

EXCELLING WITH ROUTINES

Nor Cal All Sports Clinic, Burlingame, CA

Saturday, January 28th, 2012

The Dilemma: Your program is comprised of talented and cohesive staff members and student-athletes. Your team is capable of competing at a high level but last season revealed moments of vulnerability, mental errors and lack of execution during critical moments.

Performance Routines

1. Countdown to performance

- Trigger a heightened awareness and focus ,48 hours prior to kickoff
- Provide a structured and flexible, hourly schedule for student-athletes
 - Team-related, academics, nutrition, rest, social

2. Pre-snap: Average play = 4 seconds

- 3 Phases:
 - Release
 - Plan
 - Trigger

3. Pre-performance

- Mesh practice and game preparation
- Promote muscle-memory, focus, confidence
- Positive habits through repetition

4. Halftime

- Have an established order and agenda familiarity
- Feel the team pulse
- Affirm team mission and performance objectives
- Designated time for athlete specifics
 - Equipment, corrective visualization, affirmations

5. Post-performance:

- Specific and conceptual coaching points
- Target potentially lingering issues
- Corrective visualization

- Clinic session activity

** Clinic-day attendees receive additional notes, inclusive of powerpoint and video.*