

- Our conscious attention can be classified in two categories; Voluntary Attention or Automatic Attention.
- Voluntary attention is the feeling when you choose where your attention goes, like moving a flashlight around a dark room to get a better understanding of your surroundings.
- Automatic attention is when your attention is captured and pulled towards something without your active choice.
- Attention is it serves your ideal future.
- The clearer your goal or objective is the more you will be able to voluntarily choose where you conscious attention goes and where you can direct others' attention to.
- Often when we are coaching we are directing attention unintentionally.
- With our game model, we can direct attention purposefully and intentionally, and in this way it's much more impactful for the development of players.