

Peak Performance Twin Cities

Performing under pressure

&

Developing a growth mindset



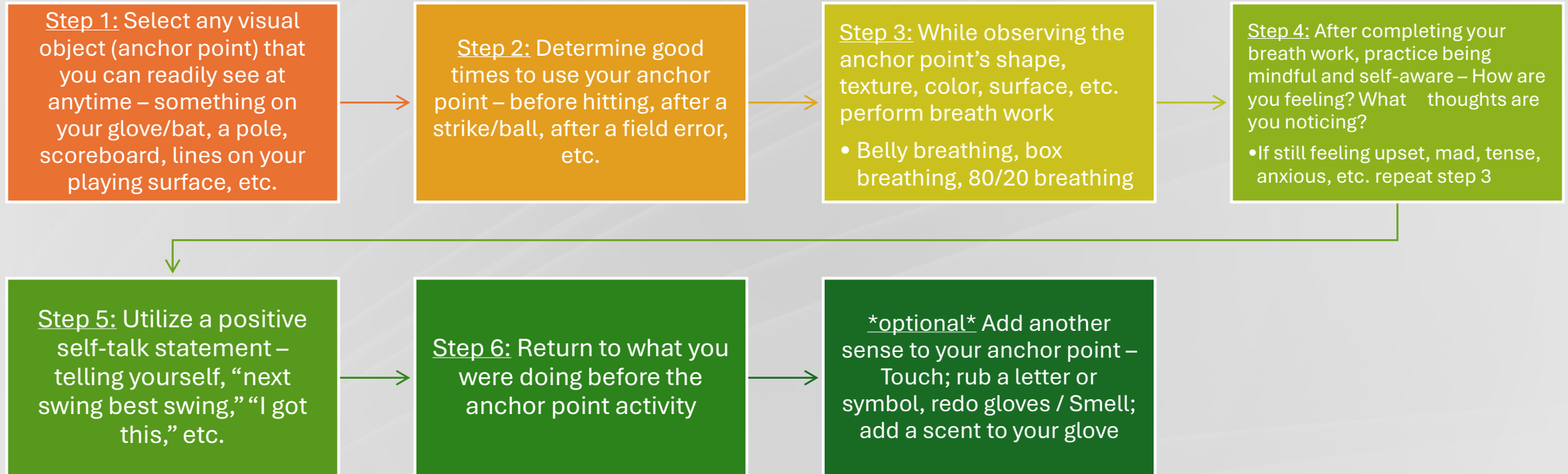
Icebreaker Oreo activity

Introductions

Performing under pressure: Anchor Points

- Anchor Points:
 - An object to anchor your attention to in times of stress, high pressure, etc.
 - Helps you calm down
 - Eases difficult feelings
 - Reduces negative thoughts
 - Brings you into the present
 - Improves your attention and focus

Anchor Point Practice



Small Group Practice

Developing a Growth Mindset: Flip the Script

- Growth Mindset:
 - Believe that talent, ability, and intelligence can be developed
 - Embrace challenges
 - Treat failures/undesirable outcomes as learning opportunities
 - How can I grow from this experience?
 - What can I do differently next time?
 - Increased motivation, greater resilience, improved performance
- Flip the Script:
 - Take control of situations by changing the narrative and “flipping the script”
 - Make the main event/focus the areas where growth and learning can happen
 - How can we turn a negative into a positive, into an opportunity for growth

Flip the Script: Scouting Yourself & Creating a Personal Game Plan

- Step 1: Think about yourself as an athlete – before games and during games. What distracting events or situations tend to have a negative impact on your performance? Do you get extremely nervous before games? Do you get really upset over bad calls? Do you become tentative after mistakes? These are your inner opponents and they are detrimental to your performance
- Step 2: Take each invisible/inner opponent and write down the *thoughts* that accompany it, and the *responses* those thoughts trigger. These are the tendencies that can keep you from performing at the peak of your abilities.

Flip the Script: Scouting Yourself & Creating a Personal Game Plan

- Step 3: You've scouted yourself and identified the tendencies that need to be addressed. You know the thoughts and responses that need a new game plan. Target each inner opponent with a simple *when this happens, I will do this*.
 - “When I’m nervous before a game, I will remind myself to stay in the present and focus on my controllables.” “When a ref makes a bad call, I will walk away immediately, take a deep breath and tell myself to let it go.”
- Write your game plan.

Small Group Practice

Practice Game:

Try utilizing anchor points and having a growth mindset