

FOCUS: ACTION PLAN EXERCISE

Think about a recent performance or anticipate an upcoming one, and complete the following:

What have been my distractions? *Examples might be: the crowd, my opponent, negative thoughts or doubts, and yes, from time to time, even my coach.*

What might distract me in the future? What are my “triggers?” What gets under my skin or takes me out of my game? *Examples might include: trash talk, aggressive play by my opponents, hard fouls, bad officiating, and the like.*

What are three things I can focus on, in the moment, to re-direct my attention to something constructive? This is your Action Plan. Remember to focus on things that you can control: namely, Actions and Behaviors. *Examples might include: move my feet, maintain my position, find the ball, be a vocal leader.*

BRIEF: Create a list like this before each performance, and review it frequently as part of your pregame preparation. You shouldn't assume that your distractions will be consistent from performance to performance. As distractions are filtered out, new ones drift in, so do your best to identify them in advance, and accept that, no matter how well you prepare, unanticipated distractions will arise from time to time. Your action plan will ensure that no matter how surprising or how enduring your distractions may be, you always have a way out of them.