



Building a Pre-Performance Routine



A pre-performance routine is what we do typically about 2 hours out from a performance. A performance can be a practice or a game. How we prepare for these performances can be the difference between performing at a good level or a great one. We strive to always perform at the highest level that we can.

ALWAYS INCLUDE THE FOUR PARTS OF THE GAME

PHYSICAL	Example: doing some running or strecthing before the game
MENTAL	Example: using imagery to picture yourself being successful or responding to mistakes
TACTICAL	Example: discussing with your team or coach about strategy or team formation
TECHNICAL	Example: practice the skills needed in the game (i.e. forwards should shoot before a game)

We often accomplish some of these things during our team warm-up, but most teams don't incorporate getting ready for the game mentally.

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In the lines below, write out what you typically do 2 hours before a game (don't worry about practices; just focus on the game). Let's say the game is at 10 a.m. Don't feel the need to fill out every line. There are no right or wrong answers! An example is provided in the first row.

[illegible]