

RETHINK THE GAME



POST GAME QUESTIONS TO EMPOWER
YOUNG ATHLETES TO TAKE OWNERSHIP
ON THEIR MENTAL GAME

a worksheet for
THE SOFTBALL MINDSET

The Power of "Rethink the Game"

This special worksheet was designed by my 10-year-old daughter! It's one example that your words truly matter.

After a heartfelt conversation about taking ownership of her mental attitude and physical performance, she created this tool all on her own.

It's crafted from a kid's perspective, making it especially relatable and effective for young athletes. Her unique insights ensure that this worksheet connects perfectly with kids ages 9-16, encouraging them to reflect and grow in a fun and engaging way.

The purple version is 100% hers and I made a few small tweaks to the peach version ;)

Summer Montabone

How to Use the "Rethink the Game" Worksheet: Empower Your Athletes with Post-Game Reflection

The "Rethink the Game" worksheet is a powerful tool designed to help young softball players ages 9-16 reflect on their performance after each game. This simple yet effective activity encourages athletes to develop a growth mindset, improve their self-awareness, and take ownership of their progress. Here's how coaches and parents can incorporate this worksheet to enhance their athletes' mental game.

Benefits of the "Rethink the Game" Worksheet:

- + Builds Self-Awareness: Helps athletes recognize their strengths and areas for improvement.
- + Encourages Positive Mindset: Prompts players to focus on what they did well and how they can grow.
- + Promotes Accountability: Athletes learn to take responsibility for their performance and set personal goals.
- + Fosters Communication: Encourages open dialogue between athletes, coaches, and parents.
- + Enhances Team Cohesion: Players reflect on their role within the team, promoting teamwork and support for their peers.

How to Use the Worksheet:

1. Post-Game Routine:

- After each game, set aside 5-10 minutes for athletes to complete the worksheet individually.
- Provide a quiet space where they can reflect without distractions.

2. Facilitate Discussion:

- Once the worksheets are completed, gather the team for a brief discussion.
- Encourage players to share their reflections, focusing on positive aspects and constructive feedback.
- Use the reflections to address common challenges and celebrate successes as a team.

3. Coach and Parent Involvement:

- Coaches can review the worksheets to gain insights into each player's mindset and performance.
- Parents can discuss the worksheet with their child at home, reinforcing the importance of reflection and growth.
- Both coaches and parents should provide positive reinforcement and support based on the athlete's reflections.

4. Integrate into Practice:

- Use the insights from the worksheets to tailor practices to address common areas of improvement.
- Encourage athletes to set specific, actionable goals based on their reflections and work on these during practice sessions.

Encouraging Consistent Use:

- + Create a Habit: Make the worksheet a regular part of your post-game routine to ensure consistency.
- + Lead by Example: Coaches and parents should model reflective behavior by discussing their own observations and growth.
- + Celebrate Growth: Acknowledge improvements and milestones achieved through the reflections to keep athletes motivated.
- + Keep it Positive: Focus on positive reinforcement and constructive feedback to maintain a supportive environment.

By incorporating the "Rethink the Game" worksheet into your post-game routine, you can help young athletes develop a strong mental game, build confidence, and foster a growth mindset.

This valuable tool not only enhances individual performance but also strengthens team dynamics, making it an essential part of any softball program!

rethink the game paper

Name:_____ #:_____ Date:_____

Team you played:_____

What did I do good on this game? _____

What did I struggle on this game? _____

Did I make any mistakes? Yes or No (circle one)

What are they? _____

What can I work on during practice or at home? _____

Do I not understand how to do something correctly?

If so, what is it? Explain: _____

Did I cheer on for my teammates not just the cheers that distract? Yes or No (circle one)

Final score of your game? our team _____ other team_____

this is the 1st, 2nd, 3rd, 4th game of the day (circle one)

Any comments about anything else? _____

RETHINK THE GAME

Name:_____#:_____ Date:_____

Team you played:_____

What did I do well (good) at this game?

What did I struggle with at this game?

Did I make any mistakes? Yes or No (circle one)

What were they? _____

What can I work on during practice or at home? _____

Was there anything I did not understand how to do correctly?

If so, what is it? Explain: _____

Did I cheer on my teammates not just the cheers that distract?

Yes or No (circle one)

Final score of your game? our team _____ other team_____

Is this the 1st, 2nd, 3rd, 4th game of the day? (circle one)

Comments: anything else you want to share?



This Guide has been compiled by
Summer Montabone an internationally
recognized performance coach and health
and fitness expert.

(Established)

- Division I Track & Field Athlete - University of Toledo (1994-1996)
- Certified Personal Trainer (1997)
- Bachelors of Health & Physical Education - High School Health Teacher (1998)
- NSCA- Certified Strength & Conditioning Specialist (2003+)
- National Fitness Champion & IFBB Pro Athlete (2004)
- Fitness Studio Owner, CEO Summer's Fitness Inc. (2007-2024)
- International Online Business Owner (2012+)
- Coaching Others to the highest athletic level (MLB)(3 Time World Record Winner 2013, 2014, 2015)
- Circle of Excellence and President's Circle Top 5 (2018)
- Creator of the Fit, Fab, Fearless Experience and Retreat (2017, 2019, 2021)
- Co-author Forever Fit (2020)
- Founder of Fearless Academy for Women (2020)
- Best of Canton Local Business (2021, 2022 and 2023)
- Contributing Author to *"Thriving as a Mom without a Mom"* and *"Advice for Moms from Around the World"* (2023)
- Co-author *"Start Up or Start Over. Just Start"* (2023)
- Creator of *"The Softball Mindset"* Workbook (2024)

www.summersfitness.com

www.summermontabone.com

www.fearlessacademyforwomen.com



Hi, I'm Summer Montabone!

I started my athletic journey at just 2 years old with gymnastics, later adding baton, softball, volleyball, and eventually competing in track in college. I became a national fitness champion and pro athlete. With experience coaching everyone from toddlers to professional athletes and formal training as a health & physical education teacher, I've seen it all.

Throughout my journey, I heard a lot of "you can't do that" and faced hurtful comments about my body. There were times I sat on the bench and dealt with injuries. But I learned that my belief in myself was the key to my success. What you think about yourself is the most important factor in achieving your dreams!

I've felt the same ups and downs you have. That's why my mission is to empower girls and women to be courageous, pursue their passions, and go after their dreams unapologetically. With over 29 years of experience as an entrepreneur, personal trainer, health educator, coach, trauma survivor, and CEO, I've created a step-by-step formula to help girls and women feel their best, do their best, and be their best.

As a parent of two school-age girls in sports, I'm more passionate than ever about helping girls develop resilience, confidence, and skills that will serve them well today and in the future.

Empowered girls become fearless leaders who change the world.

Dream Big. Be Fearless.



DREAM BIG. BE FEARLESS.

Parents, Coaches, & Athletes - Connect with us:

 @DREAMBIG.BEFEARLESS

 @DREAMBIG.BEFEARLESS

 DREAMBIGBEFEARLESS.com

PARENTS & COACHES – CONNECT WITH ME HERE:

Become a fearless decision maker and CEO of your life!

 @SUMMERMONTABONE

 @SUMMERMONTABONE1

 SUMMERMONTABONE.com



**FEARLESS
ACADEMY**
for women

THE SOFTBALL MINDSET

"As a coach, I highly recommend The Softball Mindset book. The team loved working through the growth mindset section and was able to write down and express the most important mental aspects of the game. As a busy parent, I appreciated the accountability the book offers. There are several easy-to-follow workouts that the girls can complete on their own. The activity tracker is especially helpful in keeping them invested, as it allows them to track their daily progress."

Glenn Hannum, Jackson Xtreme 10U & 12U Coach and Parent

"My daughter really enjoyed the workout plans in the Softball Mindset workbook and has been working out on her own at home more often. As a parent, I appreciate the empowerment the workbook provides. It offers guidance for girls and helps them shift from a negative to a positive mindset in sports and life.

As a coach of 10-11 year old girls, I find it challenging to encourage them based on their personality types. This book offers a structured method to promote empowerment in young girls and helps them handle adversity. I highly recommend this workbook to youth coaches and parents of young female athletes. It provides tangible, hands-on content that guides girls through handling setbacks and building a strong, positive mindset."

Quinn Serban, Perry Xplosion 10U Coach and Parent

<https://summermontabone.com/softball-mindset>

@dreambig.befearless