



# THE MENTAL ABCs OF PITCHING

A HANDBOOK  
FOR PERFORMANCE  
ENHANCEMENT

**H.A. DORFMAN**

FOREWORD BY RICK WOLFF

# The Mental Abcs Of Pitching A Handbook For Performance Enhancement

**Ernest Solivan**



## **The Mental Abcs Of Pitching A Handbook For Performance Enhancement:**

The Mental ABCs of Pitching H.A. Dorfman, 2017-03-01 Author H A Dorfman brings his years of expertise as instructor counselor with the A's Marlins and Devil Rays to provide an easy to use A to Z handbook which will give insight and instruction on how to pitch to peak performance at every level of the game Perfect for pitchers who need that extra edge or hitters who want to better understand the mental moves on the mound With a new foreword by Rick Wolff **The Mental Keys to Hitting** H.A. Dorfman, 2017-03-01 A must have book by acclaimed author and expert H A Dorfman that highlights the crucial mental components involved in hitting a baseball and playing the game components that are as important if not more so than the intense physical regimen of an athlete helpful to hitters in little leagues or in the big leagues The information is clear and to the point Charles Johnson former catcher Florida Marlins The Mental Game of Baseball H.A. Dorfman, 1989-06-01 Without a doubt the classic guide to mental performance enhancement for baseball Here in the third edition authors H A Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game The theory and applications are illustrated by anecdotes and insights from major and minor league players who at some point discovered the importance of mastering the inner game in order to play baseball as it should be played Intended for players managers coaches agents and administrators as well as fans who want a more in depth look at the makeup of the complete baseball player What Matters in Medicine David Loxterkamp, 2013-02-18 Primary care has come into the limelight with the passage of the Patient Protection and Affordable Care Act the unchecked and unsustainable rise in American health care expenditures and the crest of Baby Boomers who are now Medicare eligible and entering the most health care intensive period of their lives Yet how much is really known about primary care What Matters in Medicine Lessons from a Life in Primary Care is a look at the past present and future of general practice which is not only the predecessor to the modern primary care movement but its foundation Through memoir and conversation Dr David Loxterkamp reflects on the heroes and role models who drew him to family medicine and on his many years in family practice in a rural Maine community and provides a prescription for change in the way that doctors and patients approach their shared contract for good health and a happy life This book will be useful to those on both sides of primary care doctors and patients alike **Pinnacle on the Mound** Doug Wedge, 2022-02-09 Cy Young Award winners spanning fifty years of baseball history reflect on their iconic seasons keys to success and most memorable moments In Pinnacle on the Mound Cy Young Award Winners Talk Baseball ten pitchers who were recognized as the best in the game share fascinating stories from their years in the majors Featuring pitchers such as Hall of Famer Dennis Eckersley and five time Gold Glove Award winner Ron Guidry this book offers captivating insight into the players different approaches to the game how they honed their skills and what was happening behind the scenes in their award winning seasons From fastballs to sinkers curveballs to knuckleballs this diverse group of pitchers found success in many different ways whether it was

mastering a new pitch or taking on the role of a closer Including All Stars Jim Lonborg Mike McCormick Randy Jones Ron Guidry LaMarr Hoyt Dennis Eckersley Jack McDowell Barry Zito R A Dickey and Corey Kluber Pinnacle on the Mound makes fifty years of baseball history come alive

**Welcome to Management: How to Grow From Top Performer to Excellent Leader** Ryan Hawk,2020-01-28 The ultimate all in one guide to becoming a great leader Daniel Pink From the creator and host of The Learning Leader Show the most dynamic leadership podcast out there Forbes that will help you lead smarter Inc comes an essential tactical guide for newly promoted managers Every year millions of top performers are promoted to management level jobs only to discover that the tactics that got them promoted are not the tactics that will make them effective in their new role In Welcome to Management Ryan Hawk provides practical actionable advice and tools designed to ensure that transition is a successful one He presents a new actionable three part framework distilled from best practices drawn from in depth interviews with over 300 of the most forward thinking leaders around the world as well as his own professional experience going from exceptional individual producer to new leader Learn how to lead yourself build skills and earn credibility Compliance can be commanded but commitment cannot People reserve their full capacity for emotional commitment for leaders they find credible and credibility must be earned build your team develop a healthy and sustainable culture of mutual trust and respect that creates cohesion This includes effective hiring and firing practices lead your team set a clear strategy and vision for your team communicate effectively and ultimately drive the results the organization is counting on your team to deliver Through case studies hundreds of interviews and personal stories the book will help high performers make the leap from individual contributor to manager with greater ease grace courage and effectiveness

Welcome to management 00000000 00•00,2022-08-10 300 Daniel Pink The Learning Leader Show 2020 2021 150 300 1 2

3 **Mastering the Mental Side Of Pitching** Ernest Solivan,2007-10-04 Pitchers will spend hours working on mechanics for an upcoming game but what do they do to mentally prepare for game day What do they do to insure that the decisions they make on the mound best supports their team in winning the game Mastering The Mental Side Of Pitching is a book specifically written for the mental side of pitching From amateur pitchers to professional this remarkable book will show you step by step how to mentally prepare for your visits to the mound so that you are in a mental space that allows you to pitch your best It will also help you minimize and or eliminate those mental errors during your game that adversely affects the outcome For other books by Ernest Solivan go to [www.hkrelax.com](http://www.hkrelax.com)

**Building The Perfect Pitcher** Josh Heenan,2013-11-30 Building the Perfect Pitcher the why s of training a pitcher everything from posture optimizing health durability power speed and strength This researched cited book rips into the finer details of pitching and performance Increase MPH off the mound Learn to move better to develop better mechanics Increase muscle mass to increase force production Learn the secrets to proper pitching conditioning Enhance your pitching knowledge Eliminate nagging injuries and prevent future ones

Mental Conditioning for Baseball Brian M. Cain,Matt Morse,2014-11-23 In Mental Conditioning

for Baseball Brian Cain the foremost authority on mental toughness on the diamond takes you through the process of developing mental toughness in yourself your players and your program as you learn how to truly play one pitch at a time Matt Morse former D1 baseball player and student of Brian Cain Peak Performance brings his experiences in the mental game to Mental Conditioning for Baseball He adds a tremendous perspective gained throughout his playing career and offers simple strategies to maximize performance and master the mental side of the game Join Cain and Morse as they train you to Compete one pitch at a time and live in the present moment Become a machine of consistency by implementing routines into what you do each day Build Championship Character and redefine who you are as a program Enhance your skill of Self discipline and live a lifestyle of Excellence Gain Emotional Control and become master of your mental game Implement a step by step process to take you from where you are to where you want to be Mental Conditioning for Baseball gives you incredible understanding and insight into the minds of the players you coach and human nature in general I have worked with Cain at Wake Forest and can't wait to get back on the diamond and coach up our guys between the ears using the simple strategies for success Cain shares in this book Every coach should have a copy Cliff Godwin Head Baseball Coach East Carolina University Brian Cain knows the rhythm of success He is an incredible source of inspiration and his methods have proven to get results This book will change the way you coach and will change the way you live Gary Gilmore Head Baseball Coach Coastal Carolina University Brian Cain is a teacher He helps coaches and players in baseball to slow the game down and play at their pace which gives them the best chance for success His system helped us to win the Southeastern Conference in 2009 and 2014 and advance to Omaha in 2014 He is one of if not the best in the game when it comes to training the mental side Mike Bianco Head Baseball Coach The University of Mississippi 2009 2014 Southeastern Conference Champions 2014 NCAA College World Series This book will help you learn to master the mental game of baseball Cain is the premier mental conditioning coach for college and high school baseball Erik Bakich Head Baseball Coach The University of Michigan A classic that every baseball coach should own Pat Casey Head Baseball Coach Oregon State University 2006 2007 NCAA National Champions I have been in baseball my whole life and this is the best book on the mental game I have ever read Eric Milton 1996 NY Yankees 1st Round Pick 2001 MLB All Star Minnesota Twins Head Baseball Coach Severna Park High School MD

*The Mental Game of Baseball* Harvey A. Dorfman, Karl Kuehl, 1995 No descriptive material is available for this title

**1 Pitch Warrior Mental Toughness Training System** Justin Dehmer, 2012-10 Written by Coach Justin Dehmer Former Martinsdale St Marys High School Baseball Coach 88 Wins in a Row 2nd Longest Streak in HS Baseball History 3 Time State Champions 2010 2011 2012 3 Time State Coach of the Year 2010 2011 2012 1 Pitch Warrior Guide to Mental Toughness is the key to unlocking your full potential as a player or a coach Not only do the things provided in this book allow you to find your true potential on the field but I am confident that they will enrich your life off the field as well Being a 1 Pitch Warrior is about much more than winning on the baseball field it is about winning the day making the most

out opportunities that come your way good or bad It s about learning how to respond to adversity and handle anything that baseball or life has to throw at you Within this book you will learn many systems of success including the 5 P s of Primetime Programs Playing for the present and trying to win each pitch is broken down in great detail so you will actually learn a cyclical process by which you can help ensure that you re playing the game as a 1 Pitch Warrior You will learn about measuring performance on skills and strategies that have meaning and that matter far more than just the basics like averages RBIs wins etc Topics will include B A S E 2 A3P Quality At Bats Quality Innings and others The last part of the book is dedicated to developing a vocabulary among your coaching staff and players so that you all use the same language in defining what it means to be a 1 Pitch Warrior These terms can be discussed at practice or assigned as daily reading for your players before practice Whether you are a veteran coach seeking that first state title or a high school player trying to make the varsity there is something for everyone in the book The 1 Pitch Warrior Mentality is for anyone who wants to attack life and live in the moment Remember that the past is history the future is a mystery we call it the present because it is a gift Here s to unwrapping the moments in life that you desire but have yet to experience Good luck on your journey as a 1 Pitch Warrior

**One Pitch at a Time** Nik Edmondson,2014-01-15 Want to know how to Throw harder Command the strike zone Get stronger mentally and physically Perform in games One Pitch at a Time contains the answers to pitching training skills and approach This is a performance training program for the body skills and mind that encompasses what needs to be done to excel Little League to major league pitchers will benefit from this insight into training and performance *Mental Game VIP* Matt Morse,2014-10-23 The Mental Game VIP program goes inside the greatest minds in the game of baseball and will teach you the strategies and philosophies to consistently play your best

**The Art and Science of Pitching** Tom House,Gary Heil,Steve Johnson,2006 Presents an update on objective medical exercise and coaching pitching research and also provides current information on skills and drills for coaches players and parents Each chapter describes in detail learning points and teaching applications of help improve the health and performance of pitchers from Little League to the Major Leagues Produced in cooperation with the National Pitching Association

**Pitching Against Myself** Riley Tincher,2017-08-22 Pitching Against Myself It Is More Than a Game is two books in one The first book is about Riley s illustrious baseball career and how he overcame significant odds extraordinary challenges and dreadful circumstances to go from being a benchwarmer to an All American and from being told that he should quit to pitching in the All Star Game in the prestigious Northwoods League It is also about his childhood and the house he grew up in that was plagued by addiction and oppression and how he conquered extreme internal and external hardships to end generational curses and break free from the shackles that had been holding him and his family in bondage for too many years The second book is the book Riley wishes existed when he was playing baseball a book that teaches the physical and mental principles needed to succeed in every sport a book that demonstrates how those principles also apply to every aspect of life a book that challenges limiting beliefs and shows you

how to change what you believe a book that reminds you of who you are and what you are worth      **So What, Next Pitch!** Brian Cain, CM Brian Cain MS, 2013-12-07 1 Best Selling Author Brian Cain gives you the second book in the Masters of The Mental Game series with So What Next Pitch How to play your best when it means the most One of the world's most sought after coaches and speakers Cain gives you the fundamentals of mental conditioning that will help you to unlock your potential Cain has interviewed top coaches like Hall of Fame Wrestling Coach Dan Gable One of College Baseball's premiere coaches in Dave Serrano Justin Dehmer a high school baseball coach who won 87 straight games Patrick Murphy the National Championship winning softball coach from The University of Alabama and one of the mental games greatest legends in Harvey Dorfman So What Next Pitch WILL Give you a system for playing the game one pitch at a time Take you inside some of the best minds in the game of baseball Show you how to deal with failure both on the field and in life Serve as your map on the journey to mental toughness Unlock your potential and give you the mental keys to success      **The Physics of Pitching** Len Solesky, James Cain, 2011-06-02 The Physics of Pitching is a well rounded and comprehensive study that explores the formula for success in pitching and the secret to staying healthy and injury free It brings together the expertise of a professional scout and pitching consultant a former major league pitcher and current pitching coach a sports orthopedic surgeon and a strength and conditioning specialist Step by step instruction is combined with a discussion of the fundamentals of pitching mechanics and kinetics physiology and orthopedics weight training and the mental and strategic sides of baseball The Physics of Pitching is illustrated throughout with step by step photography and detailed illustrations of the key mechanics

Pitcher Consciousness Tim Nolan, 2018-05-27 This book is intended for adult readers only It is an uncensored critique of contemporary teachings on the mental side of baseball and softball I address the common practices and methods that are being propagated today and pull no punches whatsoever If you are a college pro or international pitcher who wants to know what it takes to be the best then this book is for you If you aren't driven to be the best maybe consider reading the book and then decide if average is acceptable I don't teach pitchers to be average or to just accept failure unlike some key people In this book you will learn The hidden potential of the Adaptive Unconscious that helps you make impeccable snap decisions How to read hitters intentions based on how they swing the bat on a pitch by pitch basis The thought and focal patterns of the best pitchers in the game That the Zone is real and that you can access it nearly anytime How to drastically reduce your suggestibility so you can stay in the Zone And much more      *Mental Game VIP* Matt Morse, 2014-11-01 The Mental Game VIP program goes inside the greatest minds in the game of baseball and will teach you the strategies and philosophies to consistently play your best

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