

MIND VISION ACTION PLAYBOOK



THE MENTAL PLAYS YOU NEED FOR OPTIMAL
PERFORMANCE



THE PLAYBOOK

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INTRODUCTION

You have prepared yourself during the offseason running, stretching, lifting weights and going the extra mile to physically perform at the highest level. Even during the season, you are putting in the additional work to get better and making sure you are present for your team.

The Geto Boys made a song called, “Mind Playing Tricks On Me.” The premise of the song focuses on how bad situations can be when your mind is not in a positive space. Your mind can play all types of tricks on you. Your mind can make you believe that you are not capable of catching a ball after you dropped it several times before. Your mind can make you believe you are not capable of making the next free throw after missing the previous three.

The purpose of this playbook is to remind you that you can control the next opportunity through preparation and execution. How you approach and react to practice and game situations depend on your mental well-being. This playbook requires you to take action. Make sure you apply the plays as necessary so you can be prepared to face on challenges when they arise. Enjoy!

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THE FOUNDATION

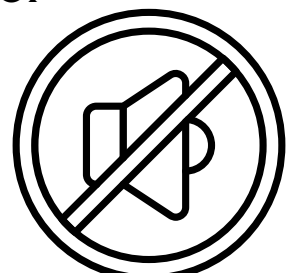
FOR THE LOVE OF THE GAME

Everyone has a “why”. The “why” often serves as the motivation that keeps you going. You may play the game because you have a deep love for the game. You may play the game because of the notoriety the sport can provide. Or, you may have a deeply rooted connection to the game. It is important to clearly define why the sport you are participating in means so much to you. That particular reason will often serve as your motivation to train hard, go through the rehab process, or pick yourself up during hard times. Your “why” is your fuel and you need to clearly define it!

THE PLAY

Iso Self Reflection. Get in the zone and write in your journal why the sport is important to you. Here are a few prompts that will help you to execute this play:

- The emotions you feel when playing the game.
- Your first favorite memory of the game.
- Any connections with your friends, families, or role models with the game.



QUIET-ZONE

THE FOUNDATION

WHO ARE YOU?

Do you know your true self? Understanding key attributes about yourself allows you to strengthen areas of weakness. Please believe others are reviewing film and creating schemes to gain a competitive edge over you. Make it difficult for them! Most importantly, make it advantageous for yourself. Being the best version of yourself allows you to reach your goals and feel good about yourself!

THE PLAY

Man to Man Defense. Yes! You have to write again! Focus on your strengths and weaknesses. Operate under the policy of honesty. Be honest with the areas you struggle with on a daily basis and be honest where you are great. Be critical, but don't mentally harm yourself to a point of no return. You can use what you learned for your goal setting exercise.

Additional Tips

- Ask your coach on what areas of your game you can improve.
- Review film of your previous game.
- Reflect, after practice, on anything that was difficult for you to achieve success.



MIND

Goal Setting

You learned about yourself and that is very challenging because we can be hard on ourselves and most importantly we hardly take time to sit in the moment and reflect. Well we have done just that. Now we must make a map by developing goals. Goals are essential because they tell you what to do and what it takes to achieve. There are plenty of goal development formats. I prefer using SMART, but the choice is yours.

You do know that you can make changes to your goals? Good. However, don't change your goal to make yourself feel good. You can make changes if you noticed your approach is not achieving results. You also may change your goals if circumstances may impact your availability (e.g. injury reduces playing time). Take your time, reflect and be honest about why you need to change your goal.

THE PLAY

Sacrifice Bunt. Goals require great deal of time and sacrifices must be made. Take in consideration the time, effort, and access to fulfill a goal. Setting realistic expectations is critical when creating goals.



MIND

Visualization

This is by far my favorite my mental preparation exercise. You may have heard the phrase, “Stay ready so you never have to get ready.” Well visualization is what helps you get ready. Visualization requires you to be present and think of different scenarios that you may experience during practice or a game. Therefore, you can mentally and physically respond to the situation with ease. When visualizing do not leave out one single detail. Envision yourself on the court or the field...See the crowd...See the players on the opposing team...See the players on your team. When you visualize you see everything so you can know what to do and when.

THE PLAY

Hit the Cues. You don't have to write anything down this time. Visualizing requires you to use your imagination. Think about what you are supposed to be doing at each phase of your activity. For instance, if you are doing deadlifts, what are you doing with your feet as soon as you get the bar above your knees. Yes! Visualization requires that much detail. Therefore, when you step on the platform to lift, your brain triggers your body on what to do at each phase of the lift.

Think about every cue and replay them in your mind!



VISION

Daily Reflection

We discussed how goals are the map and how visualization prepares your mind for the journey. Now we will discuss how daily reflection allows you to see the progress along your journey.

“You don’t know where you are going if you don’t know where you are at!” I have no idea who created this proverb, but it is the truth. That is why reflection is critical to your journey. Taking time to recognize your progress along the journey provides insight on how close, or far, you are towards your goal, recognizing new strengths, or recognizing new weaknesses. Each day you should reflect on what you accomplished so that you can determine what is required from you to reach to the next level. Also, give yourself praise for the successes!

THE PLAY

2v1 Reflect on two things that you feel like you did amazing during an event. Guess what? Write it down! Now reflect on what may have not come easy to you during the same event. Think about why it was challenging to you and then come up with a plan to overcome the barrier. Make sure you take action!



ACTION

Positive Self-Talk

There will be times when your game will be off. You have done all the visualization in the world and things are going bad for you. Your shots aren't dropping like they should. Your bat isn't coming around fast enough. Your high speed serve might place you on the verge of a double fault. Don't beat yourself up! You already have an opponent in front of you. Don't let yourself be the second opponent. Encourage yourself! When you speak it and believe it, you will respond accordingly. Even when things are going great for you during the game, speak positively to yourself. I believe Deion Sanders should add to his famous quote about playing good one more sentence. He should add, "When you talk good, you play good."

THE PLAY

Play Action Pass Find a positive quote or create a phrase that is special to you and will get you into the zone. Most coaches may tell you to use this special phrase as a "Break Glass In Case of Emergency" situation. I believe you should say it whenever and wherever. Then begin saying positive things about yourself. Notice what is going right and give yourself kudos!



ACTION

Breath Control

Breathing is important for obvious reasons. It keeps you alive! However, breathing from this context impacts you differently. Breathing gives you a moment to center yourself and be present in the moment. Anxiety may arise because you have blown coverage assignments several times. An opposing player may get in your head by talking trash. You may have a hard time trying to figure out where to put the bowling ball on the lane to get the strike you need. *Talking to myself with the last scenario*. When you breathe, you gain a sense of calmness and control. Then you can begin your positive self-talk and begin performing how you should.

THE PLAY

Box Breathing There are several different breathing techniques you can use. A personal favorite is box breathing. Inhale through your nostrils for 5 seconds, hold for 5 seconds, exhale and push all the air out for 5 seconds, and then sit still for 5 more seconds. Repeat as many times as needed to get you back to place of calmness.



GAME OVER

Thank you for studying this playbook! The plays I provided are just a few of the basic plays you can run on your own. I provide additional support such as athlete assessments, specialized mental performance plans, and other mental performance skills coaching to help you along your journey to well-being.

Please feel free to contact me at
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Never forget that winning happens before the whistle is blown to start the game! Take care!

