
Livermore Fusion SC Player Engagement



A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE

Fusion SC Sport Psychology



Concentration

Emotion Regulation

Goal Setting

Leadership

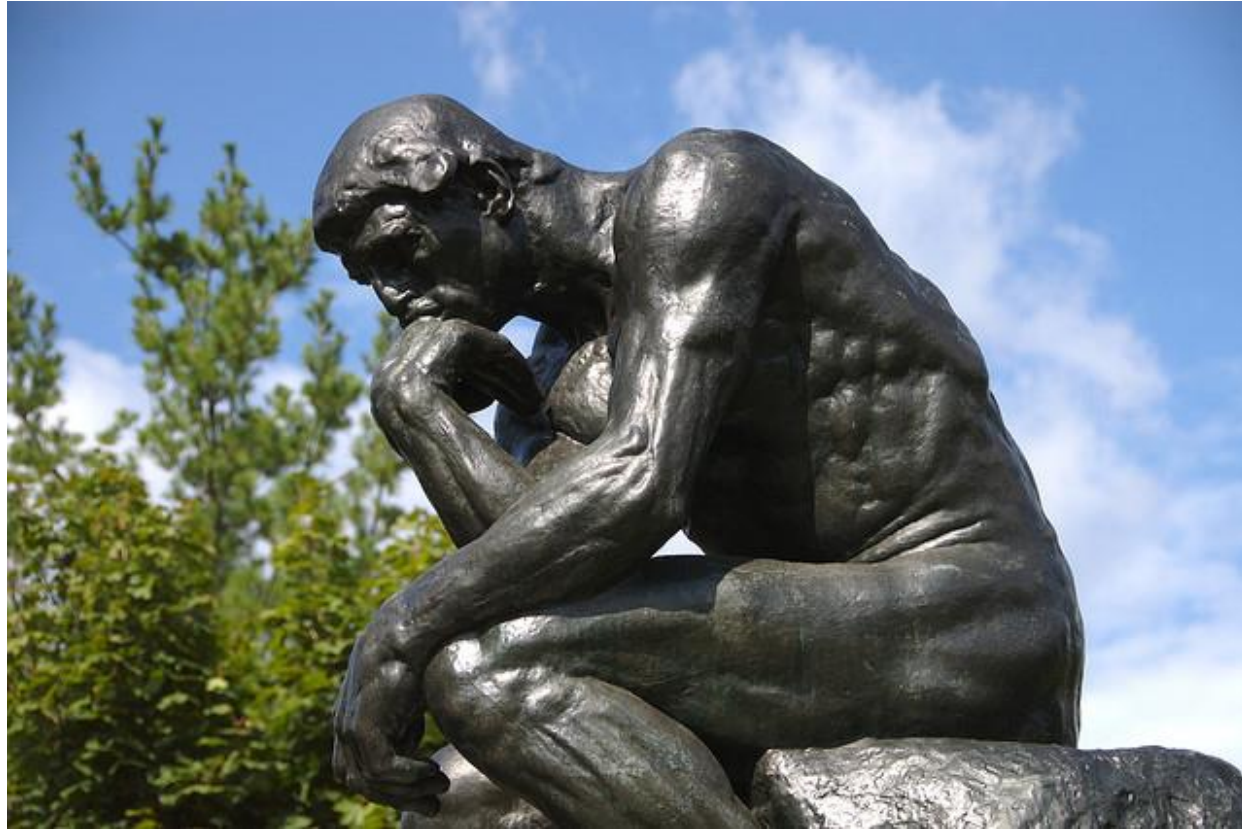
Motivation

Performance

Reflection

Relaxation

Visualization



Concentration Review

Being able to concentrate means having the ability to focus one's powers, efforts, or attention for an extended period of time.

Concentration is one of the many parts of the Fusion SC Sport Psychology where we will begin our journey.

Concentration Games

There are simple and fun ways to improve your concentration.

- ❑ Simple games such as Uno, Monopoly, and Battleship are fun and easy ways to practice your concentration.
- ❑ Below are some links to some free online games
 - ❑ <http://jumpingfishes.com/memory/>
 - ❑ <https://www.mathsisfun.com/games/memory/index.html>



Create your environment

- ❑ Find a place in or around your home where you can create a place to concentrate
- ❑ This place can be your bedroom, garage, backyard, etc.
- ❑ Make your environment as peaceful, quiet, and free from distractions.





Distractions

- ❑ Can you figure out what the main distractions are?
- ❑ Is it your phone, T.V., computer, music?
- ❑ Is there a way to stop the distractions while you are finishing your task?

Healthy Foods

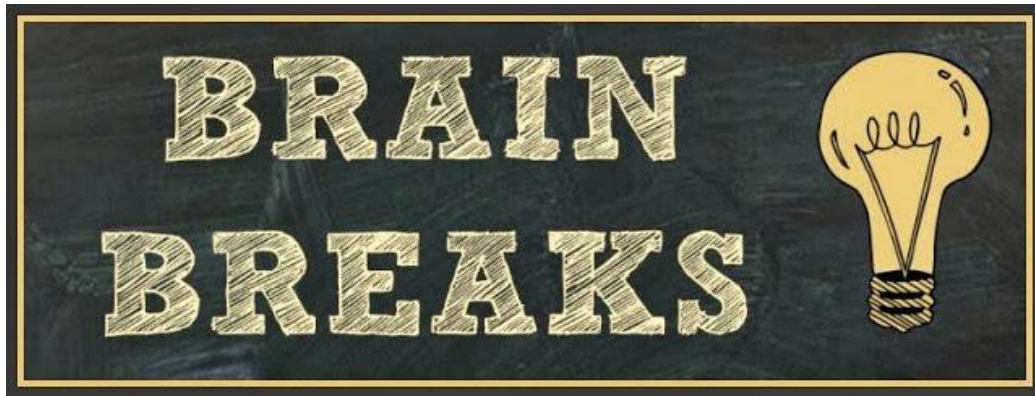
Having a healthy diet is critical to helping your concentration. Your brain is a muscle and it needs the right nutrition to help it function properly.

Identify the list of foods which will help with your concentration

- Snickers Bar
- Takis
- Apple
- Steak
- Fruit Roll Up
- Nuts



Naps and Breaks



- If you are feeling like you can not concentrate, take a small break
- Use this time to catch up on some sleep that you may have missed out on.
- Go outside for a walk or kick the ball around outside