

# Mental Toughness Tips

- Play to your own standard of excellence, not up or down to the level of your opponent.
- Be committed, even when you are not motivated.
- Maintain positive focus and effort at all times, especially after mistakes. Being positive brings up your teammates, being negative brings up your opponents!
- Have a specific goal for every practice, be sure to review why you are a better athlete after each practice.
- Practice how you want to play, give full physical and mental effort at all times.
- When under pressure, define what your job is and focus on that.
- Know that competitive anxiety is normal and prepares you for battle.
- Prepare, prepare, and prepare some more. Nothing is better to build confidence.
- Take a deep breath to regain focus on the here and now.
- Your mind is built to warn you of danger; it is often best to not believe your mind when it worries.

