

# MENTAL FITNESS

Mental fitness is like on-field fitness – it can be trained and strengthened. It helps you perform at our best, stay switched on, and connect with teammates, both on and off the field. Staying mentally fit means having the skills and strategies to manage mindset, bounce back from setbacks, and maintain wellbeing. Coaches can help players train their mental fitness just like their skills and endurance by...

## REFLECTIVE PRACTICE

Implementing reflective practices into your players football development can benefit their on-field performance. Reflective practice builds capacity in self-awareness, supports learning and development about how players go about their footy and strengthens players' ability to take actions and regulate under pressure, learning from their experiences, and planning for future ones.

Give players adequate time to think about and respond to each question. They can focus on off-field or on-field domains, or a mixture of both.

- » *What worked well for you today?*
- » *What needs to be better next time?*
- » *How will you make the changes?*
- » *Who do you need to connect with for help?*

### **Tips for Reflective Practice in Coaching:**

- » Encourage self-awareness and reflection by building deliberate reflective practice into training sessions.
- » Help players seek feedback on their game or training session, by prompting them to complete a reflection on their performance.