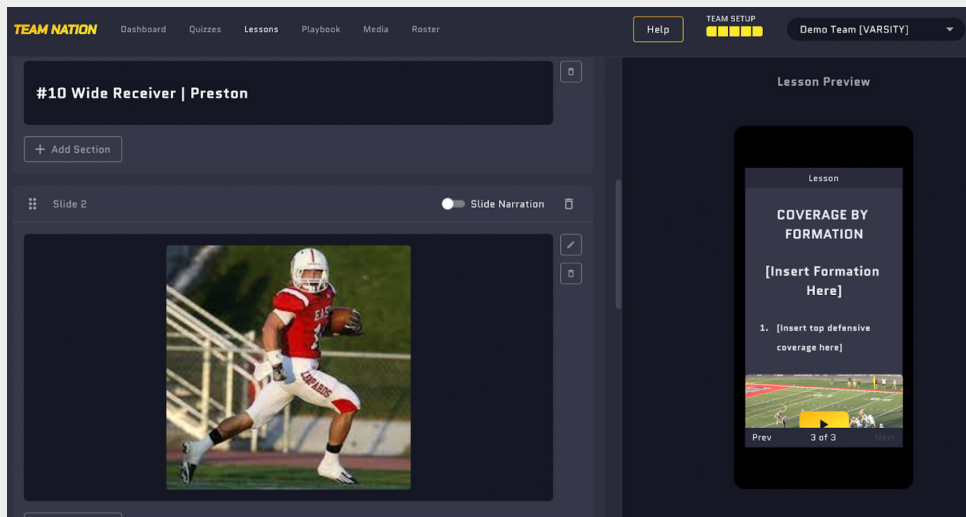


5 WAYS TO MENTALLY PREPARE PLAYERS FOR GAMES

1 Create robust scouting reports

- Share opponent's key players stats: height, weight, pictures
- Include film clips showcasing opponent strengths
- Spotlight opponent player tendencies and tells
- Use technology to enhance your scouting reports



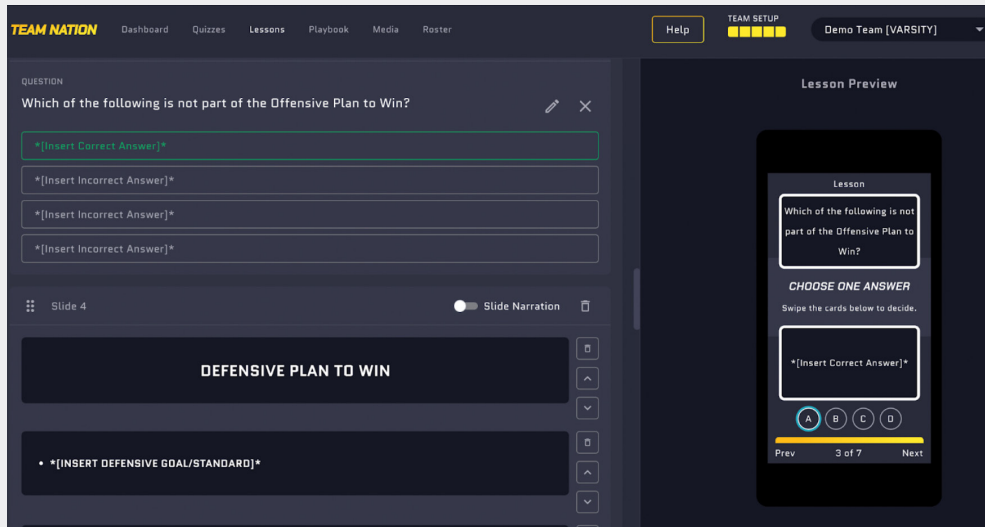
Use free tools online to build quizzes, tests, and games, or start from a pre-built template in Team Nation

2 Instill “DO YOUR JOB” mentality

- Players shouldn't have any major questions lingering on game day
- Keep assignments/technique SIMPLE so players can think less on the field
- Give players the best possible opportunity to succeed: match roles with player skill sets and measure their mental mastery
- Prep players for potential replacement roles by delivering position specific lessons that show you what the player knows

3 Create SIMPLE game plan to win

- Clearly define 3 keys for each unit
- Cut out unnecessary direction or distractions
- Help players focus on their unit goals: reinforce through quizzes, flashcards, film study, printed signs



Available Team Nation Lesson Template: "Weekly Plan To Win"

4 Create pre-game team routine

- Have a team snack
- Watch a football movie/documentary (NFL films are great)
- Conduct a team/unit walk-through
- If player availability is limited, consider motivational message or share one Hudl clip through team chat

5 Give players individual time for mental focus

- Recognize that every player prepares differently
- Provide silent space for some to prep quietly and others to use headphones