GAME-DAY CARD

Next Play · 14 Mental Tools
Keep it in your sports bag

1
THE FIVE MENTAL MUSCLES

Confidence. Focus. Calm. Bounce-Back. Grit.

Nobody is born with them. Everybody can train them.

Rate them. Pick one. Train it this week.

2
THE FLUSH IT ROUTINE

Notice it. Breathe out.

Wipe it off.

Say "Next play."

Find your next job.

3
BOX BREATHING

In for 4. Hold for 4.

Out for 4. Hold for 4.

Too much? In for 4, out for 8.

Then say: "I'm ready."

4
COACH VOICE

Catch it: "There's the critic."

Check it: True? Helpful?

Change it: Talk like a good coach.

Cue word: "Watch the ball."

5
THE CONFIDENCE BANK

Every night: three real deposits.

Be specific. Effort counts.

Before you compete: read your best three.

One bad day does not empty the bank.

6
HERE AND NOW (CONTROLLABLES)

Check your light.

Can I control this? No? "That's weather."

Pick one controllable.

Say your focus cue.

7
THE GAME-DAY ROUTINE

Pack it the night before.

Same steps, every time.

Breathe, tap, cue word, go.

If you're late, do the short version.

8
THE MENTAL MOVIE

Eyes closed. Two slow breaths.

See it through your own eyes, at real speed.

One great play. One bounce-back.

Rewind if it goes wrong.

9
ONE MOMENT AT A TIME (PROCESS FOCUS)

Pressure means you're in the game.

What's my job right now?

Breathe out. Do that.

Next moment.

10
THE FEEDBACK FILTER

Breathe. Who said it?

Take the lesson, leave the tone.

"Next time I will..."

Say thanks. Use it.

11
STRONG BODY LANGUAGE

Head up. Shoulders back.

Clap, don't slump.

One word for a teammate.

Win or lose, finish with respect.

12
THE QUIET FIVE

Sit tall. Breathe.

Count to ten, then start again.

Thoughts are clouds. Let them pass.

Wandered? Come back. That's one rep.

13
NAME IT TO TAME IT

Notice it in your body.

Name it in one or two words.

Rate it 1-10.

Pick a tool.

14
DREAM, GOAL, DAILY STEP

Dream big. Set a goal you control.

Take one small step today.

Obstacle? Make an if-then plan.

Missed a day? Next play.

Print, cut out and keep it in your bag. Read it before you start and whenever you need a reset.

THE NEXT PLAY CODE

10 rules of a mentally tough athlete

1. **PLAY THE NEXT PLAY.** Mistakes happen in every sport, to every athlete. Use the Flush It Routine, let the mistake go and get ready for your next job.
2. **BREATHE FIRST.** When your heart races, slow your breath before you do anything else. Box Breathing and The Quiet Five help you turn butterflies into fuel.
3. **BE YOUR OWN BEST COACH.** Talk to yourself the way a great coach would: honest, kind and helpful. Your Coach Voice goes with you everywhere.
4. **CONTROL WHAT YOU CAN CONTROL.** Your effort, attitude, focus and body language belong to you. Judges, referees, weather and the score don't, so stay in the Here and Now and take One Moment at a Time.
5. **EARN YOUR CONFIDENCE EVERY DAY.** Confidence grows from proof and preparation, not luck. Fill your Confidence Bank, run your Mental Movie and stick to your Game-Day Routine.
6. **RESPECT EVERYONE, INCLUDING YOURSELF.** Bow to your opponent, thank the officials and listen to your coach. Then give yourself the same respect: no put-downs, not even inside your own head.
7. **WIN WITH CLASS, LOSE WITH CLASS.** Shake hands after every game, meet or match, whatever the score. After a loss, use the Feedback Filter: take the lesson and leave the rest.
8. **LIFT YOUR TEAMMATES.** A high five, a "next play" or a cheer from the bench can turn a whole team around. Your Strong Body Language helps your training partners and club mates, too.
9. **ASKING FOR HELP IS STRENGTH.** Name It to Tame It, then tell a coach, parent or friend what you need. If a feeling stays heavy or something hurts, always tell a trusted adult.
10. **LOVE THE GAME AND STAY A BEGINNER.** Keep it fun and stay curious, like it's your first day. Keep training your Five Mental Muscles, and use Dream, Goal, Daily Step to build big dreams one small step at a time.

Hang it on your wall. Read it before every game, meet, match or test.

30-DAY MENTAL TOUGHNESS TRACKER

One small challenge a day. Check it off when you are done.

1	Rate your Five Mental Muscles from 1 to 10 and circle the one you want to train most.	
2	Do Box Breathing for 2 minutes before bed.	
3	Pick your flush cue (a hand wipe, a clap or a tap on your helmet) and use it after every mistake at practice.	
4	Use the Flush It Routine at school after a wrong answer: breathe out and say "next play" in your head.	
5	Make your first Confidence Bank deposit: write down 3 things you did well this week.	
6	Catch one mean thought about yourself and change it into Coach Voice.	
7	Pick 2 cue words, like "smooth" or "strong," and write them on tape on your water bottle.	
8	Do Box Breathing before something that makes you nervous: a drill, a quiz or a phone call.	
9	Do The Quiet Five: sit tall, breathe and count your breaths for 5 minutes.	
10	List 4 things you can control in your sport and 4 things you can't.	
11	Pick a focus cue for your sport, like "watch the ball" or "long arms," and use it at one practice.	
12	Add 3 deposits to your Confidence Bank: one from sport, one from school and one from home.	
13	Write the night-before part of your Game-Day Routine.	
14	Pack your bag the night before a game, meet or match, using your Game-Day Routine checklist.	
15	Play a 3-minute Mental Movie of your best skill before bed. See it, hear it and feel it.	
16	Add a recovery scene to your Mental Movie: you make a mistake, flush it and nail the next move.	
17	At home, when you get upset, Name It to Tame It: say "I feel frustrated" before you say anything else.	
18	Say "next play" or give a high five to a teammate or training partner after a mistake.	
19	After one mistake at practice, keep your head up and your shoulders back.	
20	Practice one pressure routine 5 times, the same way every time: a free throw, a serve, a penalty kick or a beam mount.	
21	On your next quiz or test, use One Moment at a Time: one question, then the next one.	
22	Run one piece of feedback through the Feedback Filter: write down the lesson and leave the tone.	
23	Ask your coach, "What is one thing I can work on?"	
24	Do The Quiet Five again. Let each thought float past like a cloud, then come back to your breath.	
25	Stand in front of a mirror and practice Strong Body Language for 1 minute.	
26	Write your Dream, one Goal for this season and one Daily Step.	
27	Do your Daily Step today, even if it only takes 10 minutes.	
28	Use your whole Game-Day Routine before your next game, meet, match or test.	
29	Rate your Five Mental Muscles again and compare with Day 1.	
30	Write your 3 favorite tools on a small card and keep it in your sports bag or backpack.	