



SSB Performance Mental Performance Training

Mental Performance Training begins with our superpower – our self-awareness. To get us started, please take a moment to think about your game and what is special about you. Think, too, about a few things you would like to improve as you move toward your goals and who it is you want to be – what your best self looks like in training and competition!

About YOU!

Name: _____ Grad Yr. _____

School: _____ Email: _____

Favorite athlete: _____ Position: _____

Name of athlete who uses Mental Training: _____

One interesting fact about how s/he uses it:

One thing you remember from Session 1 that you think will be helpful to you or something you thought about after the session:

One way you think Mental Training will help your game:

Three points of PRIDE!

1.

2.

3.

Three things you would like to IMPROVE!

1.

2.

3.

My Best Self (Who I want to be, when am I my best?)

1.

2.

3.