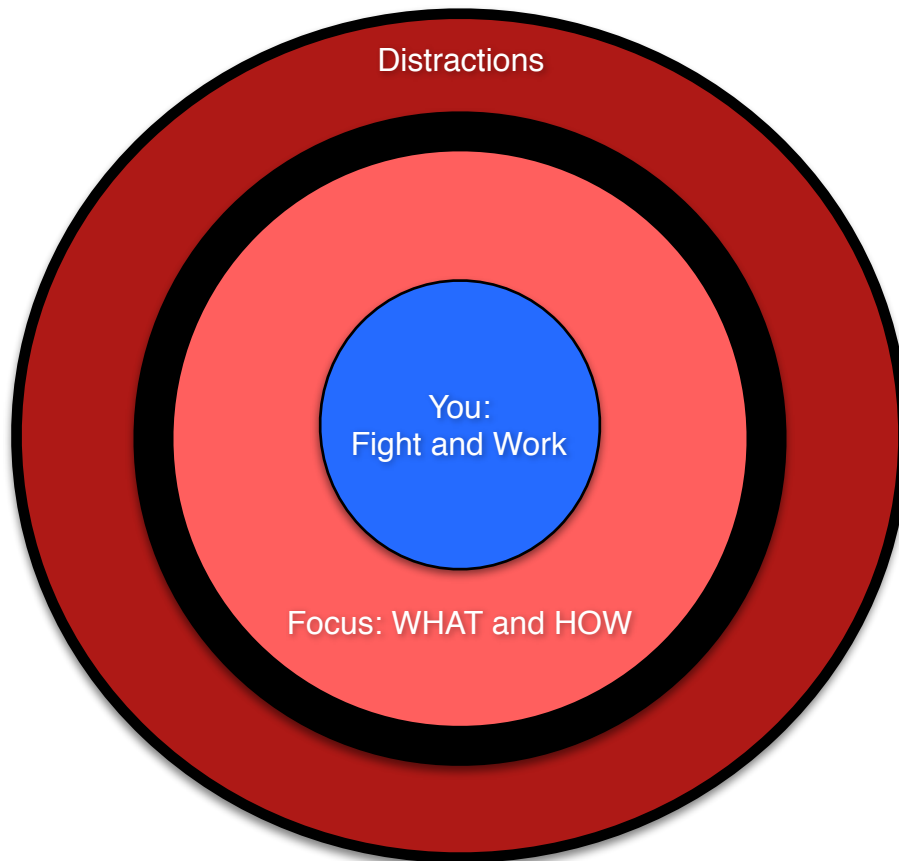




Mental Toughness Focus Bullseye



Distractions: Write down everything that can possibly distract you at practice or at competition. They can be the equipment, other competitors, the importance of the competition, comments you hear, watching someone else fall, etc.

Focus: For each distraction, write down if you can or can't control it.

Write down WHAT you can do about it. For example: If you see another competitor fall, you can't do anything about their fall, but you can focus on WHAT you can do: breathe, relax, mental choreography, etc.

After you write down WHAT you can do about each distraction, create a plan on HOW you can get there. Breathe in, hold, count, release. Center, and use mental choreography or performance cues.

YOU: When you learn how to cope with distractions, it frees your mind up to focus on your performance. Fight for every skill and work the routine from beginning to end.