

**My Pregame Basketball Routine**  
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Phase	Strategy	Your Mental Game Tasks
<b>Travelling to the Game</b>	<b>Expel pressure-packed expectations</b>	<ul style="list-style-type: none"> <li>☑ Identify your expectations about competition two to three hours prior to the game</li> <li>☑ Replace your expectations with process goals for upcoming competition</li> </ul>
<b>Getting dressed in the locker room</b>	<b>Calm your inner chatter</b>	<ul style="list-style-type: none"> <li>☑ Recognize when you are engaging in inner chatter quickly</li> <li>☑ Refocus your mind on the pregame warm up</li> </ul>
<b>Coach pep talk</b>	<b>Take control of your confidence</b>	<ul style="list-style-type: none"> <li>☑ Review your confidence resume one hour prior to competition</li> <li>☑ Shoot down any last minute doubts you may have about the game</li> </ul>
<b>Locker room</b>	<b>Rehearse your performance</b>	<ul style="list-style-type: none"> <li>☑ Use mental imagery to review your game plan or strategy for the day.</li> <li>☑ Use mental imagery to rehearse the situations you will see in the game</li> </ul>
<b>Stretching/ warming up</b>	<b>Focus on the process</b>	<ul style="list-style-type: none"> <li>☑ Keep your mind on preparation during your warm up</li> <li>☑ Know what cues to stay focused on during the game</li> <li>☑ Set one or two process goals for today's competition</li> </ul>
<b>Pregame Warm-up</b>	<b>Prepare your mind to win ugly</b>	<ul style="list-style-type: none"> <li>☑ Forget about proper technique during the warm up</li> <li>☑ Do not assess the quality of your warm up</li> <li>☑ Remind yourself to perform with a functional mindset – win ugly</li> </ul>
<b>On the bench before tip off</b>	<b>Embrace the pregame butterflies</b>	<ul style="list-style-type: none"> <li>☑ Interpret excitement as a sign you are ready to compete</li> <li>☑ Embrace the pregame butterflies as helpful to your performance</li> <li>☑ Use the added intensity to help you focus better</li> </ul>