



BVSA · MASTER YOUR MIND

THE PERFECT GAME

Game Day Tool

WRITE IT · READ IT · SEE IT

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GAME DAY TOOL

The Perfect Game

The night before your game, write down what your perfect game would look like, **as if it has already happened**.

Example: I went into every tackle strong and confident and won the ball back. I stayed calm under pressure. I was excited to play and trusted myself the whole game.

THEN FOLLOW THIS PROCESS

- 1 Read it in your head, once.
- 2 Read it out loud, once.
- 3 Close your eyes and visualize it happening.

Do this the night before your game, and again the morning of.

The more clearly you see it, the more naturally your body will start to play it.

My perfect game
