



MIRROR MINDSET PERFORMANCE

The 60-Second Mental Game

How to raise a confident, coachable young athlete — without being *that* parent.

A free guide from **Scott Mead**

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READ THIS FIRST • 60 SECONDS

Your kid has the talent. Here's the part nobody's training.

You've seen it — in the backyard, in practice, in the flashes during a game. And then the game gets tight, the coach is watching, they make one mistake... and the athlete you *know* is in there disappears.

That's not a talent problem. It's not a coaching problem. It's the **mental game** — and almost nobody teaches it to young athletes.

I coached kids for years, and I built my whole career around one truth: the swing, the arm, the footwork — those get trained every week. The mind, the part that actually decides how the talent shows up under pressure, gets trained almost never.

This guide fixes that. It's short on purpose. Inside you'll get:

- The one mistake **most well-meaning sports parents make** — and the two-word fix.
- What to actually **say after a bad game** — the exact words.
- The **60-second reset** your athlete can use the moment after a mistake.
- How to build **confidence that survives a slump**.
- A simple **daily habit** that trains the mind like a rep.

No fluff. Just the stuff that works. Let's go.

— **Scott**

CHAPTER 1

The problem nobody's coaching

Walk into any facility in the country and you'll see the same thing: kids drilling mechanics. Swing after swing. Rep after rep. And it's good — reps matter.

But ask a coach *"when did you last teach these kids how to reset after a strikeout?"* and you'll get a blank stare.

Here's the reality:

- **Most of the game, above a certain level, is mental.** Everyone's talented. What separates them is who can handle the pressure, the failure, the 17-year-old throwing gas.
- **The mental game is the most-talked-about, least-trained skill in youth sports.** Everyone nods that "it's mental." Almost nobody does anything about it.
- **A young athlete's confidence is fragile because it's built on the wrong thing** — results. Good game, feel great. Bad game, feel worthless. That's a roller coaster, not confidence.

The mental game is a skill, not a personality trait. Your kid wasn't "born nervous" — they were never taught the tools.

And tools can be learned. That's the whole premise of this guide.

CHAPTER 2

The mistake most sports parents make

I'll say this with love, because you're reading a guide about helping your kid — you're already one of the good ones.

The mistake: the car ride home.

Your athlete just played. They're emotional — up or down. And in the car, you do what feels natural: you coach. "You were dropping your elbow." "Why didn't you run that out?" "You've got to be more aggressive."

You mean well. But to your kid, that car ride becomes the most stressful part of the whole day. Ask grown athletes what they hated most about youth sports and the answer comes back nearly universal: **the ride home.**

Here's why it backfires: right after competition, your athlete's brain is flooded — emotional, defensive, not learning. Coaching in that window doesn't teach. It just teaches them to dread you being at their games.

THE TWO-WORD FIX

"I love watching you play." That's the whole sentence. No breakdown, no "but," no coaching. Then let them lead. If they want to talk about the game, they will. If they don't, you just protected the most important relationship in their athletic life.

Save the coaching for the next practice, when they're calm and can actually learn. The car is for connection, not correction.

What to say after a bad game

But what about the genuinely rough day? The 0-for-4, the error that cost the game, the tears?

Your instinct is to fix it or soften it: *"It's okay, you'll get 'em next time."* Both miss. Fixing it says *the result mattered most*. Softening it tells a kid who's genuinely disappointed that their feelings are wrong.

Do this instead — three steps:

1. **Acknowledge the feeling, not the result.** **"That looked really frustrating. I get it."** You're not agreeing they played badly — you're telling them it's safe to feel what they feel.
2. **Separate the person from the performance.** **"You had a rough game. That's different from being a bad player. Even the best have rough games — that's baseball."**
3. **Point forward, not backward.** **"What's one thing you want to work on this week?"**
This hands the wheel back to them and turns a bad day into a plan.

A bad game is a thing that happened — not a thing they are. That one idea, repeated, changes everything.

Notice what's *not* in there: your mechanical breakdown. Not because you're wrong — because that's not what this moment is for.

The 60-second reset

Your athlete is going to fail *in the middle of the game*. Strikeout, error, walk, missed shot. The question isn't whether it happens — it's what happens in the **next 20 seconds**.

Untrained athletes carry the last mistake into the next pitch. One error becomes three. That's not a talent collapse — it's a reset they were never taught.

Here's one your kid can use tonight. Teach it in the backyard:

THE 3-STEP RESET · ABOUT 15 SECONDS

- 1. Physical trigger.** A small action that says *that play is over*. Step out and tap the plate. Adjust the gloves. Wipe the dirt. Pick one move; make it the same every time. The body leads the mind.
- 2. One breath.** A single slow breath out. A long exhale literally lowers the heart rate and pulls them out of panic mode. That's the reset button.
- 3. Refocus word.** One word that points at the *next* play. "Next." "Compete." "See it." They say it in their head — and they're back.

Physical trigger → breath → word. Fifteen seconds. That's the difference between one mistake and a meltdown. Elite athletes at every level have some version of this. Your kid can too — they just need to practice it, like anything else.

CHAPTER 5

Confidence that survives a slump

Most young athletes build confidence on **results**. Good game, confident. Bad game, crushed. But results are the one thing they can't control — the umpire, the pitcher, the bad hop, the ref.

Confidence built on results is a roller coaster. Confidence built on the **right things** is a foundation.

Anchor confidence to what they control:

- **Effort** — did they compete on every play?
- **Preparation** — did they do the work this week?
- **Attitude** — were they a good teammate? Did they reset after mistakes?
- **Routine** — did they run their process, regardless of outcome?

When your athlete goes 0-for-4 but competed on every pitch, ran out every ball, and picked up a teammate — **that's a good day**. Teach them to define a "good day" that way and you've given them a confidence a bad box score can't touch.

TRY THIS AT HOME

After games, don't ask *"did you win?"* or *"how many hits?"* Ask **"did you compete?"** and **"were you a good teammate?"** You'll slowly, powerfully rewire what your kid thinks the game is even about.

CHAPTER 6

The daily habit that ties it together

Here's the thing about everything in this guide: it only works if it's **practiced**. You'd never expect a kid to hit in a game a skill they never drilled. The mental game is identical. A reset you use once won't hold up under pressure. A reset you've run 200 times will.

So the real unlock isn't any single tool — it's a **daily habit** of training the mind, the same way they train the swing.

That's exactly why I built **Mirror Mindset Performance**.

It's a **60-second daily mental check-in** for your athlete — done in the mirror, before or after practice. It builds the reset, the refocus, and the confidence tools from this guide into a daily rep. It tracks streaks and consistency, so the mental game becomes a habit they can *see* — just like any other part of training. There's a reset tool for the moment right after a mistake, guided mindset programs, and an AI coach in their pocket for when the nerves hit.

You've read the what. The app is the how — every day, automatically.

For athletes from first swings to college ball and beyond. And it takes 60 seconds a day.

Start free today

Everything in this guide, built into a daily habit your athlete will actually stick with.

Start your free 7-day trial

mirrormindsetperformance.com

Open it, do a 60-second check-in with your kid tonight, and watch what a week of training the mind does.

Scott Mead · Founder, Mirror Mindset Performance

Mental-performance training for young athletes — from first swings to college ball and beyond.

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