



@BelievePHQ

10 TIPS FOR MENTAL PREPARATION

1 Routine

Develop your own pre game routine which involves specific behavioural and psychological steps



8 Relax

Take a few moments to gather your thoughts and focus.



2 Cue words

Develop your own words or phrases that are specific to your own perception of a successful performance



9 Positivity

Stay positive and focus on the things that you are going to do well



3 Focus

Try and stay in the here and now. Focus on the present and don't let anything distract you

10 Be yourself

Don't copy others. Find your own ways which will help you to mentally prepare for a game

4 Goals

Set process goals to help you reach your end goal



5 Breathe

Practice deep breathing to relax your physiological and psychological arousal

6 Imagery

Take time to imagine yourself performing successfully



7 Emotions

Don't let negative emotions overcome you. Stay in control of them

