



THE TOP 5 WAYS TO DEVELOP **FOCUS AND RESILIENCE**

**01**

**LEARN TO BREATHE**. The fight or flight response is real and it’s also cumulative. If you are stressed about school or life, it will show up on the playing field. Remember, a little stress makes you tough; a lot of stress makes you weak. Pro Tip: Take a few breaths in practice, timeouts or breaks. Small changes can make a big difference.

**02**

**DON’T PRETEND LOSING SHOULDN’T HURT, BUT MAKE IMPROVING THE FOCUS**. When you lose, talk about how proud you are that youfought . Always focus on the process of improving. Pro Tip: When you win, use that feeling as a motivational reminder during tough times.

**03**

**03**

**04**

**TEACH THEM HOW TO VISUALIZE AND DO IT TOGETHER AS A PRE-PRACTICE MENTAL WARM-UP.**We all need time to focus. It shouldn’t take long but it’s well worth a few minutes to warm-up their minds just as you do their bodies. Pro tip: You can hear more in our audiobook on ‘FOCUS’.

**04**

**CELEBRATE FAILURE AND RISK.**Trying new things is the only way to improve and become better than you are. Celebrate risk and learn from failure..Pro tip: Do practice drills that you’ll likely fail at, then look at how to practice learning from them.

**05**

**ENCOURAGE POSITIVE SELF-TALK IN AN ACTIONABLE WAY.**Build up your self-awareness.From the 4 categories below you may already see how one type of self-talk can work better for them in some situations for you. The most successful athletes use this guide to tweak and alter their self-talk as they gain self-awareness about what works and what doesn’t.Pro Tip: You should set up key words and scripts for each

**Instructional**

‘Bend your knee’

**When to use it:**

When performing skilled exercises in practice or competition

**Calming/relaxing**

‘Take a deep breathe’

**When to use it:**

When you are nervous or have too much going on in your mind

**Motivational**

‘Come on! You can do this!’

**When to use it:**

When performing tasks that require strength or endurance. Confidence boost

**Focus**

‘Focus’

**When to use it:**

When your mind is preoccupied with unrelated thoughts