

PERFORMANCE UNDER PRESSURE: GETTING THE MOST WHEN IT MATTERS MOST
Nor Cal All Sports Clinic, Burlingame, CA
Friday, January 27th, 2012

The Challenge: Simple, performance execution of learned actions in unpredictable and outcome-bearing circumstances.

X: 10,000 hours of deliberate practice

- Elite performers are not born
- Today's athlete performs revolutionary movements, vs. training patterns of old

The Breakdown

- Situational Challenges:
 - Automatic • Thousands of times • Is it practiced? • Off-field peak performance
- Solutions:
 - Trigger cue • Inner voice • Depth breath • Focus grids

1. Trigger cue: Athlete indicator, triggering desired mind-body state

- Ignite the senses into action:
 - Mind-muscle memory
 - Quieted mind
 - Calm self
- Specific, relevant
 - Verbal, visual, action-oriented

2. Inner voice: Athlete self-talk dictates thoughts, feelings, behaviors, actions

- Affirm the belief
 - Purposeful, specific, direct

3. Depth breath: Fundamental relaxation technique targeting core/diaphragm

- Mental clarity
 - Perform with a quieted, focused mind
 - Body relaxation, desired muscle firing
- True competition exists within

- Clinic session activity

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