7 KEY SKILLS ATHLETES NEED

GREAT SPORTS MINDS ARE TRAINED...

THINK. BELIEVE. ACHIEVE.

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7 Key Skills Athletes Need

Athletes train hard.
Many parents do everything they can to support them:

- Travel team investments
- Personal trainers and more

Yet many athletes struggle with self-doubt, inconsistent play, poor emotional control.

We help athletes transform their confidence so that they can compete at their highest levels.
We don't focus on the body. We train an athlete's mindset.

Ann Zaprazny, CEO and founder of Great Sports Minds was a Division 1 athlete and a former fortune 500 senior executive. She knows how to win and how to help her clients succeed. Ann's teaching include mastering the foundations of the 7 KEY SKILLS ATHLETES NEED.

Great Sports Minds are trained.
We want your athlete to compete with great

- Confidence
- Consistency
- Emotional control

GREAT SPORTS MINDS
ARE TRAINED...

You can learn more and book a FREE 15 minute session at www.greatsportsmindsllc.com

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1. Let go of Unrealistic Expectations

Athletes often have expectations of their performance that when they do not achieve, erodes their confidence.

Identify what expectations you are holding yourself to:

- Scores/times/results
- Error or mistake free

Can the best in your sport achieve your expectations? (Probably not.)

Let go our your unrealistic expectations.

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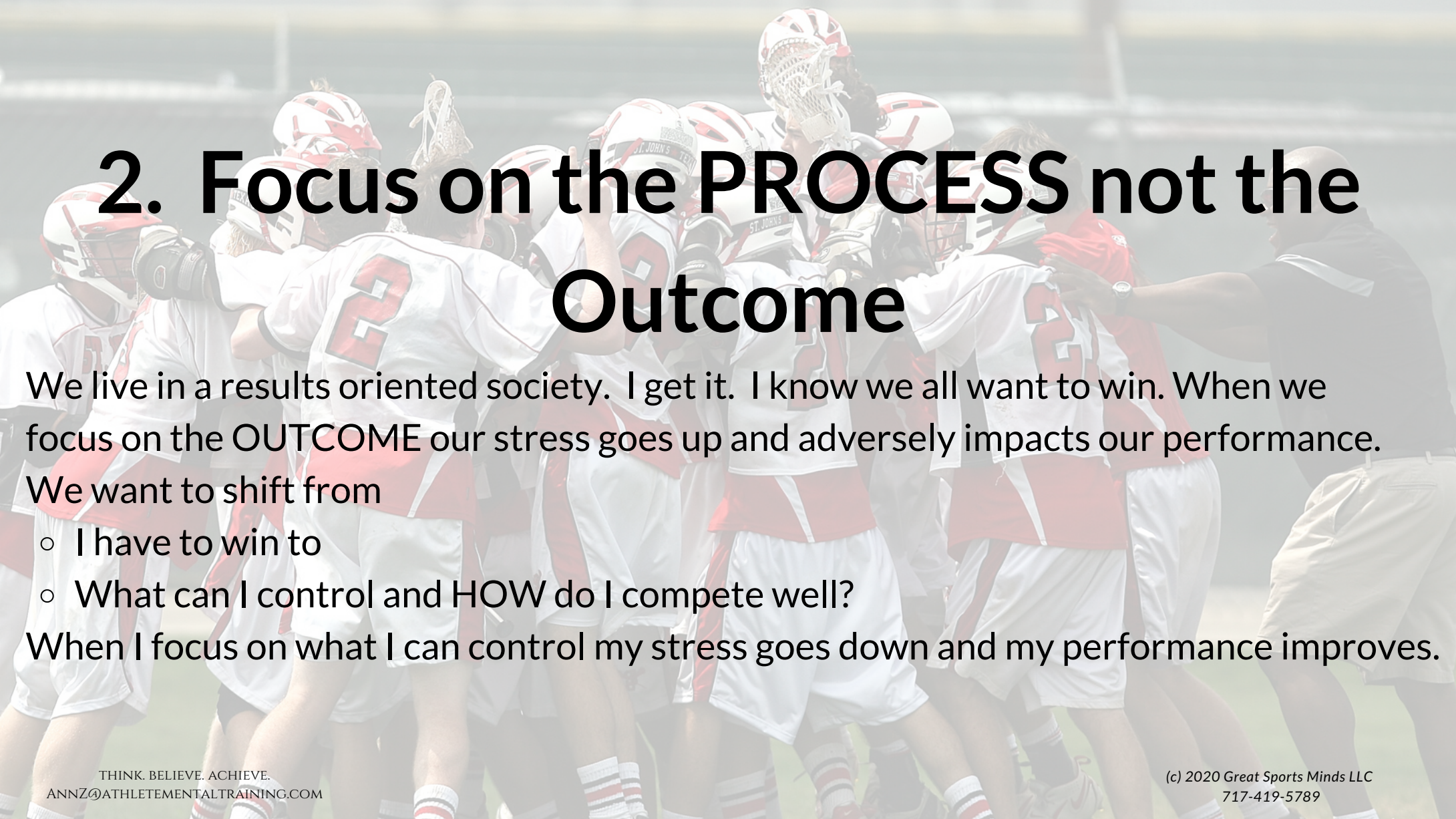

2. Focus on the PROCESS not the Outcome

We live in a results oriented society. I get it. I know we all want to win. When we focus on the OUTCOME our stress goes up and adversely impacts our performance.

We want to shift from

- I have to win to
- What can I control and HOW do I compete well?

When I focus on what I can control my stress goes down and my performance improves.

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3. Commit to POSITIVE-SELF TALK

According to the National Science Foundation we have between 12,000- 60,000 thoughts per day and 80% of them are negative. Negative self talk does not help you perform your best.

Commit to positive self talk:

- I got this.
- I've trained for this.
- I am ready.
- I trust my skills.

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4. Commit to EMOTIONAL CONTROL

Emotional control in sport is important.Your ability to stay in the moment matters.
No one in the history of sport is PERFECT.
Even the best athletes in the world make mistakes.

Give yourself permission to make mistakes (... you will make less.)
Have a mistake ritual (brush it off, flush it, etc) and focus and commit to the next play.

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5. Use your BREATH to Center and Calm

Performance anxiety is real. Our heart races and our thoughts erode our confidence. Athletes can use their breath and key word(s) to help them settle and calm.

We teach, think of one word on inhale, one word on exhale. Doing this helps you take control of your thoughts.

Examples: Calm & Confidence or (one word: Be - lieve)
Calm & Trust

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6. VISUALIZE your Success

Too often our thoughts are stuck on a mistake or a bad performance. We want you to release poor performance and think about your best performances.

Describe your best performance in as much detail as possible.
Think about the colors of uniforms, sounds of the facility, the emotions you were feeling. Try to close your eyes and replay that moment in time.

Most athletes report an increase in confidence when they visualize great past performances.

Visualize your success daily.

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7. Prepare PHYSICALLY & MENTALLY for Competition

Prepare physically

Many of my athletes are not getting enough sleep and lack a food plan for day of competition. You can't perform your best without proper self-care. Your body needs both adequate rest and fuel.

Be intentional on the amount of sleep you get and what you eat.

Prepare mentally

- Practice or competition - enter the role of a competitive athlete. Park any distractions until afterwards.
- Let go of unrealistic expectations. No one is perfect.
- Be proactive with your confidence.
- Focus on the process of competing well.
- Mentally rehearse your performance. See yourself performing well.
- Trust your training and embrace the butterflies. Channel that extra energy into the start of your competition.

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What Clients are Saying

- My daughter just play fantastic at her college show case ~ Soccer Dad
- I shot my best score ever and qualified for nationals as an individual ~ 15 yr old BeBe Gun Competitor
- I wish we found you earlier. Your work with my daughter has has a huge impact ~Gymnastic Mom
- I am having fun again. I've been able to compete more relaxed and confident ~ Gymnast
- My son's journey this year has been incredible. We are so happy you were a part of it. ~Basketball parents.
- I went from 12-5, to a 10 match win streak before dropping a match. I learned so much from you. ~College wrestler.
- For races I had a talk track for how I would overcome the on course challenges. I left if all on the course and was really satisfied with how I did. ~ HS, Cross Country Runner.

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Investing in High Performance

Ann Zaprazny and
George Mumford,
author of The Mindful
Athlete

Ann Zaprazny and Brendon Burchard
author of several #1 best sellers
including High Performance Habits

Ann Zaprazny and
Daniel "Rudy" Ruettiger who's early life and
career at Notre Dame were the inspiration for
the movie, Rudy

"I wish I knew what I know now when I was a hs/college athlete. My goal is to pay it forward. Physical training is not enough. Add mental skills training for the complete athlete. " ~ Ann Zaprazny

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