

My Pre-game Volleyball Routine

Phase	Strategy	Your Mental Game Tasks	Sports-Specific Tasks
At the hotel: Evening Before	Be organized and prep for success	<input checked="" type="checkbox"/> Replace your expectations with process goals for upcoming match	<input checked="" type="checkbox"/> Pack bag and check all gear <input checked="" type="checkbox"/> Check music and play list. Make sure iPod charged
At the hotel: Morning of competition	Expel pressure- packed expectations	<input checked="" type="checkbox"/> Review process goals such as staying in the present and letting go of errors. <input checked="" type="checkbox"/> These goals should be manageable and based on current performance.	<input checked="" type="checkbox"/> Prepare water and nutrition for the day <input checked="" type="checkbox"/> Eat nutritious breakfast; include complex carbs
Check in	Calm your inner chatter	<input checked="" type="checkbox"/> Listen to music while stretching <input checked="" type="checkbox"/> Start to focus mind. Visualize yourself performing at your best	<input checked="" type="checkbox"/> Get towel, additional water <input checked="" type="checkbox"/> Check in to determine when you are scheduled to play <input checked="" type="checkbox"/> Get court assignment <input checked="" type="checkbox"/> Review your strategy for the match today
Before the game	Take control of your confidence	<input checked="" type="checkbox"/> Recognize when you are engaging in inner chatter quickly <input checked="" type="checkbox"/> Refocus your mind on the pre-game warm up	<input checked="" type="checkbox"/> Talk to team about strategy if needed <input checked="" type="checkbox"/> Put on music for pre-game warm-up
Before the game	Rehearse your performance	<input checked="" type="checkbox"/> Use mental imagery to review your game plan or strategy for the day. <input checked="" type="checkbox"/> Use mental imagery to rehearse the situations you will see in the match	<input checked="" type="checkbox"/> FEEL the shot. <input checked="" type="checkbox"/> Replicate that feeling of hitting, serving, digging, passing, blocking and setting that bring to the best shots you can deliver
Walking to the main court	Focus on the process	<input checked="" type="checkbox"/> Keep your mind on preparation during your warm up <input checked="" type="checkbox"/> Know what cues to stay focused on during the game	<input checked="" type="checkbox"/> Set process goals <input checked="" type="checkbox"/> Take a few deep breaths to relax
On court warm-up	Prepare your mind to win ugly	<input checked="" type="checkbox"/> Be confident and trust your abilities <input checked="" type="checkbox"/> Shoot down any last minute doubts you may have about the event <input checked="" type="checkbox"/> Forget about proper technique during the warm up <input checked="" type="checkbox"/> Do not assess the quality of your warm up <input checked="" type="checkbox"/> Remind yourself to perform with a functional mindset – win ugly	<input checked="" type="checkbox"/> Go through warm-up routine <input checked="" type="checkbox"/> Finish warm-up on key elements of strategy <input checked="" type="checkbox"/> Stay loose <input checked="" type="checkbox"/> Don't make any judgements about your warm up
Start of the match	Embrace the pregame butterflies	<input checked="" type="checkbox"/> Interpret excitement as a sign you are ready to compete <input checked="" type="checkbox"/> Embrace the pre-game butterflies as helpful to your performance <input checked="" type="checkbox"/> Use the added intensity to help you focus better	<input checked="" type="checkbox"/> Feel the ball and know you know own the court <input checked="" type="checkbox"/> Show no fear. <input checked="" type="checkbox"/> Be aggressive. <input checked="" type="checkbox"/> Play in the moment <input checked="" type="checkbox"/> Communicate