



# THE "MENTAL PERFORMANCE TIP OF THE WEEK" FOR TEAMS

## **COACHES:**

Each of your players and coaches will receive a power-packed graphic each week of the season that covers a different mental skill important to their success on game day. Once you sign up, you will get to choose how your players receive these weekly tips and when the first one is sent to them.

## **What Athletes Are Saying About The Mental Edge's "Mental Performance Tip of the Week"**

"This is awesome! I really love the messages you send."

"I'm loving these!! Seriously thank you!"

"Thank you so much Coach, this is really helpful info and much appreciated!"

## **MENTAL SKILLS THAT WILL BE COVERED IN THESE TIPS INCLUDE...**

- Habits That Allow You to Get 1% Better Every Day
- Having the Right Approach When You Don't Get The Results You Want
- Focusing on the Work Not the Outcome
- How to Learn from Every Practice and Performance - 3 Questions to Ask
- How to Play Like a P.R.O. (Play + Response = Outcome)
- Responding vs. Reacting to Adversity
- How to Compete with a "Next Play" Mentality
- Start Fast & Be More Consistent by Identifying Your Emotional Sweet Spot

- How You Do Anything is How You Do Everything
- Act the Way You Wish You Felt. Don't feel like you have your "A Game"? No Problem!
- Embracing Your Role on The Team
- Are Your Currently Habits Helping or Hurting You?
- The ABC's of Being at Your Best When It Matters the Most to You
- Only Worry About What You Can Control
- Why You Need to Let Go of Your Need to Win
- The Key to Being at Your Best in the Post-Season