

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...

SETTING INTENTIONS AT TRAINING AND GAMES

Setting intentions directs players to decide in advance, their mindset, behaviours and standards that they bring to training and games.

Below are two activities for coaches to support their players in setting their intentions for learning and performance.

ACTIVITY ONE: QUICK INTENTION ROUTINE (INDIVIDUAL)

When to use: prior to training, games, or before a key moment during the game.

Ask players:



STOP

*Take two slow breaths,
ground yourself*



CHOOSE YOUR INTENTION

- » *What matters most right now?*
- » *What is in your control?*
- » *What will you do?*



LOCK IN THE ACTION

ACTIVITY TWO: TEAM INTENTIONS (GROUP)

When to use: prior to training, reflect after training.

Ask players:

1. What is **one behaviour or mindset** I want to bring to the team today?
2. **Share your daily intention with the group** - be specific and make it observable.
e.g. "Today I will"
3. Summarise 2-3 intentions to become the **teams' intentions for the day**
4. **Refer back to them** and reflect after training/the game on how players aligned with the intentions set