notes or index cards and keep them on my bedside table or in the bathroom so I am constantly reminded every time I see them. Every year my goals are re-written based on my current level. It started as a freshman in high school and led to being drafted. Now my new goals will be to progress through the system and make it to the big leagues. I also find it useful to tell your teammates and coaches of your goals because they are the ones around you helping to push you to be better. I also use a lot of visualization of attaining my goals. I’ve had multiple experiences with setting small goals before playing a game, then visualizing these goals, and the goals came to reality. I think setting hard, but attainable goals based on your current situation, and visualizing success are great ways to mentally prepare and be able to handle the ups and downs of the game.”