



Mental Skills Bootcamp Complete Training Guide for Athletes

Part 1: The Mental Skills Check Up

- i. "What percent mental?" video to get an overview of the training.
- ii. Mental Skills Check-Up

Part 2: The Fundamentals

Directions: Watch the videos included in *The Fundamentals*. Complete the discussion guide individually, then discuss as a team or in partners. Please practice norms for a great discussion before jumping in.

- Session 1
 - 1.1 Building Your House
 - 1.2 Controllables vs. Uncontrollables
 - 1.3 Training Guide
- Session 2
 - 2.1 Dungeon to Penthouse
 - 2.2 If Only They Knew
 - 2.3 Training Guide
- Session 3
 - 3.1 Lizard Brain
 - 3.2 Press Pause
 - 3.4 Press Pause Track
 - 3.4 Training Guide
- Session 4
 - 4.1 Energy Vampires
 - 4.2 Training Guide
- Session 5
 - 5.1 Clutch Routines
 - 5.2 Phones
 - 5.3 Sleep
 - 5.4 Sleep Mindful Meditation Track
 - 5.5 Training Guide
- Session 6
 - 6.1 R-Factor
 - 6.2 Self-Talk
 - 6.3 Training Guide
- Session 7
 - 7.1 Vocab List
 - 7.2 Training Guide
- Session 8
 - 8.1 Visualization
 - 8.2 Pre-Practice Visualization
 - 8.3 Pre-Performance Visualization
 - 8.4 Training Guide

Part 3: Implementation

Directions: Watch the videos included in the *Implementation* section. Complete the discussion guide individually, then discuss as a team or in partners. These are just suggestions as all habits must fit the unique schedules of your program.

- Session 1 – How do we develop mental training habits?
 - 1.1 Mental Skills Implementation
 - 1.2 Mental Skills Planning Setup Guide
- Session 2 – How do we use the Clutch Reflection to develop a mental game plan?
 - 2.1 Clutch Reflection
 - 2.2 Performance Q Card Example
 - 2.3 Clutch Reflection Document
- Session 3 – How do we complete effective team discussions?
 - 3.1 Team Discussion Essentials
 - 3.2 Training Guide
- Session 4 – How do we share the mindful meditation and visualization tracks?
 - 4.1 Mindful Meditation and Visualization Implementation
 - 4.2 Complete Training Guide
 - 4.3 Link to Share All Tracks

Part 4: Coaches Corner

Directions: Watch the videos included in the *Coaches Corner* section. Complete the discussion guide individually, then discuss with other coaches on the team. What is the standard for the leaders in your program?

- Session 1 – Do you inspire your athletes from within?
 - 1.1 Inspire from Within
 - 1.2 Equipping or Short-Term Fix
 - 1.3 Planning Practices
 - 1.4 Complete Training Guide