



MENTAL RECOVERY

MENTAL RECOVERY IS IMPORTANT AND WILL HELP YOU TO BE READY FOR THE NEXT GAME OR PRACTICE.

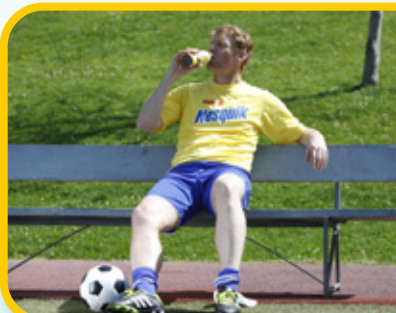


COACH DEBRIEFING

Coaches, tell your players what they did well in a game or practice, and evaluate what specific changes are needed for next time. Set realistic goals for your players to achieve, and praise them as they strive hard to reach those goals. If a player makes a mistake in the game, encourage them not to dwell on it, and move forward with positive reinforcements so they are ready to attack the next game with confidence.

EMOTIONAL RECOVERY

While every player needs focus to play well and improve, it is recommended that they get time away from the sport for relaxation and balance. If you are a coach, plan activities to encourage team building, comradery and emotional team support. Remove the players from stressful states of mind, which can accompany long tournaments or extended periods of playing time. Plan some time for some fun, laughs, and some treats too!



RELAXATION

Encourage your player(s) to use a form of relaxation as a part of their post-game ritual. Some suggestions are meditation, positive visualizations of how the next match should go, breathing exercises and mental muscle relaxation.

POSITIVE SELF-TALK

Remind players not to be too hard on themselves. If they miss a penalty shot or a goal, it is important that they not dwell on their mistakes. Enforce positive self-talk! This will help players stay in love with the game, and excel the next time they're in a similar game situation.

