Pre-Performance Routine:

Use this guide to create a plan that incorporates the pre-practice and pre-game factors that are important for your optimal performance:

1. **Night Before Practice or Game**
   a. How should I be preparing?
   b. How much sleep should I get?
   c. What should I eat?
   d. What should I drink?

2. **Practice Day or Game Day**
   a. What should I eat?
   b. What should I drink?
   c. Who do I need to talk to?
   d. Who do I need to *not* talk to?
   e. What pre-games activities help me perform better (e.g., being alone, joking around with teammates, listening to music)?

3. **10 Minutes Before Practice or Game**
   a. Is my energy level right (too tired, too anxious, too hyper)? If yes, great. If no, how do I get to my optimal energy level?
   b. What’s best for me to think about?
Your Post-Practice or Post-Game Analysis:

Answer these questions to systematically evaluate your performance after you’re done playing and adjust your performance plan as needed:

1. What did I do well?

2. What do I need to do better and how?

3. Logistical Issues? Personnel Issues?

4. Was I mentally ready? If not, why?

5. Was my energy level right on? If not, why?