

## Pre-Game Tools for Consistent Performance

*Consistent performance is one of the toughest things to achieve in sports. However, there are tools that a player can use to make sure they are ready to go each and every time.*

*Getting your mind, body and soul ready to play are all essential. Some players respond to doing more and some like to do less. **Finding your own rituals and routines are the key to your success.***

***To reach your potential as an athlete, you must be able to control your mind. You do that by controlling your rituals.***

### Mindset

1. Visualize success- Play your personal highlights in your mind
2. Goal setting- Make this a process goal NOT an outcome based goal.
3. Music- Getting pumped to music in a great way to get your mind ready
4. Embrace and reframe nerves/fear.
5. Performance mantra or cue word to keep you focused

### Body

1. Make sure you take care of any injuries. Ice, advil, tape etc
2. Stretching routine
3. Body pumping (shoulder press, pushups, squats)
4. Pre game fueling (eat a good meal or snack prior to play)
5. Hydration is vital. Drink plenty of water. (90oz)

### Soul or spirit

1. Make positive interactions with teammates and staff
2. Connect with your higher self through positive affirmations
3. Get lots of skin, hugs and smiles creates good chemicals
4. Breath work or centering
5. Repeat mantra or affirmations.

