ATTENTION CONTROL STRATEGIES

In sports, your ability to control your attention can be the difference between a clutch performance and a costly mistake. Distractions, pressure, and mental fatigue can pull your focus away—but with the right strategies, you can train your mind to stay locked in.

🔥 **Why Attention Control Matters**

✅ Helps you stay present instead of dwelling on mistakes
✅ Keeps you calm under pressure in high-stakes moments
✅ Improves decision-making and reaction time
✅ Blocks out distractions—crowd noise, opponents, or negative thoughts

🏆 **3 Types of Attention & How to Use Them**

1️⃣ **Broad External (Scanning the Field/Court)**
🔹 Used when: Reading the game, reacting to plays, or anticipating movement
🔹 Tip: Train your awareness—practice scanning the field quickly without losing focus on key players or actions

2️⃣ **Narrow External (Locking in on One Task)**
🔹 Used when: Taking a shot, serving, passing, or executing a precise skill
🔹 Tip: Before executing, take a breath and focus on one cue (e.g., "smooth follow-through" or "quick first step")

3️⃣ **Internal Focus (Mental Reset & Self-Talk)**
🔹 Used when: Managing emotions, bouncing back from mistakes, or setting up for the next play
🔹 Tip: If your mind drifts, use a mental reset phrase like "Next play" or "Stay here."

⚡ **Elite Attention Control Strategies**

✅ The 3-Second Reset
- If you get distracted, pause, take a deep breath, and refocus on the present moment.

✅ Use a Visual Anchor
- Pick a spot (ball, opponent's feet, a target) and lock your eyes on it to sharpen focus.

✅ Focus on Actionable Cues
- Instead of thinking "Don't mess up," shift to "Quick hands" or "Explode on the first step."

✅ Control Your Inner Voice
- Positive self-talk keeps you in control. Say "I am locked in" or "I trust my skills."

✅ Block Out Distractions
- Crowd noise? Trash talk? Social media buzz? Tune it out by locking into your routine and what's in your control.

🚀 **Quick Focus Tip**
If your mind starts to wander, take one deep breath, repeat a focus phrase, and shift back to the task at hand.

🏆 **Bottom Line:** The best athletes don't just react—they control their attention with purpose. Train your focus daily, and you'll perform at your best when it counts.

ATHLETES
SOL PERFORMANCE