

**COACHES:** In competitive sports, faulty thinking can be a serious obstacle to success. Players need to be taught productive thinking habits to ensure they stay focused and ready to compete in stressful situations. Drill your players regularly on these thinking basics.

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**THE 4 ESSENTIAL  
THINKING BASICS  
FOR TOP PERFORMANCE**

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1. ***FOCUS ON WHAT YOU CAN CONTROL!***
2. ***KEEP IT SIMPLE!***
3. ***KEEP YOUR HEAD WHERE YOUR BODY IS!***
4. ***DEVELOP A GAME PLAN, & STICK TO IT UNDER PRESSURE!***

**WINNING IS THE SCIENCE  
OF BEING TOTALLY PREPARED  
while  
LOSING IS THE ART OF  
MAKING IT UP AS YOU GO ALONG**