**Brian Cain’s A Dozen Ways to Dominate The Day Checklist**

**www.BrianCain.com – 507-400-2246 – info@BrianCain.com**

* **1. 3 Rules of Engagement For Coaches**
  + Levels 3-5-8 Energy
  + Use of Callbacks
    - Raise Your Hand
    - Repeat After Me
    - Question Asking
    - Clapp Your Hands
  + :30 Second Drill
* **2. 5 Steps To Establish & Enhance A Championship Culture**
  + 1. Identify Who You Are/Your Values As A Person/Program
    - Ask Yourself, Your Staff, Your Team
    - Collaborate Responses
    - Put Into Categories/Themes of Values
    - Find An Easy Memorizer (Acronym, LCA Hand)
  + 2. Define What They Mean
    - Can Everyone In Your Program Define Your Values?
  + 3. Describe What They Look Like In Your Key Areas
    - Sport, School, Community, Conditioning, Home, Health etc.
  + 4. Assess How You Are Living Your Values On A Daily Basis
    - Google Forms Submission
    - Post-Practice Recognition
    - Weekly Staff Meetings
    - Start, Stop & Continue Feedback/Feed Forward
  + 5. Create A Personal Growth Plan To Become More
    - If You Want More, You Must Become More
    - What Is Your Culture Driven Growth Plan For Each Person?
* **3. Daily Mental Practice**
  + 1. 5-4-3-2-1 Body Scan
  + 2. Inhale 8 – Exhale 10
  + 3. 4 Part Triangle / Tactical Breathing
* **4. Concentration Grids**
  + 1. In Weightroom If Recovery
  + 2. Station In Batting Practice
  + 3. Pitchers Pre-Practice / Pre-Game Routine
* **5. The Monday Message Weekly Email**
  + www.Brian Cain.com/Monday
* **6. *The Daily Dominator* & Signs of Success (SOS)**
  + Cover One Page A Day From Cain’s Book *The Daily Dominator*
  + Quote of The Day or Sign of Success on Practice Plan
* **7. Make Physical Contact**
  + ESPN.com – Kevin Garnet, NBA’s Most Touchy Player
  + Get Out of Yourself & Into Others
* **8. Practice Body Language & Get BIG**
  + Isolate and Train Body Language In BP & In Bullpen, Conditioning
* **9. 4 Steps To Mental Imagery**
  + 1. Relaxation
  + 2. Confidence Conditioning / Affirmation Training
  + 3. Mental Recall – Replay Your Best Performance
  + 4. Mental Rehearsal – Preview Your Next Performance
* **10. Pitchers Shadow Bullpens**
  + Just Like an MMA Fighter Does Shadow Boxing
  + Pre-Inning Routine
  + Pre-Hitter Routine
  + Pre-Pitch Routine
  + Practice Your Release
  + Train Your Breath & Mental Imagery
  + Move Into Your Motion In Step 4 of Triangle / Tactical Breathing
* **11. Train The 3 Parts of The Release**
  + Recognize When In A Red/Yellow Light (*Heads UP Baseball)*
  + 1. Do Something Physical – Batting Gloves, Clean Dirt,
  + 2. Take A Releasing Breath on A Focal Point *(Evan Longoria E:60)*
  + 3. Verbalize Your Plan (ABC’s/Personal Process) For The Next Pitch
* **12. Train The 4 Steps of The Hitting Routine In Daily BP**
  + 1. Pre-Pitch Routine Before ALL Rounds
  + 2. Release Station or Release Tee Rounds
  + 3. Walking Big From On Deck To Plate
  + 4. Mental Imagery Station or Strike/Ball/Location Calling
* **12. Train The 4 Steps of The Hitting Routine In Daily BP**
  + 1. Pre-Pitch Routine Before ALL Rounds
  + 2. Release Station or Tee
* **13. BAKERS DOZEN BONUS**
  + 1. ABCDE of The Base Running Routine
    - At The Base, Find Ball, Look at Coach, Read Defense, EXHALE & Extend
  + 2. Circle of Focus
    - Take A Breath Before You Defensively Step Into Your Circle
  + 3. PODCASTS & AUTOMOBILE UNIVERSITY
    - The Brian Cain Peak Performance Podcast
    - Top Coach Podcast With Jack Warren
  + 4. Call Success Hotline With Dr. Rob Gilbert (973) 743-4690 – 7:30am EST