MENTAL PERFORMANCE CENTER

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GAME-DAY PREPARATION GUIDE

A step-by-step mental and practical routine to help athletes arrive prepared, composed, focused, and ready to compete.

Prepare with purpose.
Compete with clarity.
Respond with confidence.

The purpose of a game-day routine

A consistent routine reduces unnecessary decisions, protects your energy, and helps your mind recognize that it is time to perform. The goal is not to control every outcome. The goal is to arrive physically ready, mentally clear, and committed to the next controllable action.

Prepare Handle logistics, equipment, nutrition, and strategy early.	**Prime** Use breathing, imagery, and self-talk to create readiness.	**Perform** Stay present, respond quickly, and trust your preparation.

Use this guide before each competition until the routine becomes familiar, efficient, and personal.

24 HOURS BEFORE COMPETITION

Remove avoidable stress before game day begins.

- Confirm start time, arrival time, location, transportation, and parking.
- Prepare uniform, equipment, shoes, protective gear, and backup items.
- Review the competition plan, role, assignment, and first priority.
- Choose meals and hydration that are familiar and appropriate for you.
- Limit unnecessary late-night stimulation and protect your sleep routine.
- Identify one challenge that may arise and write your planned response.

My first performance priority tomorrow

A likely challenge and how I will respond

GAME-DAY MORNING

- Begin the day without immediately checking results, rankings, or social media.
- Eat and hydrate according to the plan that works for my body.
- Review my schedule so I can move without rushing.
- Use calm, useful self-talk instead of predicting the outcome.
- Remind myself of three reasons I am prepared.
- Choose one identity statement for the day: calm, aggressive, composed, relentless, patient, or another useful quality.

Three reasons I am prepared

The quality I will embody today

90-MINUTE PRE-COMPETITION ROUTINE

Adjust the timing to match your sport while preserving the sequence.

90-60 minutes	**Arrive and settle** Check in, organize equipment, hydrate, and take in the environment without judging it.
60-40 minutes	**Activate the body** Begin the physical warm-up. Use deliberate breathing and confident posture.
40-25 minutes	**Sharpen technical focus** Practice key fundamentals and use one or two simple performance cues.
25-10 minutes	**Mentally rehearse** Visualize the opening moments, likely pressure situations, and a successful reset after a mistake.
10-0 minutes	**Simplify** Stop adding information. Breathe, trust the plan, and commit to the first action.

FINAL MENTAL CHECK-IN

- My breathing is controlled.
- My body language communicates readiness.
- I know my first action.
- I know my reset response.
- I am focused on execution, not proving myself.
- I am ready to compete with courage and discipline.

My first action

My reset word or phrase

My performance cue

IN-COMPETITION RESET PLAN

Use this sequence after a mistake, bad call, distraction, or momentum change.

1. Recognize Notice the emotion without becoming the emotion.	**2. Release** Exhale and physically let go of the last moment.
3. Refocus Name the next controllable action.	**4. Respond** Use confident body language and re-engage immediately.

POST-COMPETITION REVIEW

One thing I executed well

One moment when I responded well under pressure

One adjustment I will make before the next competition

One thing I will release and not carry forward

BUILD A ROUTINE YOU CAN TRUST

Complete the Mental Performance Gap Analyzer™ or schedule a free consultation with Albert Duarte.

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