

Pre-Performance Routines



The purpose of a routine is to help you feel confident and comfortable before competition.

STEP 1

Ask yourself,
"What do I need
to do to be ready
to compete?"
(stretching, music,
developing game
plans etc)

STEP 2

How do I want to
feel during
competition?
(Relaxed, Hyped
up, etc)

STEP 3

Develop your routine.

- Your routine is individual to you; it's what works for you!
- It is only a routine if you do it consistently.
- Don't worry about duration of a routine, everyone will be different.
- Make sure that the elements of your routine are specific to the skill you are about to engage in.