

Routines & Performance Readiness Plan

One of the most effective strategies that an athlete can learn to increase their confidence, improve concentration, and compete consistently is to develop and integrate routines into their preparation and training protocols (Vernacchia, McGuire, & Cook, 1996). A performance routine is a “sequence of task-relevant thoughts and actions an athlete systematically engages in prior to performance” (Morgan, 1996). To create an effective performance readiness plan and performance routine, you must identify specific goals, potential obstacles, and an action plan for each of the following four main areas: **Preparation, Resilience, Intensity, and Focus.**

PREPARATION

Preparation is a technical skill that includes tactical strategies to physical and mentally prepare for optimal performance in competition under pressure.

What is your preparation goal?

What obstacles do you anticipate as you prepare for competition?

What is your action plan (behaviors)?

RESILIENCE

Resilience is the practice of coping with adversity in competition. Athletes must learn to expect setbacks and overcome obstacles such as referral calls in the other team's favor and unfavorable competition conditions.

What is your resilience goal?

What obstacles do you anticipate during competition?

What is your action plan (behaviors) to overcome the adversity you anticipate?

INTENSITY

Intensity, energy, and drive make up the physical activation needed to prepare for competition. Intensity is required to achieve the desired state of increased mental focus.

What is your intensity (energy level) goal?

What obstacles do you anticipate?

What is your action plan (behaviors) to achieve your desired intensity level?

FOCUS

Most mistakes in competition are caused by lack of concentration. Improving the width and direction of your focus is the key to performing at your best under pressure.

What is your focus goal?

What obstacles and distractions do you expect to negatively impact your focus?

What is your action plan (behaviors) to achieve your desired level of focus?