

Pre-Competition Planning

How can you plan the following activities on game days that will help you perform the way you want to. Write down comments and ideas for each.:

Getting up .. (ie. doing 5 minutes of visualization)

Eating (ie. eating healthy food that is not going to weigh you down).

Making sure you have everything you need in your bag and know the schedule (ie. doing a checklist).

Washroom breaks when you get to the competition site (ie. going as soon as you get there)

Warming up (ie. practicing concentration and focusing / re-focusing)

Getting away from opponents and visitors (ie. doing relaxation / breathing exercises)

Mentally rehearsing and re-focusing (ie. rehearsing play specifics in your mind)

Using positive self-talk and monitoring your IPS (ie. using self-talk before the game starts)
