PRE-PRACTICE FOCUS ROUTINE

Great performances don’t start on game day—they start in practice. Having a simple focus ritual before training helps you show up mentally ready to get better every day.

🔥 Why a Focus Ritual Routine

- Helps you shift from "off" mode to "locked in" mode
- Sets a clear intention for improvement
- Builds consistency so your brain knows it’s time to work
- Makes every rep count, leading to bigger gains over time

🎯 Your 3-Minute Pre-Practice Focus Ritual

1️⃣ Reset Your Mind (1 Min)

- Take 3 deep breaths to clear distractions.
- Let go of stress from school, life, or anything else.
- Think: What’s my goal today? (e.g., "Stay aggressive," "Perfect my technique," "Lead by example.")

2️⃣ Set Your Body (1 Min)

- Do a short movement routine—high knees, quick jumps, or arm circles—to wake up your body.
- Feel your energy rising and your body getting ready to move.

3️⃣ Lock In with a Cue (1 Min)

- Use a power phrase: Time to work. Let’s get better today.
- Visualize yourself practicing with intensity and focus.
- Step onto the field/court with full commitment.

🚀 Quick Hack for Busy Days

If you’re short on time, just do this: Take one deep breath, set a goal, say your power phrase.

🏆 **Bottom Line:** How you start practice determines how you perform. A strong pre-practice ritual = better focus, better reps, and better results!