

Performance Anxiety Breakout Part 1

What is performance anxiety?

Where does performance anxiety come from? And, what common sources of performance anxiety stand out to you?

When you experience performance anxiety, what do you feel physically?

What are some normal physical changes before a game?

Before practice or training, what do you feel physically?

Take a moment to note what stands out or what you've learned.

Your next game, what are you willing to notice and accept as okay?

Are you willing to notice some pregame physical changes as a good thing?

What physical changes will you view as positive or helpful to your game?

Notes on Part 1:

WYW Warm-Up Exercises You Will Use This Week:

- Bent-Leg Breathing
- Adductor Foam Rolling
- Hip CARs