DEVELOPING A CONSISTENT MENTAL WARM-UP

Just like your body needs a warm-up to perform at its best, your mind does too. A solid mental warm-up gets you focused, confident, and ready to compete. The more consistent you are, the easier it is to lock in when it matters most.

🔥 Why a Mental Warm-Up Matters

✅ Shifts your brain from “off” to “game mode”
✅ Increases confidence and focus
✅ Helps you stay calm under pressure
✅ Prepares you to handle setbacks and stay in the moment

🎯 The 3-Step Mental Warm-Up

1️⃣ Clear Your Mind (1-2 Min)

- Take 3-5 deep breaths (inhale for 4 seconds, exhale for 6).
- Let go of distractions—school, social media, nerves.
- Tell yourself: Right now, my only job is to compete.

2️⃣ Visualize Success (2-3 Min)

- Picture yourself executing with confidence.
- Imagine making sharp movements, strong plays, and responding well to challenges.
- See, feel, and hear the game in your mind—make it real.

3️⃣ Lock In with a Power Cue (1 Min)

- Use a power phrase: Let’s go. I’m ready. Stay sharp.
- Move with purpose—light footwork, quick jumps, or a clap to activate energy.
- Step onto the field/court with confidence and full focus.

🚀 Quick Mental Warm-Up Hack

Short on time? Try this 30-second reset:
🔹 Take one deep breath
🔹 Set one clear focus (e.g., “Stay aggressive”)
🔹 Say one power phrase (I got this!)

🏆 **Bottom Line:** A strong mind is just as important as a strong body. Make your mental warm-up a habit, and you’ll be game-ready every time!

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