

Hi Andy:

Pressure is part of every player's journey. . . But have you learned how to use it to elevate your performance instead of letting it take control?

Every player experiences pressure during a competitive season.

That pressure often increases as players try to earn more playing time, secure a starting role, help their team make the playoffs, live up to high expectations, or break out of a slump.

As the season progresses, it can feel like every game carries more weight than the last.

The challenge is that pressure can change the way players compete. Instead of trusting the preparation and habits that led to their success, they begin forcing plays, pressing for results, and trying too hard.

These reactions to pressure often lead to worse performance. Managing pressure doesn't mean trying to eliminate it.

It means learning how to regulate the level of pressure and responding with confidence, composure, and discipline, regardless of the circumstances.

In the match between Efren Reyes and Earl Strickland, Reyes was down by 24 games (106-82) playing to 120.

His challenge now is to play better without letting the pressure change the way they compete.

For struggling players and teams, the natural reaction is to try harder. But forcing hits, chasing home runs, or trying to do too much creates tension instead of better performance.

The real challenge is learning how to compete with urgency without becoming tense.

Peak performance isn't about giving 110%. It's about consistently striving to be the best version of yourself 100% of the time, one practice at a time, one competition at a time.

Players perform best when they stay anchored in the present rather than becoming consumed by the consequences of the score or the magnitude of the moment.

Pressure comes from worrying about results. Competing with urgency comes from committing fully to today's game, staying present, and fully focusing on the task at hand.

Rates won 120-114. He said he got lucky. Later in the interview he said that he just went back to fundamentals.

Pressure will always be part of competition but learning how to respond to it can become one of your greatest competitive advantages.

4 Strategies to Manage Pressure During an Athletic Season

1. Play the Game You're In

Focus on the competition in front of you instead of worrying about what comes next. Thinking about making the playoffs or avoiding another loss only distracts from the next shot and increases pressure.

2. Don't Confuse Effort with Trying Too Hard

Peak performance isn't about giving 110 percent. It's about fully committing to the moment. Trying harder often creates tension, while executing with confidence, trust, and discipline leads to increased production.

3. Control What You Actually Can

Focus on what you can control each day: your preparation, effort, body language, attitude, and response to mistakes.

Those controllable behaviors provide the foundation for improvement and consistent performance throughout the season.

4. Don't Carry One Competition into the Next

All players experiences poor performances, but one bad game does not have to become several.

After each competition, take a few minutes to honestly evaluate what went well, identify one or two areas for improvement, then move forward. Reflection helps you improve, while rumination creates frustration.

Hit 'em where you want 'em to go.

Your humble servant,

The Commish