DAILY TRACKER

"Focus on what you can control.
Block out everything else."

DATE / /

CIRCLE TODAY'S PERFORMANCE

Training | Competition | Rest & Recovery

TRAINING SESSION

MENTAL TRAINING	SPORTS TRAINING
DO ONE OF THESE: ○ **Focus training grid** ○ **Do 10 minutes of Breath focus** ○ **Visualize your highlight reel.**	

REFLECTION

PRE-PERFORMANCE

Where is your mindset right now?

Where is your focus right now?

•

Where does it need to be to get green?

•

Write 2 performance statements to focus on today...

•

•

Be Mindful in this moment...

CREATE A "FLOW PHRASE" FOR THE GAME
- HOW TO DO IT:
- CHOOSE A PHRASE LIKE, "CALM BODY, SHARP MIND" OR "STEADY AND STRONG."
- REPEAT IT WHILE BREATHING DEEPLY.
- WHY IT WORKS: HELPS SET AN INTERNAL RHYTHM AND DIRECTS YOUR MIND TO FOCUS ON PERFORMANCE.

POST-PERFORMANCE

What zone was I in most today and why?

•

Rate Your Game Focus:
- *Focus Intensity: ___/10 (how locked in you stay during competition)*
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- *Bounce-Back Speed: ___/10 (how quickly you refocus after mistakes)*

What went well today?

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What did I learn today?

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What will I do better next time?

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CHALLENGE

TRAIN YOUR FOCUS 3-4 X WEEK
JOURNAL DAILY.
&
SHARE YOUR BEST GRID SCORES AND LETS SEE WHO HAS THE BEST ON THE TEAM
#TTPFOCUS @NTC @TOPTIERPERFORM

DAILY TRACKER

"Don't count the days; make the days count. Stay focused, and you'll see the results." – Muhammad Ali

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PRE-GAME VISUALIZATION
- HOW TO DO IT:
- CLOSE YOUR EYES IN A QUIET SPACE.
- VISUALIZE YOURSELF PERFORMING WELL: MAKING SHARP PLAYS, CONTROLLING THE BALL, OR EXECUTING KEY MOVES.
- FOCUS ON THE SOUNDS, MOVEMENTS, AND FEELINGS OF SUCCESS.
- WHY IT WORKS: ACTIVATES NEURAL PATHWAYS RELATED TO PEAK PERFORMANCE AND BUILDS CONFIDENCE, FOCUS AND CLARITY OF GOALS.

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"The zone is not about trying harder, but about focusing deeper and staying present."

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- PROGRESSIVE MUSCLE RELAXATION (PMR)
- HOW TO DO IT:
- START WITH YOUR TOES AND TENSE THEM FOR 5-10 SECONDS, THEN RELEASE.
- MOVE UP THROUGH YOUR LEGS, CORE, ARMS, AND NECK, TENSING AND RELAXING EACH MUSCLE GROUP.
- FINISH BY RELAXING YOUR WHOLE BODY.
- WHY IT WORKS: REDUCES PHYSICAL TENSION CAUSED BY NERVES AND SHIFTS FOCUS TO THE PRESENT.

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"The hallmark of great athletes is the ability to focus in the face of distraction."

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SET A GAME-DAY INTENTION
- HOW TO DO IT:
- THINK OF A SINGLE WORD OR PHRASE TO GUIDE YOUR PERFORMANCE, SUCH AS "CALM," "FOCUS," OR "DOMINATE."
- SAY IT TO YOURSELF AND VISUALIZE IT HAPPENING IN THE GAME.
- WHY IT WORKS: GIVES YOUR MIND A PRODUCTIVE FOCUS AND REDUCES DISTRACTIONS.

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"Focus on the step in front of you, not the whole staircase."

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- PAUSE WHEREVER YOU ARE—STAND STILL AND CLOSE YOUR EYES IF POSSIBLE.
- TAKE 3 DEEP BREATHS AND TUNE INTO YOUR HEARTBEAT OR THE RHYTHM OF YOUR BODY.
- REMIND YOURSELF: "THIS IS MY MOMENT. STAY HERE."

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"Athletic performance is not about what you've done or what you'll do—only about what you're doing right now."

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FOCUS DRILLS WITH A CUE WORD

- HOW TO DO IT:
- CHOOSE A CUE WORD LIKE "NOW," "CONTROL," OR "CALM."
- PAIR IT WITH AN ACTION, SUCH AS BOUNCING A BALL OR A SIMPLE HAND MOTION.
- REPEAT THE WORD-ACTION COMBO FOR 1-2 MINUTES, FOCUSING FULLY ON THE SENSATION AND RHYTHM.
- WHY IT WORKS: CONDITIONS ATTENTION TO STAY ON-TASK AND CLEARS YOUR MIND OF EXCESS NOISE.

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