SOFTBALL MENTAL SKILLS GROUP SESSIONS

For Female Softball Athletes | U11–U13 & U15–U19

Led by: Dr. Jennie
Clinical Child & Teen Psychologist
Sport & Performance Specialist

Build the Mental Skills That Separate Good Players from Confident Performers

These small-group mental skills sessions help female softball athletes build confidence, focus, and emotional control so they can perform under pressure, recover quickly from mistakes, and compete with consistency — on and off the field.

Athletes learn practical, age-appropriate tools they can immediately apply in games, practices, and high-pressure situations.

Skills Athletes Will Develop

- Stronger confidence and self-belief
- Managing game-day nerves and pressure
- Focus and concentration during competition
- Letting go of mistakes and bouncing back quickly
- Emotional regulation and resilience
- Pre-game routines and mental preparation
- Performing consistently in high-pressure moments

Why This Matters for Parents

You want your athlete to enjoy her sport, feel confident in herself, and handle pressure in a healthy way — not feel overwhelmed, anxious, or discouraged after mistakes.

Mental skills training helps athletes stay composed under pressure, recover quickly after errors, and build confidence that isn't dependent on outcomes. These skills support both performance and long-term well-being during key developmental years.

Session Dates

February 2 • February 16 • March 9 • March 23 • April 13 • April 27

Cost

$110 per hour long session
Receipts provided for insurance/benefits coverage

IMPORTANT REGISTRATION INFORMATION

Registration required by January 26
Limited spots are available to ensure small, supportive group sizes.

To Register or Learn More

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