

# TrueSportATHLETE Preparation



Preparing to play your sport is more than just making sure your laces are double-knotted! Going through a proper pregame routine will make sure you're calm, focused, and ready to play your best.

Pregame prep is different for everyone, but taking the time to do so will help you:

1. **CREATE A FAMILIAR ROUTINE** that reduces your stress before a game
2. **FEEL CONFIDENT** about yourself and your playing abilities
3. **FOCUS ONLY ON THE NEXT MOMENT** of the game, not the outcome (whether you will win or lose)

Preparation will not only help you improve at your sport, but also at school, in your other hobbies, and with any other kind of challenge you face in life.

**WHAT'S IN A GOOD PREGAME ROUTINE?** *What makes you feel confident and focused before a game will be different for everyone. Here are examples of what some successful athletes like to incorporate into their pregame routines:*



a good night's sleep



packing your bag



deep breathing



running drills



listening to music



visualization

*Creating a great pregame routine takes some trial and error, so don't be afraid to experiment with new routines until you find one that works for you!*

**MAKE YOUR PERFECT PREGAME ROUTINE!** *Using either the examples above or some of your own, create your perfect pregame routine by writing on the lines below. As you do, be as specific as possible. If listening to a certain song 30 minutes before game time gets you psyched to play your best, write down that song's name and artist, too.*

1 hour before my next game, I will...

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30 minutes before, I will...

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10 minutes before, I will...

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**REMEMBER: THE BEST PREGAME ROUTINE IS ONE THAT RELAXES YOU, BUILDS YOUR CONFIDENCE, AND GIVES YOU MORE OPPORTUNITIES TO BE SUCCESSFUL.**

Play better by playing our games! To become a smarter sports star, play our fun preparation-related games at [PLAY.TRUESPORT.ORG](http://PLAY.TRUESPORT.ORG) or download the **TRUESPORT PLAY** app from the App Store or Google Play.