LOCK IN: HOW TO FOCUS UNDER PRESSURE

Big moments can make or break a performance. The crowd is loud, the stakes are high, and your heart is racing. The key? Learning how to stay locked in when it matters most.

🎯 Why Pressure Messes with Focus

- Overthinking leads to hesitation
- Worrying about mistakes makes them more likely
- External distractions (crowd, coaches, opponents) pull you off track
- Your body tenses up, making movement feel unnatural

🔑 How to Stay Locked In

1️⃣ Control Your Breathing

- When pressure builds, your breath gets shallow.
- Try the 4-2-6 method: Inhale for 4 seconds, hold for 2, exhale for 6 seconds.
- This calms your nervous system and keeps you in the moment.

2️⃣ Simplify Your Focus

- Instead of thinking about everything, pick one key focus (e.g., "quick first step," "stay balanced," "strong follow-through").
- The brain performs best when it's locked on one thing.

3️⃣ Use a Reset Cue

Find a small action that signals it's go time:

- ✅ A deep breath
- ✅ Wiping your hands on your uniform
- ✅ Repeating a power phrase (Next play. Stay sharp. Let's go.)

4️⃣ Trust Your Training

- When the pressure hits, you don't need to reinvent your game—just rely on what you've trained.
- Remind yourself: I've done this before. I know what to do.

5️⃣ Stay Present, Not Perfect

- Trying to be perfect = more mistakes.
- Shift your mindset from I have to be flawless to I just need to play my game.

🚀 Game-Time Pressure Hack

🔹 If you feel overwhelmed, do a 5-second focus shift:

- Look at one thing in your environment (e.g., the ball, the court, the scoreboard).
- Listen for one sound that grounds you (e.g., your breath, the squeak of shoes).
- Say one thing to yourself (I'm ready. Let's go.).

🏆 **Bottom Line:** Pressure is part of the game, but it doesn't have to control you. Train your focus, trust your skills, and step up with confidence!

ELEVATE • YOUR • GAME

ATHLETES

SOL PERFORMANCE