

PERFORMANCE ROUTINES



A PERFORMANCE ROUTINE = A SET OF SPECIFIC THINGS YOU DO TO HELP PHYSICALLY AND MENTALLY PREPARE FOR COMPETITIONS.

Having a performance routine helps you be more consistent in how you prepare for competition, to give you a better chance of performing at or near your best. Most athletes have a standard physical warm up, but have you thought about how you mentally prepare for competition?



MENTAL PREPARATION HELPS YOU TO...

- Get in the zone
- Boost confidence
- Manage your mental energy
- Fine tune your focus
- Create certainty / consistency
- Control the controllables

HOW TO DESIGN A ROUTINE

Step 1

Determine what mindset works best for you (what is your ideal state). You can do this by comparing best and worst performances, and looking for what seems to work well for you.

Step 2

Decide what preparation helps you create your ideal mindset on competition day. This may involve trying things out, practicing skills in and out of competition, and seeing how they work for you.

Step 3

Design a pre-competition routine that includes both physical and mental preparation. This may start the night before and continue until the end of the competition day.

Step 4

Review and adjust as needed. Try not to change everything at once, but experiment with small changes until you settle on something which you feel is working well.