



MENTAL TRAINING TIPS

1. *Each day ask yourself, "What will I do today to make myself better than yesterday?"*
 - Always work to get better. Ask for feedback from coaches and teammates.
2. *Train your mind and your body*
 - The difference between good and great often comes down to your mindset; talent only gets you so far.
 - Know your focus, your attitude, and your energy level when you play your best and recreate it every time.
3. *Choose to be confident*
 - Confidence comes from preparation, trust, and focus.
4. *Trust your habits*
 - Play your game and trust your hard work.
5. *Control the controllable*
 - You don't control other people. You only control your own play and your own mindset. Make sure you do the little things necessary to succeed.
6. *Keep it simple*
 - Don't complicate the game by making it more than it is. You just need to play the game you know how to play.
7. *Be your own biggest fan*
 - Never tell yourself anything that you wouldn't let anyone else get away with.
8. *Create an identity and be that player every game and every practice*
 - Know your attitude, your role, your strengths, your daily goal, and others' expectations.
9. *Know what you are working towards*
 - Know where you want to end up. Each day can take you one step closer to your ultimate goal, but only if you choose to make the most of each moment.
10. *Play to win*
 - Focus on success and do what it takes to play your best. Winning doesn't come from avoiding failure, it comes from competing.