

14 DAYS OF FOCUS

FOCUS FOR PEAK PERFORMANCE
14 DAYS OF FOCUS:
DEVELOPING MENTAL RESILIENCE & STRENGTH
TO PEAK IN WRESTLING

Karen Cogan, PhD**
Senior Sport Psychologist
United States Olympic Committee

Christy Halbert, PhD*
Head Coach & President
The Boxing Resource Center



*DR. HALBERT SUPPLIED THE OVERARCHING CONCEPT FOR THIS MANUAL

**CORRESPONDENCE REGARDING THIS MANUAL SHOULD BE DIRECTED

To:

KAREN COGAN, PHD

SPORT PERFORMANCE

1 OLYMPIC PLAZA, COLORADO SPRINGS, CO, 80909

KAREN.COGAN@USOC.ORG

719-866-4722

GRAPHIC DESIGN BY SARA H MITCHELL, MA

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DAY 1 RECALL AND REFOCUS

THIS EXERCISE WILL HELP YOU REFLECT ON POSITIVE FEELINGS AND ACTIONS WHEN YOU COMPETE AND RECALL THOSE FEELINGS TO IMPROVE YOUR ABILITY TO USE IMAGERY.

ONCE YOU CAN RECALL THESE FEELINGS YOU CAN REFOCUS THEM ONTO FUTURE TOURNAMENTS.

THERE ARE SIX QUESTIONS ON THE NEXT TWO PAGES; FOCUS ON EACH ONE FOR 5 MINUTES. FOCUS YOUR ENERGY ON RECALLING SPECIFIC MOVEMENTS AND FEELINGS IN YOUR BODY.

WRITE DOWN YOUR ANSWERS TO HELP YOU RECALL THESE EXPERIENCES IN THE FUTURE.

REFLECT ON THIS LIST ANY TIME YOU WANT TO CENTER YOUR ATTENTION ON POSITIVE FEELINGS AND EXPERIENCES.



CHAMPIONS AREN'T MADE IN THE GYMS.
CHAMPIONS ARE MADE FROM SOMETHING THEY HAVE DEEP
INSIDE OF THEM- A DESIRE, A DREAM, A VISION."

~ MUHAMMAD ALI

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1. IMAGINE A TIME IN COMPETITION WHEN YOU FELT A SHOT CONNECT.

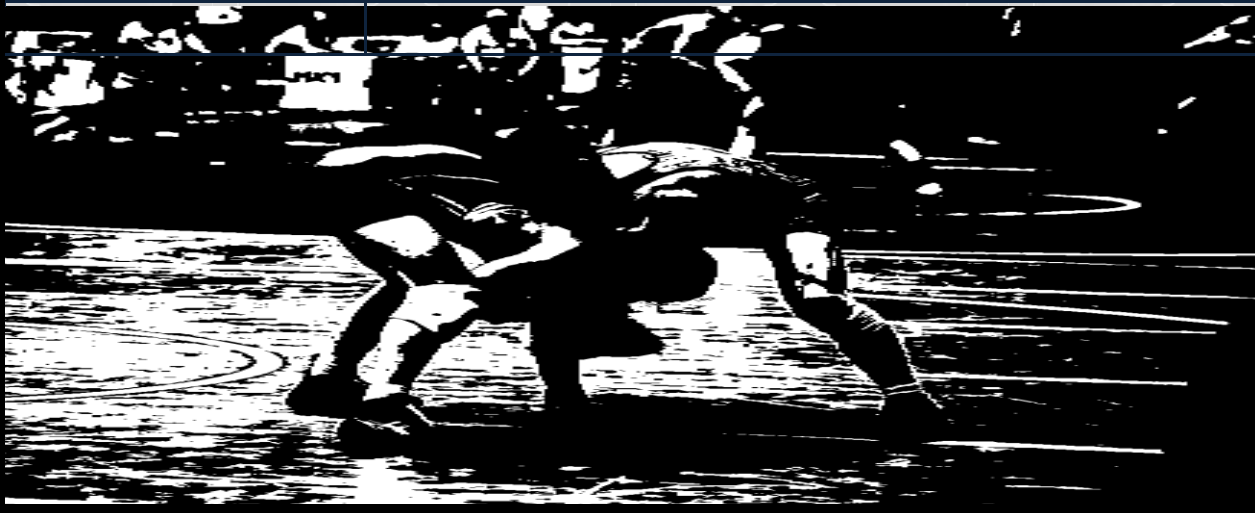
HOW DID YOUR BODY FEEL?	
WHAT SENSATIONS CAN YOU REMEMBER?	
WHAT SPECIFIC SHOTS WENT WELL?	

2. IMAGINE A TIME IN COMPETITION WHEN YOU FELT SHARP ON DEFENSE.

HOW DID YOUR BODY FEEL?	
WHAT SENSATIONS CAN YOU REMEMBER?	
WHAT SPECIFIC SHOTS DO YOU REMEMBER CONNECTING WELL?	

3. IMAGINE A TIME IN COMPETITION WHEN YOU FELT STRONG.

HOW DID YOUR BODY FEEL?	
WHAT SENSATIONS CAN YOU REMEMBER?	
DID YOUR BODY REACT TO SHOTS?	
HOW DID YOU FEEL WHEN YOU MADE A SHOT?	



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4. IMAGINE A TIME IN COMPETITION WHEN YOU FELT FAST AND QUICK.

HOW DID YOUR BODY FEEL?	
WHAT SENSATIONS CAN YOU REMEMBER?	
HOW DID YOU REACT TO YOUR OPPONENT'S SHOTS?	
HOW DID YOU FEEL WHEN YOU WERE ON THE ATTACK?	

5. IMAGINE A TIME IN COMPETITION WHEN YOU FELT SMART.

HOW DID YOU GENERALLY FEEL?	
WHAT SENSATIONS CAN YOU REMEMBER?	
HOW DID YOU REACT ON DEFENSE?	
HOW DID YOU FEEL WHEN YOU WERE ON OFFENSE?	

6. IMAGINE A TIME IN COMPETITION WHEN YOU FELT ALERT.

HOW DID YOUR BODY FEEL?	
WHAT SENSATIONS CAN YOU REMEMBER?	
HOW DID YOUR BODY REACT TO SHOTS?	
HOW DID YOU FEEL WHEN YOU TOOK A SHOT ON YOUR OPPONENT?	

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DAY 2

KEY WORDS AND PHRASES FOR WINNING

WITHOUT THINKING TOO MUCH ABOUT EACH WORD, WRITE AT LEAST SIX WORDS THAT COME TO YOUR MIND RELATED TO BEING SUCCESSFUL.

FINISH THE PHRASE: "A SUCCESSFUL PERSON IS _____."

WRITE AT LEAST SIX WORDS THAT REFLECT HOW YOU WANT TO WRESTLE.

FINISH THE PHRASE:

"WHEN I AM IN CONTROL AND DOING MY BEST, I FEEL _____."

- | | |
|----|----|
| 1) | 2) |
| 3) | 4) |
| 5) | 6) |

CIRCLE TWO OR THREE OF THE IN MOST POWERFUL WORDS IN EACH CATEGORY WRITE UP TO SIX WORDS IN THE SPACES BELOW.

- | |
|----|
| 1) |
| 2) |
| 3) |
| 4) |
| 5) |
| 6) |

Use these as your key power words. When you feel distracted, anxious, nervous, bored, tense, troubled, or down, you can use these words to set you back on track for success. When you feel thoughtful, content, relaxed, or happy, you can reflect on these words in order to feel even more positive about your upcoming match.



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DAY 3 POSITIVE SELF-TALK

THE POSITIVE THINGS YOU SAY TO YOURSELF DURING WORKOUTS, BEFORE A TOURNAMENT, AND DURING A MATCH, WILL AFFECT YOUR PERFORMANCE. YOU PROVIDE YOURSELF WITH SUPPORT AND CHART YOUR OWN DIRECTION TOWARD SUCCESS. TO HAVE EFFECTIVE SELF-TALK, YOU MUST PRACTICE IT CONSCIOUSLY AND REGULARLY.

SELF-TALK CAN BE WORDS OR SHORT PHRASES AND SHOULD ALWAYS BE POSITIVE. WHEN YOU SAY WORDS OR PHRASES TO YOURSELF, YOU SHOULD SAY THEM SINCERELY, NOT SARCASTICALLY. IF YOU REPEAT PHRASES AS IF YOU BELIEVE THEM, THEN OVER TIME YOU WILL COME TO BELIEVE THEM AND YOUR MIND AND BODY WILL RESPOND ACCORDINGLY. THIS PHENOMENON IS CALLED A "SELF-FULFILLING PROPHECY."

REPEAT ALOUD THE EXAMPLE PHRASES BELOW

- | | |
|--|--|
| ✓ I CAN SEE MY OPPONENTS PREPARING TO TAKE SHOTS | ✓ I STAY FOCUSED THE ENTIRE MATCH |
| ✓ I CONTROL THE MATCH | ✓ I WRESTLE WITH POWER |
| ✓ I AM CALM AND ALERT ON THE MAT | ✓ I LOVE A CHALLENGE |
| ✓ MY DEFENSE IS SMOOTH | ✓ MY OFFENSE AND DEFENSE FLOW SEAMLESSLY |
| ✓ I HAVE QUICK HANDS AND FEET | ✓ I AM A GOOD WRESTLER |
| ✓ I TAKE A LOT OF SHOTS | ✓ I RECOVER QUICKLY |
| ✓ I AM AGGRESSIVE | ✓ I AM AT HOME ON THE MAT |
| ✓ I AM SMART | ✓ MY MOVEMENTS IS FAST AND EFFICIENT |
| ✓ I HAVE TRAINED FOR THIS MOMENT | |
| ✓ I SCORE AT WILL | |

LIST SOME SELF-TALK WORDS AND PHRASES THAT WORK BEST FOR YOU

YOU WILL COME TO BELIEVE THE THINGS THAT YOU TELL YOURSELF. BE SURE TO KEEP IT POSITIVE AND CONSTRUCTIVE IN ORDER TO IMPROVE YOUR WRESTLING PERFORMANCE AND FRAME-OF-MIND. REPEAT SOME POSITIVE SELF-TALK PHRASES WHEN THINKING ABOUT WRESTLING, BEFORE PRACTICE, DURING PRACTICE, WHEN YOU WAKE EACH MORNING, AT WEIGH-INS, WHILE WARMING UP FOR YOUR MATCH, WHEN YOU STEP ONTO THE MAT, AND AS YOU WAIT FOR THE REFEREE TO SIGNAL THE START OF THE MATCH.

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DAY 4

BUILDING SELF-CONFIDENCE BY FOCUSING ON YOUR ACCOMPLISHMENTS

THINK OF A TIME WHEN YOU BEAT THE ODDS. IT COULD BE A SPORTING EVENT, SCHOOL-RELATED TASK, PERFORMANCE, OR ANYTHING ELSE THAT COMES TO MIND. THIS IS A TIME WHEN YOU THOUGHT YOU *COULD NOT* DO IT AND FELT THAT OTHER PEOPLE DOUBTED YOU, BUT YOU PERSISTED AND WERE SUCCESSFUL. ANSWER THE FOLLOWING QUESTIONS BASED ON THAT EVENT.

BRIEFLY DESCRIBE THE EVENT.

LIST THREE IMPORTANT CHARACTERISTICS OF THE SUCCESSFUL EVENT (E.G., THINGS THAT MADE THE EVENT CHALLENGING OR OUT OF THE ORDINARY).

1)

2)

3)

LIST THREE NEGATIVE THINGS YOU HEARD FROM OTHERS OR YOU SAID TO YOURSELF.

1)

2)

3)

LIST THREE POSITIVE THINGS YOU HEARD FROM OTHERS OR YOU SAID TO YOURSELF.

1)

2)

3)

WHAT MADE THE DIFFERENCE BETWEEN "WINNING" AND "LOSING"?

Confidence is based on observed reality. When you are starting to doubt your abilities, reflect on this time when you felt doubt, but you made the event successful.

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DAY 5

GAINING CONTROL OF THE THINGS YOU CAN CONTROL (AND LETTING GO OF THE UNIMPORTANT STUFF)

STRESS OFTEN RESULTS FROM FEELING THAT CIRCUMSTANCES ARE OUT OF YOUR CONTROL. MANY TIMES THEY ARE. FOR EXAMPLE, YOU CANNOT CHOOSE TO WHICH CORNER YOU WILL BE ASSIGNED OR WHO YOUR OPPONENTS ARE. BECAUSE WRESTLING MATCHES ARE COMPRISED OF THINGS THAT YOU CAN CONTROL AND OTHER THINGS THAT YOU CANNOT, YOU MUST CHOOSE WHERE YOU PUT YOUR ENERGY, AND LET GO OF THE OTHERS. CONSIDER THAT OTHER STUFF UNIMPORTANT, AND STAY FOCUSED ON THE THINGS YOU CAN CONTROL. LISTED BELOW ARE THINGS THAT YOU CAN CONTROL BEFORE AND DURING A BOUT. ANSWER EACH QUESTION CAREFULLY. YOU CHOOSE WHAT YOU WILL DO TO TAKE POSITIVE CONTROL OVER THE SITUATION.

(1) WHAT ARE YOUR FIRST THOUGHTS WHEN YOU WAKE THE DAY OF A MATCH?

(2) WHAT KINDS OF THINGS DO YOU LIKE TO DO THE DAY OF A MATCH?

(3) WHAT IS YOUR PRE-MATCH ROUTINE THE DAY OF COMPETITION?

(4) WHAT KIND OF WARM-UP DO YOU LIKE TO DO THE DAY OF A MATCH?

(5) WHAT IS YOUR IDEAL FRAME OF MIND 45 MINUTES BEFORE YOUR MATCH?

(6) HOW MUCH WATER/FLUID DO YOU INTAKE BEFORE YOUR MATCH?

(7) HOW DO YOU TIE YOUR SHOES BEFORE A MATCH?

(8) WHAT DO YOU WEAR OVER YOUR SINGLET PREPARING FOR A MATCH?

(9) WHAT IS YOUR PRE-MATCH ROUTINE WHEN YOU STEP ONTO THE MAT?

(10) WHAT KINDS OF THINGS DO YOU SAY TO YOURSELF WHEN YOU STEP ONTO THE MAT?

(11) WHAT IS THE FIRST MOVE YOU MAKE WHEN A MATCH STARTS?

(12) HOW DO YOU STEP ONTO THE MAT?

(13) HOW MUCH DO YOU WANT TO PUSH YOURSELF DURING A MATCH?

(14) WHAT OVERALL STRATEGY WILL YOU IMPLEMENT?

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DAY 6

WORKING THROUGH DISTRACTIONS

DISTRACTIONS PREVENT YOU FROM FOLLOWING THROUGH WITH YOUR PLAN OF ACTION. THAT ACTION MIGHT BE A WORKOUT, AN EXERCISE, A FRAME OF MIND, FOCUS OF YOUR MIND, OR ANY OTHER ACTIVITY OR MENTAL FRAME THAT CONTRIBUTES TO YOUR WRESTLING GOALS. DISTRACTIONS, HOWEVER, CAN BE MINIMIZED IF YOU (1) ARE AWARE THEY EXIST, AND (2) COMMIT TO HANDLING THEM IN A PRODUCTIVE MANNER.

BELOW IS A LIST OF CONSTRUCTIVE WAYS TO COPE WITH DISTRACTIONS. AT THE BOTTOM OF THE PAGE, FILL IN AN APPROPRIATE COPING MECHANISM FOR SPECIFIC DISTRACTIONS YOU MAY EXPERIENCE. YOU CAN'T AVOID DISTRACTIONS COMPLETELY SO HOW YOU CHOSE TO DEAL WITH DISTRACTIONS IS CRUCIAL. THOSE CHOICES HAVE CONSEQUENCES FOR YOUR WRESTLING.

CONSTRUCTIVE STRATEGIES FOR DEALING WITH DISTRACTIONS

- ✓ REPEAT WRESTLING GOALS TO MYSELF.
- ✓ TUNE IT OUT, AND FOCUS ON MY BREATHING AND VISUALIZATION.
- ✓ FOCUS ON POSITIVE SELF-TALK.
- ✓ REMIND PEOPLE I HAVE SPECIFIC GOALS I NEED TO MEET.
- ✓ CONCENTRATE ON THE REASONS I WANT TO SUCCEED.
- ✓ TELL PEOPLE ABOUT MY WRESTLING GOALS THEIR SUPPORT HELPS ME.
- ✓ TAKE A BREAK, THEN RETURN TO THE ACTION.
- ✓ ALLOW ANOTHER PERSON TO HANDLE THE DISTRACTION FOR ME.
- ✓ COUNT TO 10, THEN ATTEMPT THE EXERCISE AGAIN.
- ✓ FOCUS MY MIND ON THE "BIG PICTURE" TO WORK THROUGH THE ISSUE.
- ✓ LEAVE THE SITUATION.
- ✓ SEE THE SITUATION AS A TEMPORARY DISTRACTION THAT I CAN IGNORE.
- ✓ REPLACE MY DISTRACTING THOUGHTS WITH SOMETHING ELSE MORE PRODUCTIVE.

Your opponent, in the end, is never really the player on the other side of the next, the swimmer in the next lane, or even the bar you must high-jump. Your opponent is yourself, your negative voices, your level of determination. ~ Grace Lichtenstein

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WITH THESE STRATEGIES IN MIND, CONSIDER HOW YOU MIGHT BEST HANDLE THE DISTRACTIONS LISTED BELOW

- ✓ A LOUD ROOM

- ✓ PEOPLE WHO WANT TO CHAT DURING TRAINING

- ✓ A TRAINING PARTNER WHO ISN'T CONCENTRATING

- ✓ PHONE CALLS DURING PRACTICE/CONDITIONING TIME

- ✓ COACH YELLING AT ME OR A TEAMMATE

- ✓ PEOPLE WHO I DON'T WANT WATCHING ME TRAIN

- ✓ BEING IN A BAD MOOD

- ✓ TOO HOT OR TOO COLD IN THE ROOM

- ✓ SORENESS OR STIFFNESS IN MY BODY

- ✓ PEOPLE WHO WANT TO HANG OUT WITH ME A LOT

- ✓ TEAMMATE WHO APPEARS TO BE IN A BAD MOOD

- ✓ SKILLS AND DRILLS THAT DON'T FEEL RIGHT

- ✓ I HAD A BAD DAY AND FIND MYSELF THINKING "LIFE STUFF"

- ✓ MY BIGGEST DISTRACTION IS

- ✓ WAYS I CAN COPE ARE

- ✓ ANOTHER BIG DISTRACTION FOR ME IS

- ✓ OTHER WAYS I CAN COPE ARE

YOU CAN PREVENT DISTRACTIONS FROM BECOMING OBSTACLES TO TRAINING AND FOCUS. EFFECTIVE CHOICES HELP YOU ACHIEVE YOUR WRESTLING GOALS.

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DAY 7

IMAGERY TECHNIQUE AND GENERAL STRATEGY

THE FOLLOWING TECHNIQUE AND GENERAL STRATEGY REMINDERS PROVIDE SPECIFIC ELEMENTS TO USE IMAGERY FOR YOUR WRESTLING SKILLS. FOR EACH OF THE REMINDERS, FOCUS ON HOW YOUR BODY FEELS, LOOKS, AND MOVES. VISUALIZE YOURSELF ON THE MAT, FEELING IN CONTROL, RELAXED, AND ALERT. YOUR FORM IS PERFECT, AND YOUR EXECUTION OF EACH MOVEMENT IS SHARP AND PRECISE. YOU CAN STAND UP AND WORK THROUGH THESE POINTS PHYSICALLY OR IMAGINE THEM WHILE BEING STILL.

Head: Position for best performance

- Stance in ready position
- Choose a focus
- _____

Feet/legs: Good movement for offense and defense.

- Solid footing
- Movements are quick
- You are in control of movements
- _____

Trunk: Good position for taking shots.

- Trunk is solid.
- Hips are ready to take a shot or counter an opponent's shot.
- _____

Arms/Hands: Position for attaching and defending.

- Hands up and ready
- Elbows move fluidly.
- _____

Strategy: Making every move count.

- Feel alert and relaxed.
- Be first most of the time.
- Double-up on the job.
- Take shots in combinations.
- Work the head and the body.
- Make your opponent react to you.
- Wrestle in the center of the mat or take your opponent to the edge.
- Focus on "scoring."
- Dominate the first round, and stay aggressive for each round.
- Control the match (pace, space, style, intensity.)
- _____
- _____

There are only two options regarding commitment; you're either in or you're out. There's no such thing as life in-between. ~ Pat Riley

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DAY 8

IMAGERY TO INCREASE WRESTLING SKILLS

IMAGERY CAN BE AN EFFECTIVE TOOL FOR IMPROVING WRESTLING SKILLS, BECOMING MORE COMFORTABLE ON THE MAT AND WITH YOUR TEAM, AND BUILDING SELF-CONFIDENCE. FOR SUCCESSFUL RESULTS, IMAGERY SHOULD INCLUDE ALL YOUR SENSES. YOU'VE ALREADY BEEN THINKING ABOUT HOW YOUR BODY FEELS WHEN YOU PERFORM IN SPECIFIC CIRCUMSTANCES. NOW YOU CAN IMAGINE SPECIFIC WRESTLING SKILLS.

1) IMAGINE THAT YOU ARE IN THE PLACE IN WHICH YOU USUALLY PRACTICE. LOOK AROUND YOUR ENVIRONMENT. HOW DOES THE PLACE LOOK? WHAT COVERS THE WALLS? WHAT EQUIPMENT IS PRESENT? HOW DOES THE PLACE SMELL? FEEL YOURSELF IN YOUR WORKOUT CLOTHES. WHAT IS THE TEMPERATURE OF THE ROOM? HOW DOES THE FLOOR FEEL BENEATH YOUR FEET? FEEL YOUR BODY AS YOU GET READY TO PRACTICE.

WHAT OTHER THINGS CAN YOU IMAGINE ABOUT THE PRACTICE ENVIRONMENT?

2) INCORPORATE MOVEMENT. FEEL YOURSELF WALKING AROUND. FEEL YOURSELF WARMING UP. FEEL YOUR BODY AS YOU DO A FEW DRILLS TO GET WARMED UP. FEEL THE SWEAT ON YOUR FACE AND YOUR HANDS AS YOU ARE WARMING UP AND YOUR BODY TEMPERATURE INCREASES.

WHAT OTHER MOVEMENTS DO YOU FEEL?

3) IMAGINE YOURSELF PERFORMING SPECIFIC GYMNASTICS SKILLS. FEEL FREE TO ACTUALLY MOVE AROUND AS YOU IMAGINE THIS PART OF THE EXERCISE. FEEL YOURSELF PERFORMING THE FOLLOWING SKILLS COMFORTABLE, QUICKLY, WITH ENERGY, AND PERFECT FORM.

- | | | |
|--------------------------------|-------------------------------------|----------------|
| ✓ WALKING ONTO THE MAT | ✓ DOUBLE LEG | ✓ SINGLE LEG |
| ✓ GUT WRENCHES | ✓ LACES | ✓ HIGH SINGLES |
| ✓ TURKS | ✓ DUCKUNDERS | ✓ DOWNBLOCKING |
| ✓ TIE UPS | ✓ ROLLS | ✓ ROLLS |
| ✓ ARM BAR | ✓ HAND FIGHTING | ✓ COMBINATIONS |
| ✓ TRANSITIONING FROM TAKE DOWN | * WHAT OTHER SKILLS DO YOU IMAGINE? | |

WORK THROUGH THE PROGRESSION AT YOUR OWN PACE. KEEP YOUR IMAGERY VIVID. USE ALL YOUR SENSES TO MAKE YOUR IMAGERY AS REALISTIC AS POSSIBLE

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DAY 9

IMAGERY FOR RELAXATION

READ THIS LIST OF FEELINGS AND ACTIONS TO YOURSELF AS YOU BREATHE DEEPLY, AND VISUALIZE YOURSELF ON THE MAT DURING A TOURNAMENT. FOR DEEPER RELAXATION, HAVE SOMEONE ELSE READ THE LIST ALOUD TO YOU AS YOU LAY BACK WITH EVERY MUSCLE RELAXED AND EYES CLOSED, CONCENTRATING FULLY ON VISUALIZATION. YOU CAN ALSO MAKE A TAPE OF YOURSELF READING THROUGH THE PHRASES CONFIDENTLY AND SMOOTHLY, PROVIDING TIME BETWEEN EACH ITEM TO VISUALIZE COMPLETELY.

IMAGERY FOR RELAXATION STATEMENTS

- ✓ BEGIN BY VISUALIZING YOURSELF ON THE MAT WITH PROPER STANCE AND BALANCE. YOU FEEL STRONG. YOU FEEL COMFORTABLE. YOU FEEL IN CONTROL. YOUR WEIGHT IS DISTRIBUTED ON BOTH FEET. YOUR FEET ARE IN POSITION.
- ✓ YOUR HEAD IS IN POSITION. YOUR KNEES ARE BENT. YOU ARE LEANING DOWN AND YOUR HIPS ARE LOW IN POSITION. YOUR ELBOWS ARE BENT AND IN READY POSITION. YOUR HANDS ARE READY TO DEFLECT ANY MOVE YOUR OPPONENT MAKES AND ARE READY TO MAKE YOUR OWN MOVES. YOU ARE ALERT. EVERY JOINT IS FLEXED AND READY FOR ACTION, TO BEGIN ACTION AS WELL AS TO REACT. YOUR BALANCED BODY ENABLES YOU TO MOVE QUICKLY FOR OFFENSE AND DEFENSE.
- ✓ YOU MOVE WITH TREMENDOUS SPEED AND EFFICIENCY—FORWARD, BACKWARD, TO THE LEFT, TO THE RIGHT. YOU ARE SMOOTH, GRACEFUL, AND QUICK. IN SLOW MOTION YOU SEE THE EFFICIENCY OF YOUR MOVEMENT. YOU EVADE THE SHOTS COMING TO YOU AND TURN THOSE INTO OPPORTUNITIES. YOU DEFLECT AND COUNTER WITH EASE.
- ✓ NOW YOUR MOVEMENT IS FASTER. YOU ARE DEFENDING AND TAKING SHOTS AT FULL CAPACITY, QUICKER NOW THAN EVER BEFORE. YOU ENJOY DEFENDING AS YOU STAY WITHIN THE WRESTLING ZONE. DEFENDING IS FUN BECAUSE YOU CAN SHUT DOWN YOUR OPPONENT. YOU COUNTER AT WILL. NOW IMAGINE YOUR BEST SHOT IN SLOW MOTION. SEE IT. FEEL IT.
- ✓ OFFENSE IS FUN BECAUSE YOU ARE SUCCESSFUL WITH ANY SHOT YOU TAKE. YOU ENJOY THE CHALLENGE OF THE MATCH. YOU WRESTLE WITH PHYSICAL INTENSITY AND MENTAL ALERTNESS.
- ✓ YOU ARE ALWAYS ANTICIPATING, YOUR BODY IS ALWAYS READY TO RESPOND. YOU ARE ALWAYS READY TO ATTACK OPENINGS BEFORE THEY HAPPEN. YOU ARE ALWAYS READY TO DEFEND WHATEVER YOUR OPPONENT THROWS YOUR WAY. YOU COUNTER, MOVE, COUNTER, MOVE. YOUR STRATEGIES ARE EFFECTIVE. YOU ARE IN CONTROL OF THE MATCH, MOVING, SHOOTING, DOMINATING. YOU ARE UNDER CONTROL, QUICK, STRONG, SMART, ALERT. YOU ARE A GOOD WRESTLER.

TAKE THE TIME TO CONCENTRATE ON WHAT YOU CAN DO AND ON YOUR PARTICULAR TALENTS. RESIST THE URGE TO WORRY ABOUT THINGS YOU PERCEIVE AS WEAKNESSES OR FLAWS. YOUR STRENGTHS CAN OUTWEIGH SHORTCOMINGS IF YOU FOCUS ON WHAT MAKES YOU A SUCCESSFUL WRESTLER.

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DAY 10

TAPPING YOUR STRENGTH RESERVOIR

LIKE PHYSICAL STRENGTH, YOUR INNER STRENGTH MUST BE DEVELOPED. DO THIS BY REFLECTING ON WHAT MAKES YOU A STRONG WRESTLER. RAISE YOUR CONSCIOUSNESS ABOUT YOUR PERSONAL STRENGTHS BY ANSWERING THE FOLLOWING QUESTIONS. WRITE DOWN YOUR ANSWERS.

1) MY BEST SHOT IS...

2) MY BEST COMBINATION IS...

3) MY BEST DEFENSIVE MOVE IS...

4) MY BEST COUNTER IS...

5) MY BEST OVERALL QUALITY AS A WRESTLER IS...

6) I AM IN CONTROL OF...

7) I MADE A GOOD TRAINING DECISION WHEN I...

8) I AM NOT AFRAID TO..

9) I AM STRONG ENOUGH TO...

10) SOMETHING I CONSISTENTLY DO WELL IN MATCHES IS...

11) MY COMPETITORS ARE PROBABLY MOST INTIMIDATED BY MY...

12) SOMETHING THAT I CAN DO NOW THAT I COULDN'T DO LAST YEAR IS...

13) SINCE I FIRST STARTED WRESTLING, I HAVE ACCOMPLISHED...

14) MY GREATEST ACHIEVEMENT AS A WRESTLER IS...



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DAY 11

COPING WITH HIGH-STRESS SITUATIONS

DIFFERENT SITUATIONS CAN PRODUCE HIGH-STRESS FEELINGS. DURING THE TIME LEADING UP TO A MATCH, YOU MIGHT FIND YOURSELF IN A NUMBER OF SITUATIONS AT HIGH RISK FOR PRODUCING STRESS. WHILE YOU CANNOT CONTROL THE SITUATIONS THEMSELVES, YOU CAN CONTROL THE WAY YOU COPE. LISTED BELOW ARE SEVERAL EXAMPLES OF COPING STRATEGIES THAT ARE POSITIVE WAYS TO REDUCE STRESS.

1. Leave the situation
2. Talk to a trusted confidante (friend, teammate, coach) face-to-face, on the phone, or via email
3. Think about the reasons you want to succeed and the benefits that will result from making a consistent effort
4. Focus on remembering a previous successful performance
5. Switch to a different exercise or drill
6. Remember three complements your coach has given you about your abilities
7. Drink some water (or other sports beverage)
8. Make a note in your training log or diary
9. Agree to "trust your training"
10. Forgive yourself, and see the next opportunity as a chance to challenge yourself
11. Focus on recovering from the problematic punch or defensive move
12. Develop a sense of confidence about your next punch or defensive move
13. Use positive imagery
14. Tell yourself "stop!" before the situation feels out of your control, then replace negative thinking with positive thinking
15. Replay in your mind a similar performance in which you executed your plan effectively
16. Take a practice shot in which you correct the problem
17. Take a 10-second relaxation break
18. Breathe some "blue air" (see Match Toolbox in this manual)
19. Take a short jog or brisk walk
20. Adjust your knee pads, stretch, retie your shoes to take a break and refocus
21. Count to seven with your focus words
22. Smile and repeat your #1 goal to yourself
23. Use some positive self-talk phrases
24. Take a slow, deep breath



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LISTED ON THIS PAGE ARE SOME SPECIFIC SITUATIONS THAT OFTEN PRODUCE STRESS FOR WRESTLERS. ALTHOUGH YOU MAY NOT FEEL AFFECTED BY MANY OF THESE SITUATIONS, THERE MAY BE OTHERS THAT CAUSE YOU ANXIETY. YOU CAN ADD THOSE AT THE END. IN ORDER TO CONTROL YOUR REACTION TO THE SITUATION, CHOOSE A COPING RESPONSE THAT IS POSITIVE AND EFFECTIVE. YOU CAN CHOOSE FROM SOME OF THE EXAMPLES LISTED ON THE PREVIOUS PAGE OR LIST YOUR OWN RESPONSE FOR EACH OF THE ITEMS. YOU CONTROL YOUR REACTION, AND A POSITIVE REACTION WILL RESULT IN A POSITIVE OUTCOME.

<i>HIGH RISK SITUATIONS</i>	<i>COPING RESPONSES</i>
1. An important match	_____
2. Wrestling against a well-known opponent	_____
3. Not feeling your best prior to competition	_____
4. Feeling inadequately prepared prior to competition	_____
5. Competing in front of friends and family	_____
6. Competing in front of a large (or televised) audience	_____
7. Another wrestler or coach criticizing your ability	_____
8. You are performing noticeably better than usual	_____
9. You are performing noticeably worse than usual	_____
10. You just made a serious error or mistake	_____
11. Your bouts are late in the bracket and most of your teammates... ...have lost their matches	_____
...have won their matches	_____
12. Your coach has just criticized you	_____
13. Your opponent seems bigger, stronger, younger/older than you	_____
14. The mat or set up is not to your liking	_____
15. You cannot locate your gear	_____
16. Your opponent tries to intimidate you with chatter, fancy moves, or looks	_____
17. You have an "off" practice before the event	_____
18. You have to wait around for your match begins	_____
19. Someone tells you something impressive about your opponent	_____
20. You're one of the first matches	_____
21. You feel you got a bad draw	_____
22. You get cautioned or warned for something you didn't do	_____
23. Your opponent looks especially mean or tough	_____

14 DAYS OF FOCUS

DAY 12 TRUST YOUR TRAINING

CONSIDER WHAT GOT YOU HERE AND THE COMMITMENTS YOU HAVE MADE TO GET READY FOR THIS EVENT. READ EACH QUESTION BELOW AND RATE ON A 5 POINT SCALE WITH 1 BEING "DOES NOT APPLY AT ALL TO ME" AND 5 BEING "VERY MUCH APPLIES TO ME." THERE ARE NO TRICK QUESTIONS AND THE QUESTIONS SHOULD BE TAKEN AT FACE VALUE. BE HONEST WITH YOURSELF.

1-----2-----3-----4-----5

DOES NOT APPLY AT ALL

MODERATELY APPLIES

VERY MUCH APPLIES

1. I HAVE INTENTIONALLY PREPARED FOR THIS EVENT. _____
2. I HAVE WORKED HARD IN PRACTICE AND PUSHED MYSELF PHYSICALLY. _____
3. I HAVE TAKEN STEPS TO PREPARE MYSELF MENTALLY. _____
4. I HAVE MADE TRAINING A PRIORITY IN MY LIFE. _____
5. I HAVE PRACTICED COMMON COMPETITION SITUATIONS AND SCENARIOS. _____
6. I HAVE SURROUNDED MYSELF WITH PEOPLE WHO LOOK OUT FOR ME. _____
7. I HAVE KEPT MY COMMITMENT TO IMPROVING MY SKILLS AND FITNESS. _____
8. MY COACH KNOWS THE SPORT AND HAS MY BEST INTERESTS IN MIND. _____
9. MY COACH LISTENS TO ME AND WE COLLABORATE IN REGARD TO MY TRAINING. _____
10. I HAVE BECOME A BETTER WRESTLER OVER THE PAST YEAR. _____
11. I KNOW THE RULES AND REGULATIONS AND HOW TO USE THEM TO MY ADVANTAGE. _____

LIST SOME NEW THINGS YOU HAVE LEARNED THIS YEAR

LIST SOME SPECIFIC THINGS YOU HAVE IMPROVED ON THIS YEAR



14 DAYS OF FOCUS

DAY 13 BEFORE THE MATCH, A NOTE TO SELF

Find a still, quiet place. In this exercise you will imagine the time leading up to your match. Use the words on this page as a guide and feel free to drift into our own focused imagery.

- ✓ You are in your room and you'll be leaving soon for the venue. You pack up your bag, check over your checklist to make sure you have everything. As you leave the room with your gear, you say to yourself "I have prepared for this moment. I am ready and I am in control."
- ✓ You get to the meeting place a few minutes early. As you see people you acknowledge them with a smile, a nod, or by speaking. With your teammates you travel to the venue. When you walk into the venue, you look around, smell, and hear all around you. As you take a deep breath you say to yourself "I have prepared for this moment. I am ready and I am in control."
- ✓ You unpack your bag, change your clothes, check in with your coach, situate your belongings with your teammates. You find a suitable spot for warming up. Your coach is nearby, ready to answer questions, talk over strategy, or just shoot the breeze. You now have on your singlet, shoes, any other gear, and you say to yourself "I have prepared for this moment. I am ready and I am in control."
- ✓ You begin to warm up. You go through your exercises with confidence that you are making yourself ready to do anything necessary on the mat. You break a sweat. You feel your muscles warming. As you move around you feel alert and relaxed. You go over your positive self-talk, think about your key words, and remember the complements your coach has paid you recently. You say to yourself "I have prepared for this moment. I am ready and I am in control."
- ✓ You get ready and begin taking some practice movements or shots. These are the familiar shots that you've been working on and your coach reiterates your strategy. You speak to your coach with confidence. As you finish and wait for your turn on the mat, you say to yourself "I have prepared for this moment. I am ready and I am in control."
- ✓ You make your way to the mat. You are singularly focused on the task at hand. You walk onto the mat and move around before settling into your position. You are called to the center and the referee does the inspection. You face your opponent. Your coach gives you words of encouragement to get busy and stay busy in the match. As you wait for the first round to begin, you are like a cat ready to pounce. You are completely focused and you say to yourself "I have prepared for this moment. I am ready and I am in control."

You have prepared yourself to do well in this match. You have prepared to be successful. You have prepared to win. You know what to do on the mat. You know how to take advantage of your opponent's mistakes. You know you are fit enough to press the action in any way you desire. You control the pace, the space, and you are able to take the pressure off you are focused on taking shots; there will be no question in the end. You wrestle to win. You have prepared for this moment. You are ready. You are in control.

14 DAYS OF FOCUS

DAY 14 SETTING THE STAGE FOR SUCCESS

WRITE DOWN SOME OF THE SPECIFICS FOR THE TOURNAMENT.

WRITE DOWN SOME OF THE SPECIFICS FOR THE COMPETITION:

✓ HOW MANY DAYS OF WRESTLING ARE SCHEDULED?

✓ HOW MANY MATCHES ARE SCHEDULED?

✓ WHAT TIMES ARE MATCHES SCHEDULED?

✓ HOW MANY WRESTLERS ARE IN YOUR WEIGHT CLASS?

✓ WILL YOU WRESTLE STRAIGHT THROUGH OR HAVE BYES?

✓ HOW MANY MATS WILL BE IN USE EACH SESSION?

✓ HOW MANY OFFICIALS WILL BE THERE?

✓ WHAT WILL THE REFEREE WEAR?

✓ HOW BIG IS THE VENUE?

✓ WHO WILL BE COACHING YOU?

✓ WHO WILL BE IN THE STANDS CHEERING FOR YOU?

NOW THINK ABOUT THE THINGS THAT YOU HAVE DONE TO SET THE STAGE FOR YOUR SUCCESSFUL PARTICIPATION AT THIS EVENT. LIST FOUR SPECIFIC THINGS YOU HAVE PRACTICED WITH YOUR TEAMMATES AND/OR COACH THAT YOU EXPECT YOU WILL ENCOUNTER.

1)

2)

3)

4)

NOW CONSIDER THE PERSONAL COMMITMENTS YOU HAVE MADE TO GET READY FOR THIS EVENT. LIST SPECIFIC THINGS YOU HAVE DONE THAT SET THE STAGE FOR SUCCESS.

1)

2)

3)

4)

OTHER PEOPLE HAVE HELPED YOU SET A SUCCESSFUL STAGE. LIST THE NAMES OF COACHES, TEAMMATES, SUPPORTERS, SPONSORS, FRIENDS, FAMILY, OR ANYONE ELSE YOU CAN THINK OF. THESE PEOPLE ARE "IN YOUR CORNER" AND ARE PROUD OF THE COMMITMENTS YOU HAVE MADE IN PREPARING FOR THIS EVENT.

14 DAYS OF FOCUS

MATCH TOOLBOX

STRATEGY 1: GAME PLAN FOR DEFEATING YOUR OPPONENT BEFORE YOU MEET HIM/HER ON THE MAT

This exercise will help you develop a game plan for defeating a specific opponent. You can gain a psychological advantage over your opponent if you mentally prepare to defeat him or her. You do this in two ways: (1) prepare your personal strategy and go into the match in a confident frame of mind, and (2) prepare a specific strategy for defeating specific opponents. With this preparation, you reduce the amount of stress you feel leading up to the match, and you further increase the likelihood of your success.

Step 1: Identify Who Your Opponent Is

Name of your opponent _____

What do you perceive as his/her strengths on the mat? _____

What do you identify as his/her weaknesses? _____

Given his/her strengths, what strategies do you need to employ to minimize their impact? _____

Given his/her weaknesses, what strategies do you need to employ to capitalize on his/her vulnerabilities? _____

Step 2: Imagery Leads To Mastery

Visualize yourself on the mat facing this particular opponent. Watch yourself executing your strategy (the items you listed above) perfectly. Use all your senses to "feel" what it will be like to compete successfully against him/her. In a quiet setting, see yourself wrestling a complete match with him/her. Feel yourself execute your entire strategy, employing all your techniques with perfection. You feel relaxed during the match and satisfied afterwards.

Step 3: Go In With Confidence

You can now go onto the mat with information about your opponent that he/she doesn't have about you. Further, by identifying his/her strengths and weaknesses, and imagining success against him/her, you have prepared to meet him/her and have done the mental and physical work necessary to do so. You go into this match with the upper hand.

14 DAYS OF FOCUS

MATCH TOOLBOX STRATEGY 2: TEN SECOND RELAXATION BREAK

STEP 1: SMILE AS YOU SAY TO YOURSELF...

"MY BODY DOESN'T NEED THIS _____."
(IRRITATION/STRESS/DISTRACTION)

STEP 2: TAKE A SLOW, DEEP BELLY BREATH...

... COUNT TO FOUR SLOWLY ON THE INHALE AND ON THE EXHALE.

STEP 3: TAKE A SECOND BELLY BREATH...

... CLOSE YOUR EYES AT THE TOP OF THE INHALATION.

... AS YOU EXHALE...IMAGINE (VISUALIZE AND FEEL) SOMETHING WARM

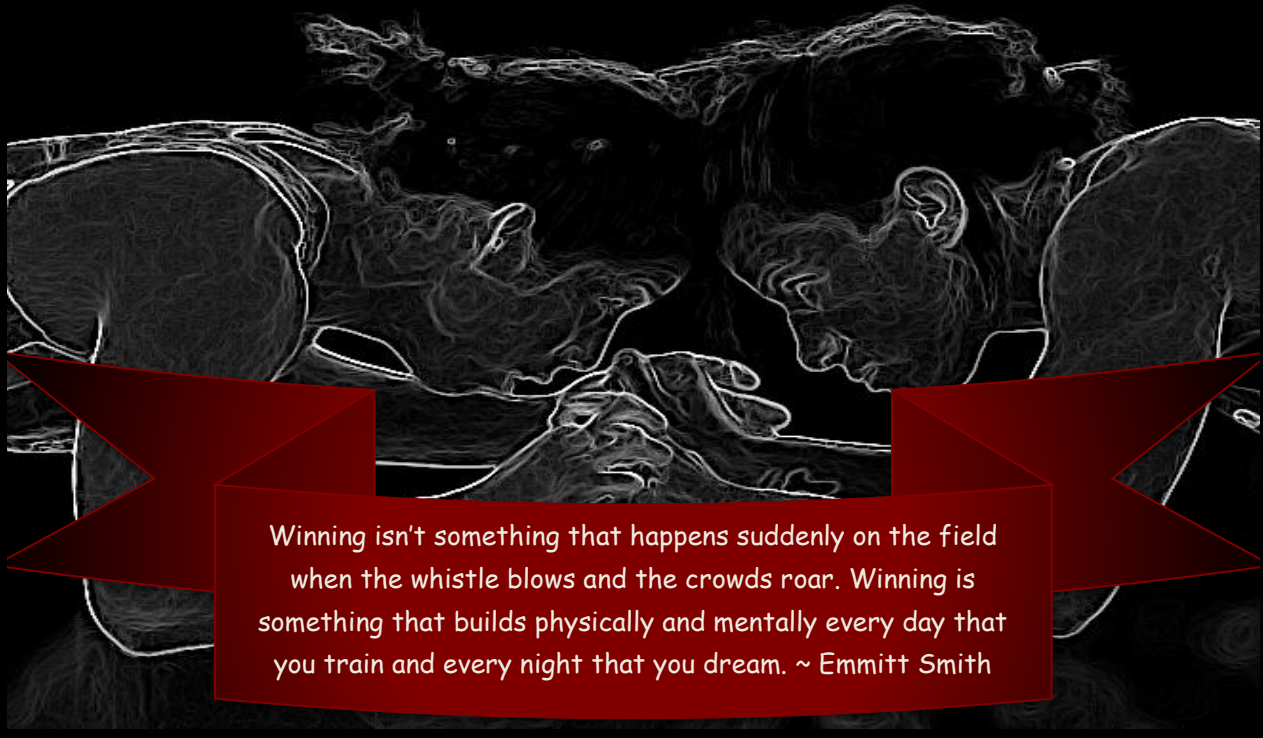
... ENTERING YOUR BODY AT YOUR HEAD

... AND FLOWING DOWN INTO YOUR HANDS AND FEET.

... HEAVINESS AND WARMTH ARE FLOWING IN.

... THINK TO YOURSELF "I AM CALM."

STEP 4: OPEN YOUR EYES.



Winning isn't something that happens suddenly on the field when the whistle blows and the crowds roar. Winning is something that builds physically and mentally every day that you train and every night that you dream. ~ Emmitt Smith

14 DAYS OF FOCUS

MATCH TOOLBOX

STRATEGY 3: 20 MINUTES BEFORE LEAVING FOR THE VENUE

ABOUT 20 MINUTES BEFORE YOU DEPART FOR THE VENUE GO OVER THIS WORKSHEET AND REMINDER LIST TO CENTER YOUR MIND AND PREPARE FOR COMPETITION.

- | | | |
|-------------------|--------------------------------|------------------------------|
| ✓ SINGLET | ✓ SOCKS | ✓ SNACKS/MONEY |
| ✓ WRESTLING SHOES | ✓ CONTACT LENSES & SOLUTION | ✓ CREDENTIALS/IDENTIFICATION |
| ✓ TOWEL | ✓ WATER | ✓ MEDICATIONS |
| ✓ GUM | ✓ CLEAN CLOTHES FOR AFTERWARDS | ✓ MP3 PLAYER AND HEADPHONES |
| ✓ COMPETITION BRA | ✓ HEAD GEAR | ✓ KEYS |
| ✓ WARM-UP CLOTHES | ✓ MP3 PLAYER AND HEADPHONES | ✓ CLOTHES FOR AFTERWARDS |

VISUALIZE SUCCESS. IMAGINE A SUCCESSFUL MATCH. WHAT DO YOU SEE? HOW DOES YOUR BODY FEEL WHEN YOU'RE SUCCESSFUL? NOW IMAGINE HAVING THOSE SAME FEELINGS IN YOUR MATCH TODAY. IMAGINE THAT YOU ARE SUCCESSFUL. IMAGINE WRESTLING YOUR BEST EVER.

SET IT IN. REPEAT THE FOLLOWING PHRASES OUT LOUD - AS QUIETLY OR AS LOUDLY AS YOU LIKE. I AM STRONG. I AM PRECISE. I AM SMART. I DOMINATE. I AM COURAGEOUS. I HAVE QUICK ACTIONS. I HAVE GOOD AIR SENSE. I AM RELAXED. I AM ALERT. I AM PREPARED.

REFOCUS. NOW TAKE 7 SLOW, DEEP BREATHES AS YOU FOCUS ON 7 POWER WORDS. IF POSSIBLE, CLOSE YOUR EYES AS YOU DO THIS EXERCISE. AS YOU EXHALE EACH BREATH, THINK ABOUT ONE OF THE FOLLOWING SEVEN WORDS IN THE ORDER SPECIFIED BELOW.

- (1) **STRONG** (2) **PRECISE** (3) **RELAXED** (4) **IN CONTROL**
(5) **ALERT** (6) **ENERGY** (7) **SUCCESS**

CONTROL THE SITUATION. WITH YOUR BAG PACKED AND YOUR MIND FOCUSED DO SOME LIGHT MOVEMENTS, SUCH AS DRILLING. GO OVER FULL ROTATION OF JOINTS (NECK, FINGERS, WRISTS, ELBOWS, SHOULDERS, HIPS, KNEES, AND ANKLES). YOU ARE NOW MENTALLY PREPARED FOR YOUR COMPETITION. MEET YOUR GROUP OR YOUR RIDE FIVE MINUTES BEFORE THE SCHEDULED DEPARTURE TIME SO THAT YOU ARE NOT RUSHED IN CASE THE PLAN CHANGES. WHEN YOU SEE YOUR COACH, TEAMMATES, HOTEL STAFF, OR PEOPLE FROM OTHER TEAMS, SAY HELLO. THE ACTION OF SPEAKING TO OTHERS WILL RELAX YOU AND PUT YOU IN CONTROL OF THE SITUATION.

14 DAYS OF FOCUS

MATCH TOOLBOX

STRATEGY 4: STAYING FOCUSED ON REST DAYS

NOTE: USE THIS EXERCISE IF YOU HAVE ALREADY COMPETED BUT HAVE A REST DAY IN THE MIDDLE OF COMPETITION.

WITH A DAY OF REST IN THE MIDDLE OF COMPETITION, YOU HAVE THE OPPORTUNITY TO HEAL YOUR BODY AND MIND AND REFOCUS MENTALLY ON THE TASK AHEAD. VIEW THIS SITUATION AS A POSITIVE OPPORTUNITY. USED CORRECTLY, A REST DAY CAN GIVE YOU AN EDGE AGAINST YOUR COMPETITION.

STEP 1: TAKE CARE OF PHYSICAL NEEDS

IT IS VITAL THAT YOU CARE FOR YOUR BODY SO THAT YOU CAN CONTINUE THROUGH THE COMPETITION. BE SURE TO REHABILITATE ANY INJURIES ACCORDING TO YOUR COACH'S AND TRAINER'S INSTRUCTIONS. TAKE CARE TO STRETCH IN THE MORNING AND EVENING OF YOUR REST DAY, TO PREVENT TIGHTENING OF YOUR MUSCLES. YOU MAY WANT TO DO SOME TYPE OF PHYSICAL ACTIVITY AS INSTRUCTED BY YOUR COACH. FINALLY, MAKE SMART CHOICES ABOUT FOOD TODAY.

Rehabilitation
Instructions for Today...

STEP 2: MENTAL RECOVERY

HAVING ALREADY COMPETED, YOU ARE LIKELY FEELING SOME EFFECTS FROM THE INTENSE EMOTION THAT COMPETITION SOMETIMES BRINGS OUT. REFLECT ON THE FACT THAT THE HARDEST PART OF THE COMPETITION IS BEHIND YOU - GETTING STARTED. THE STIFFNESS IS GONE. ANY SLOW START THAT YOU MAY HAVE FELT IS NOW BEHIND YOU. YOU HAVE LEFT ALL LESS-THAN-PERFECT MATCHES BEHIND YOU, AND NOW YOU CAN PROGRESS INTO YOUR NEXT MATCH WITH CONFIDENCE.



14 DAYS OF FOCUS

STEP 3: RELAX

REST DAY IS FINE, AS LONG AS IT DOES NOT PRODUCE ANXIETY FOR YOU. LIST SOME THINGS THAT MIGHT HELP YOU RELAX MENTALLY AND/OR PHYSICALLY, THAT YOU CAN DO WHEN YOU HAVE FREE TIME TODAY.

ON THIS REST DAY, BE SURE TO DO SOMETHING RELAXING. FOLLOW YOUR COACH'S INSTRUCTIONS FOR MORNING OR AFTERNOON EXERCISE/RECOVERY, BEING SURE TO STAY RELAXED AND ALERT DURING THE WORK OUT. PHYSICALLY, YOU MIGHT RELAX TODAY BY TAKING A NAP, A BATH, A JOG, OR WALK, OR YOU MIGHT OPT TO LIE DOWN AND BE QUIET IN THE MIDDLE OF THE DAY. MENTALLY, YOU MIGHT RELAX BY WATCHING TELEVISION, PLAYING GAMES (CARDS, CHECKERS, CHESS, VIDEO GAMES) WITH SOMEONE, OR LISTENING TO MUSIC. WATCHING OTHERS COMPETE.

Relaxing Things To Do Today...

STEP 4: REFOCUS

PERSONAL STRATEGIES AND STRATEGIES FOR TOMORROW'S OPPONENT. TECHNIQUES AS WELL AS WHAT YOU EXPECT DURING THE MATCH. USING THE BLANKS BELOW, CREATE A FEW WORDS OR PHRASES ON WHICH TO REFOCUS YOUR MENTAL IMAGERY.

PERSONAL (GENERAL) STRATEGIES:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

SPECIFIC STRATEGIES TO USE AGAINST TOMORROW'S OPPONENT:

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____



14 DAYS OF FOCUS

MATCH TOOLBOX

STRATEGY 5: BREATHE BLUE AIR TO FACILITATE RELAXATION WHEN STRESSED

- ✓ **VISUALIZE** THAT THE AIR YOU ARE BREATHING IN AND OUT HAS A COLOR. IF YOU ARE HIGHLY STRESSED, UPTIGHT, OR NOT FEELING WELL, THE AIR YOU EXHALE WILL BE RED. BREATHE DEEPLY. CLOSE YOUR EYES AND IMAGINE THAT THE AIR YOU EXHALE IS A DEEP RED. IT IS RICH IN COLOR.
- ✓ **NOW FEEL THE MUSCLES** IN YOUR BODY BEGIN TO RELAX. AND CONTINUE TO BREATHE DEEPLY. ALLOW YOURSELF TO LET GO OF STRESSFUL FEELINGS. AS YOU BREATHE DEEPLY, IMAGINE THAT THE AIR YOU TAKE IN IS A DARK RICH BLUE COLOR. THE AIR YOU BREATHE IN IS BLUE, AND THE AIR YOU EXHALE IS RED.
- ✓ **THE RED COLOR** IS SUCH BECAUSE YOU ARE RIDDING YOUR BODY OF THE STRESS WITH EACH BREATH. SEE THE BLUE AIR IN FRONT OF YOUR MOUTH, READY TO BE TAKEN INTO YOUR LUNGS. ONCE INSIDE, THE BLUE AIR TURNS RED AS THE AIR MOVES THE STRESS OUT OF YOUR BODY.
- ✓ WITH EACH SLOW, DEEP BREATH, THE AIR YOU EXHALE BEGINS TO LIGHTEN IN COLOR. NOW IT IS A LIGHT RED. AS MORE AND MORE STRESSORS LEAVE YOUR BODY, THE AIR BECOMES LIGHTER STILL...NOW IT IS PINK. THE DARK BLUE AIR YOU BREATHE IN NOW BARELY HAS A COLOR AT ALL. CONTINUE TO BREATHE DEEPLY, LETTING GO OF TENSION AND STRESS. LET EACH BREATH CARRY AWAY THE NEGATIVE. BREATHE IN THE POSITIVE, BLUE AIR. YOU ARE RELAXING NOW. THE TENSION IS ALMOST GONE, AND YOU ARE FEELING MORE AND MORE RELAXED.
- ✓ **BREATHE** THE BLUE AIR IN, AND CONTINUE TO IMAGINE THE AIR YOU EXHALE AS ALMOST COLORLESS. AS YOU CONTINUE TO RELAX, IMAGINE THAT THE AIR YOU EXHALE BEGINS TO TURN LIGHT BLUE.
- ✓ **YOU ARE MORE** AND MORE RELAXED NOW. BREATHE BLUE AIR, AND FEEL THE COOL BLUE AIR CIRCULATING THROUGH YOUR LUNGS. WITH NO MORE STRESS AND TENSION TO PICK UP, IT STAYS BLUE. SLOW, DEEP BREATHS CONTINUE TO RELAX YOUR BODY.
- ✓ **INHALE BLUE AIR**, AND EXHALE BLUE AIR. BREATHE BLUE AIR. TAKE IT IN, HOLD IT, AND EXHALE SLOWLY. THE AIR IS BLUE AND COOL. IT RELAXES YOU, COMFORTS YOU, AND MAKES YOU FEEL CONFIDENT
- ✓ **BREATHE BLUE AIR ...**

