

20 MINUTE POST-PRACTICE/GAME MENTAL TOUGHNESS EXERCISE

TIME TO REFLECT!



IT ALL STARTS IN YOUR MIND!

4 C'S: CONTROL, CONFIDENCE, COMMITMENT, CHALLENGE

- ✓ **Control-** Were you in control of your thoughts, feelings, and actions?
 - Take individual time to think/write it out, then come back together as a group and talk about it.
- ✓ **Challenge-** What challenges were presented and how did you react to them?
 - Take individual time to think/write it out, then come back together as a group and talk about it.
- ✓ **Confidence-** Was my confidence challenged during the game? Whether it was within yourself or your team, why?
 - Take individual time to think/write it out, then come back together as a group and talk about it.
- ✓ **Commitment-** Did I give up? Why or why not?
 - Take individual time to think/write it out, then come back together as a group and talk about it.

