

PERSON FIRST PERFORMANCE PLAN

Life in Motion + Coach Bree Philosophy

Performance is built from the inside out.



Season Overview

All Phases are Four Weeks Long

- Phase 1: Performance Awareness
- Phase 2: Regulation & Routine
- Phase 3: Consistency
- Phase 4: Pressure & Adversity
- Phase 5: Performance
- Phase 6: Identity & Sustainability

Weekly Structure Example

Monday:

- Mental Skill of the Week (team session)

Tuesday–Thursday:

- Micro-dosing in practice with practicing breath-work, cue words, resets
- Skill + tactical work with embedded mental cues

Friday:

- Pressure simulation OR reflection

Weekend:

- Competition or recovery + reflection

PERSON FIRST. ATHLETE SECOND.

PERSON FIRST PERFORMANCE PLAN

PHASE 1

Performance Awareness

Mental

Build awareness of thoughts, emotions, and behaviors under training
Identify current response patterns (mistakes, pressure, fatigue)
Introduce basic breath control + awareness journaling

Physical

Establish baseline metrics (strength, conditioning, recovery capacity)
Introduce Zone 5 exposure (1x/week) to assess high-end output

Technical

Evaluate current skill consistency
Emphasis on clean, controlled execution

Tactical

Assess decision-making tendencies
Awareness of positioning, spacing, timing

Lifestyle

Sleep tracking begins
Hydration baseline

PHASE 2

Regulation & Routine

Mental

Breathwork as a performance tool
Introduce reset routines (3R: Reset → Reframe → Refocus)
Begin emotional regulation under light stress

Physical

Build training consistency
Introduce structured weekly load
Maintain Zone 5 exposure

Technical

Execute skills with control before speed
Reduce unforced errors

Tactical

Slow the game down mentally
Improve recognition before reaction

Lifestyle

Morning + night routines
Screen time awareness
Introduce recovery habits

PHASE 3

Consistency

Mental

Focus training
Cue words for performance ("Next Play," "Be Here")

Physical

Strength progression phase
Maintain conditioning intensity

Technical

Precision in execution
Reduced variability under normal conditions

Tactical

Pattern recognition
Faster reads in familiar situations

Lifestyle

Nutrition consistency
Fueling tied to performance output

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PHASE 4

Pressure & Adversity

Mental

Emotional control under pressure
Mistake response training
Stress exposure + recovery

Physical

Train under fatigue
Maintain output when tired

Technical

Execute skills under pressure + fatigue

Tactical

Decision-making under chaos
Limited time/space scenarios

Lifestyle

Stress management
Recovery becomes non-negotiable

PHASE 5

Performance

Mental

Confidence building through evidence
Pre-performance routines locked in
Trusting ourselves

Physical

Maintain + sharpen
Reduce unnecessary fatigue

Technical

Automatic execution
Minimal conscious interference

Tactical

Game flow awareness
Anticipation over reaction

Lifestyle

Routine consistency during competition
Stability in chaotic environments

PHASE 6

Identity & Sustainability

Mental

Reflection + growth integration
Identity development
(who am I as a performer?)

Physical

Deload + recovery phase post season
Long-term sustainability focus

Technical

Maintain core skills

Tactical

Film review + learning integration

Lifestyle

Long-term habits
Life outside sport
Burnout prevention

This 6-month performance plan builds high-performing athletes by developing the person first, then layering in the skills required for consistent execution under pressure. Athletes progress through phases of awareness, regulation, consistency, pressure, performance, and sustainability, with each stage building on the last to create a complete development system. Mental, physical, technical, and tactical skills are integrated into daily training allowing athletes to apply what they learn in real performance environments. Alongside this, lifestyle factors like sleep, nutrition, recovery, and daily habits are prioritized as the foundation for long-term success. The result is an athlete who is not only skilled, but self-aware, resilient, and capable of delivering repeatable performance when it matters most.

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