

# RIGHT MENTAL APPROACH

## YOU MUST HAVE:

### Skills-Competition

**Confidence comes from getting it right**

### Passion

**Dream Big & Commit! (Your Dream is what you are going to accomplish through all your hard work, dedication & discipline.) Your 'Dream' is your 'Power'**

### Composure

**Don't panic or 'Freak'/ Control your behavior  
'Believe' in Yourself!**

### Nutrition

**Eat Right**

### Physical Condition

**Train Right/Are you a Champion or Slacker?**

### Game Mode Mindset

- )Being in the moment-having the confidence to execute at will**
- )Doing what is mentally necessary to win**
- )Conquering intimidation**
- )Having confidence & dominating your competition**
- )Don't get emotionally desperate/ 'Focus' on your mission**

### REMEMBER

**"Practices are Physical, Games are Mental"**

**"Serious is about attitude, not anger"**

**INSTRUCTOR-COACH RATLIFF**