

# Preparation

**Fundamental Question:  
Are You Ready?**

# Preparation

**When are you prepared?**

**When you have the ability to mentally, physically, and emotionally handle any and every situation that may be put before you.**

# Preparation

Ø Physical

Ø Mental

Ø Emotional

# Physical Preparation

∅ Appearance = Fitness + Athleticism

∅ Fitness = Year round effort at maintaining peak physical condition

∅ Athleticism = The ability to move quickly, effectively, and decisively in any given situation on the field

# Physical Preparation

- Ø Establish good eating habits.
- Ø Learn about what today's athletes do to keep themselves fit.
- Ø Join a gym.
  
- Ø Watch video of yourself and ask the question: Do I look like an athlete?
  
- Ø Tell yourself, "I'm going to get in the best shape of my life and I'm going to stay that way!"

# Mental Preparation

Ø Rules Knowledge

Ø Concentration

Ø Communication

# Emotional Preparation

∅ Composure

∅ Confidence

∅ Poise

∅ Not “Emotionless”

# Emotional Preparation

- Ø Establish a routine and stick to it regardless of the level of the game
- Ø Avoid the “rollercoaster” (Don’t get too excited about the highs or too disappointed about the lows)