

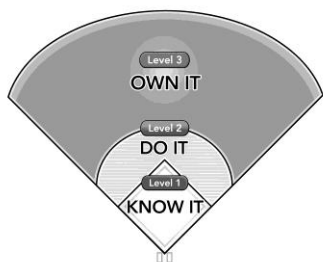
Level 1 Test: Do You “Know It?”

Level 1 is to “know” the key ideas and terms of Heads-up Baseball. Completing this worksheet can help you.



1. What do Lester and Pujols mean by “A game,” “B game” and “C game?”
2. What do we mean by the term, “simplicity” (as in: “deal with the simplicity of baseball”)?
3. How do we define **competing**? *“Giving 100% of _____”*
4. What does each letter of RAMP-C stand for? Explain or define each skill.
 - R
 - A
 - M
 - P
 - C

5. Explain the difference between the **3 Levels of Learning** Heads-Up Baseball skills:



6. What is the “Results Roller Coaster”? Do you want to ride it? Why or why not?
7. “The only thing in the game I can control is _____.”
8. How did Hank Aaron prepare for each game? What tool did he use?
9. What term describes: “Breaking the game up into small, manageable parts,” or “Dividing the game into small parts”?
- _____
10. What term describes: “A set series of steps that, like a funnel, channels your thoughts and actions before a game, at-bat, or pitch to where they need to be for you to have your best chance of playing well?”
- _____
11. What do we mean by “Inner Signal Light?” What does it mean to have a “Yellow Light?”

12. Competing with the 3C's: What does each step mean? What is the goal of each step?

Control:

Commit:

Compete:

Know The 12 Strategies...

1. Keep Your Controllables Greater Than Your _____.
2. Keep Your _____ Greater Than Your Experience.
3. Keep Your _____ Greater Than Your Outcomes.
4. Keep This Pitch Greater Than _____.
5. Keep Your Mission Greater Than Your _____.
6. Keep Simplicity Greater Than _____.
7. Keep _____ Greater Than Complying.
8. Keep Your _____ Greater Than Your Perfection.
9. Keep Your Quality Greater Than Your _____.
10. Keep Your _____ Greater Than You.
11. Keep Your Pleasure Greater Than Your _____.
12. Keep _____ Greater Than Your Performance.