**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