TEN-MINUTE FOCUS EXERCISES

You don't need hours of training to sharpen your focus—just 10 minutes of intentional mental work can make a huge difference. These exercises train your mind to stay locked in, block out distractions, and perform under pressure.

🔥 **Why Focus Training Matters**

✅ Helps you concentrate during key moments
✅ Improves reaction time and decision-making
✅ Trains your brain to stay present and block out distractions
✅ Builds mental endurance for long games and tough situations

⏳ **10-Minute Focus Training Routine**

1️⃣ **Minute 1-2: Controlled Breathing (Reset & Lock In)**
- Try 4-2-6 breathing (inhale 4 sec, hold 2 sec, exhale 6 sec).
- Focus only on your breath—let go of distractions.

2️⃣ **Minute 3-4: Visualization Drill (See Success Before It Happens)**
- Close your eyes and mentally rehearse game-like scenarios.
- Example: Picture yourself making a perfect pass, shot, or reaction.
- Engage all senses: What do you see? Hear? Feel?

3️⃣ **Minute 5-6: Distraction Control (Train Your Brain to Refocus)**
- Sit still and listen to background noises (crowd, music, etc.).
- When a noise distracts you, take a deep breath and return your focus to one thing (your breath, a word, or a mental image).
- This helps you stay locked in during real-game distractions.

4️⃣ **Minute 7-8: Eye Tracking Exercise (Sharpen Your Focus Under Pressure)**
- Take a small object (ball, target, or even your finger).
- Move it side to side, up and down—track it only with your eyes.
- This trains visual focus, essential for fast plays and reactions.

5️⃣ **Minute 9-10: Focused Repetition (Zone In on One Action)**
- Choose a specific skill (e.g., dribbling, free throws, footwork).
- Perform it with 100% focus—no distractions, no autopilot.
- Feel every movement, control your breathing, and stay fully engaged.

🚀 **Quick Focus Tip**
Before every game or practice, take one deep breath, set your intention, and tell yourself:

💡 **Focus on this moment. Nothing else matters.**

🏆 **Bottom Line:** Focus is a skill—train it like any other. Spend just 10 minutes a day sharpening your mental game, and you'll see the difference when it matters most.

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