

---

# Livermore Fusion SC Player Engagement

---



A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE

# Fusion SC Sport Psychology



---

**Concentration**

---

**Emotion Regulation**

---

**Goal Setting**

---

**Leadership**

---

**Motivation**

---

**Performance**

---

**Reflection**

---

**Relaxation**

---

**Visualization**

---

# Concentration Video

---

<https://www.youtube.com/watch?v=jAUuaWpDbzg>

Being able to concentrate means having the ability to focus one's powers, efforts, or attention for an extended period of time.

Concentration is one of the many parts of the Fusion SC Sport Psychology where we will begin our journey.