

MENTAL TRAINING FOR PERFORMANCE EXCELLENCE

1. REALIZING YOUR POTENTIAL
2. PUSHING THRU PERSONAL LIMITS
3. BELIEF >> TRUST >> PROCESS
 - Thoughts >> Attitudes >> Behaviors
4. PERSONAL RESPONSIBILITIES
 - Rest, Fuel, Hydration, & Preparation – Trust It
 - Take care of: family, work, social, logistics
 - Bring your positive attitude – ALWAYS
5. MAINTAINING MOTIVATION
 - Think positively & create enthusiasm
 - Identify & stop negative attitudes
 - Increase self-discipline
 - Use positive visualizations/affirmations
 - Act “as if”
 - 5 – minute rule
 - Remember long-term goals & objectives
 - Repeat your daily goals
 - Model highly motivated athletes
 - Set a winning pace
 - Higher quality practice/training
 - Make it FUN!!

MENTAL TRAINING FOR PERFORMANCE EXCELLENCE

100% ICE

- INTENSITY

What is it? How do you 'adjust' it? Different for practice vs. competition?

- CONCENTRATION

What is it? How do you 'adjust' it? What are the concentration demands of your sport? Broad–narrow, Internal-external How quickly can you adjust it? 'Sweeping the gauges'

- ENTHUSIASM

What is it? How do you 'adjust' it? 'Spread' to others?

"If you want to BE a winner, ACT like one."

**RELENTLESS
PURSUIT
OF
EXCELLENCE!**