



Mental Reset Technique

Analyze: After the play is over (that part is critical) analyze what happened. This should be quick, factual, and focused on what you can control.

Ask yourself 3 questions:

1. What went wrong? Stick to the facts and focus on tactics or technique that are under your control.
2. Can I fix it now or does it need to wait until later? Some things can be changed during a competition while others need to wait until practice.
3. If I can fix it now, what adjustment do I need to make? Answers to this question should be short, simple, and doable in the time allowed.

Reset: This is the key transition – when you turn your eyes from the rear view mirror and back on the road ahead.

There are a few techniques that help facilitate this transition.

- **Breathing:** Take a deep breath (using diaphragmatic breathing). This taps into the body's nervous system to shift from stressed (focused on the mistake) to engaged (focused on the present moment).
- **Tense and release muscles:** This physical process helps you to release excess muscle tension that may have accompanied the stress of the error. Excess muscle tension can inhibit performance and cause further mistakes so it is best to release it now.
- **Identify the W.I.N.:** (What's Important Now). Now that you have dealt with the mistake and reset your physiology, it is time to get your head back into the game. W.I.N. is where your focus needs to be for the next play, at bat, or serve.

Trigger: Use a trigger word or movement to get your mind and body locked in.

Use a focus trigger like a body movement or self-talk to get locked in on the focal point (WIN). A trigger is simply a signal to the mind and body of what is about to happen and the athlete's intentions in that moment.