

## \*Performance Plan: Coaches (Example)

\*precompetition routines are flexible guidelines

Timing	What You Do	What You Want To Focus On	What You Need From Support Staff
The day before you perform:	Meditate	Team/Strategy/Players	Information
Night Before:	Social Time	Avoid "Group Think"	Availability
Morning of/a few hours before:	Meditation/Cardio/ Coach Meeting	Final Tweaks	Punctuality
Within an hour before:	Observe Venue	Atmosphere	Accountability
30 minutes before:	Small Group Meetings	Reinforce Game Plan	Communication
5-10 minutes before:	Pre-Game Speech	The Moment	Be Vocal
2 minutes before:	Exit Dressing Room	Punctuality/Referees	Preparedness
On the bench:	Let Them Play	Stay Calm/Positive	Do Your Job
Between Periods:	Make Adjustments	Communication	Information

### Planning for Emotional/Adverse Scenarios:

Scenario	Planned Response
Last 2 minutes of a tight game	Imagery Scripts - Between 2nd/3rd Period
Down 3 goals going into the 3rd period	Highlight Positives & Re-Visit Process Goals
Goalie let's in 3 quick goals (or 2 bad ones)	Pull the goalie - Gauge Mental Status
Games is delayed for 45 minutes	Active Isolated Stretching (AIT) + Re-Focus



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Within an hour before:			
30 minutes before:			
5-10 minutes before:			
2 minutes before:			
On the bench:			
Between periods:			

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