

# Mental Preparation for Match Play

## Five things to help concentration

1. Focus on the process, not the result
2. Employ performance cues (in practice)
3. Visualization
4. There is only here and now
5. Establish the proper challenge/skill balance

## Focus on the process, not the result

Players must employ the appropriate techniques/tactics

## Employ performance cues (in practice)

Practice must be transferable to the game

One touch  
Tight marking  
Playing to the flank  
Adding numbers  
Tactical objectives

## Visualization

Players must have experienced the **good and bad!**

Observation skills players need

Right or left foot dominate  
Fastest kid on the other team  
Weakest player on the other team  
What system is the other team using  
Keeper weaknesses

## There is only here and now

Players must focus on what is real

Problems with a call  
Players must focus on the now  
No what ifs  
Players must block out distractions

What are some distractions?

Moms/Dads  
Weather  
Girlfriends or boyfriends  
Field conditions

## Establish the proper challenge/skill balance

Establish confidence in what they do well!  
Establish sense of self worth!  
Establish sense of team.  
Talk to the parents.