



BVSA · MIND BODY FÚTBOL

BREAK THE LOOP

*A field guide to catching a mistake before it costs
you the next five*

Coach Bella Vigeland

BEFORE YOU START

One Mistake Is Not the Problem

You already know the feeling. You miss the tackle, blow the first touch, get pulled for a sub, and the next few minutes do not go much better either. Not because you got worse. Because something in you clicked into a different mode, and nobody ever taught you how to click it back.

That mode has a shape, and I call it the loop. A trigger sets it off, usually a mistake or a bad call. Then comes the protective strategy: the tightening up, the overthinking, replaying it in your head, sometimes checking out completely. That strategy feels like it is helping you avoid the next mistake. Instead it usually causes it. One bad rep becomes two, then three, and by the time you catch it, the game already moved on without you.

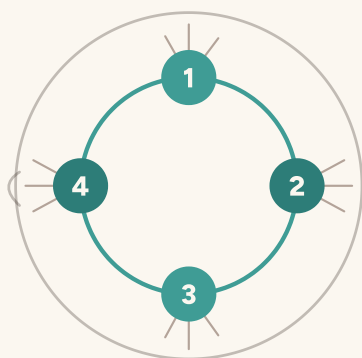
This is not a talent problem and it is not a toughness problem. It is a pattern, and a pattern is a habit, not a truth. You can catch it, interrupt it, and train a different response, the same way you train a first touch: with real reps, before you actually need them. That is what this guide is for.

Let's break the loop,

Coach Bella

UNDERSTAND IT

How the Loop Actually Works



THE LOOP, ON REPEAT

- 1 Trigger.** A mistake, a bad call, a sub, a missed chance, anything that lands as a threat to your worth instead of just a play.
- 2 Protective strategy.** Your mind reaches for something that feels like control: replaying it, tightening your body, going quiet, chasing the next play too hard to prove something.
- 3 Consequence.** That strategy costs you presence. You are half playing the next rep and half arguing with the last one.
- 4 Repeat.** Without an interrupt, the next mistake becomes its own trigger, and the loop runs again.

The fix is not to stop making mistakes. It is to shrink the time between the mistake and getting your mind back, on purpose, every time.

THE TOOL

Your 60 Second Reset

A reset is not a feeling you wait for. It is a sequence you run, on purpose, every single time, whether you feel like it or not.

- 1 Name it.** Silently or out loud: that happened. No story yet, just the fact.
- 2 One long exhale.** Longer than your inhale, on purpose. This is the physical off switch for the loop.
- 3 Say your reset word.** One word, chosen ahead of time, that means back to now.
- 4 Pick the very next task.** Not the mistake, not the last five minutes. The literal next thing in front of you.

Choose your reset word now, before you need it. It should be short, easy to say under your breath, and mean something to you. Some athletes use "next," some use "reset," some use their own name.

PRACTICE IT BEFORE YOU NEED IT

Rehearse the Reset

A reset only works fast in the game if it is already familiar. Rehearse it here, so your body already knows the sequence before it actually matters.

- 1 Close your eyes. Picture the exact mistake that usually gets you.
- 2 Let it land. Feel the tightening, the urge to spiral, that is the point of the rehearsal.
- 3 Run your reset: name it, one long exhale, say your word, pick the next task.
- 4 Open your eyes. That is the whole rep.

Weekly rep: two minutes, before every practice, for two weeks. Reps off the field are what make the reset automatic on it.

GET HONEST

Find Your Own Loop

- 1 What is the trigger that gets you most: the missed tackle, the bad call, the bench, the mistake in front of people who matter to you?
- 2 What does your protective strategy actually look like? Be specific: does your body tighten, does your mind go quiet, do you chase too hard?
- 3 What has that strategy actually cost you in a real game? Be specific about the minutes right after.
- 4 What is one word that could pull you back to now, the second you need it?
- 5 Who do you become in the thirty seconds after a mistake, and is that who you want to be?
- 6 What would change if the loop lasted five seconds instead of five minutes?

CLOSING

About Coach Bella



I am the founder of BVSA, a Holistic Sports Performance training company for female athletes, and a certified yoga and meditation teacher. I coach the mind and the body together, because performance is never really just one or the other.

My own turning point came from learning to rewire my thoughts, not from training harder. Once I stopped tying my worth to results, I started naturally taking the steps that helped me grow, compete, and take care of myself, and performance followed. That is the work I do now: helping athletes understand their own programming and rewire it, from the inside out.

It is my hope that this guide helps you keep one mistake from ever becoming three, on the field and off it.

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Coach Bella*

LET'S CONNECT

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