ELIMINATING DISTRACTIONS ON GAME DAY

Game day energy is different—crowds, nerves, social media, even your own thoughts can pull you off track. The key to peak performance? Blocking out the noise and staying locked in.

🎯 Why Distractions Hurt Performance

- Split focus = slower reactions and mistakes
- Overthinking leads to hesitation and doubt
- Wasted energy on things you can't control
- Makes it harder to get in the zone and stay there

🔑 How to Block Out the Noise

1️⃣ Set Your Mental Boundaries

- Decide before game day what deserves your energy.
- Example: "I'm here to compete. Everything else can wait."

2️⃣ Control Your Environment

- Limit social media or texts before the game—don't let outside opinions get in your head.
- Use headphones with a go-to playlist to create your own world.

3️⃣ Focus on What You Can Control

- You can't control the crowd, refs, or opponent.
- You can control your mindset, effort, and attitude.
- Repeat: What's my job right now?

4️⃣ Use a Reset Cue

If distractions creep in, do a quick mental reset:

- ✅ Take a deep breath
- ✅ Find a focal point (ball, court, logo on your uniform)
- ✅ Repeat a power phrase (Stay sharp. Next play. I'm built for this.)

5️⃣ Stay Present, Play Free

- Thinking about mistakes or the future pulls you out of the moment.
- Stay where your feet are—focus on this play, this moment.

🚀 Quick Distraction Hack

If your mind starts wandering, do a 5-second focus check:

- See something specific (the ball, your opponent, the scoreboard).
- Feel your body (feet on the ground, hands gripping the ball).
- Breathe deeply and get back in the zone.

🏆 **Bottom Line:** The best athletes aren't the ones without distractions—they're the ones who know how to shut them out. Control your focus, and your game will follow.