



Card 6: Be Mentally Tough

Remember: it's not if things go wrong, it's a matter of when they go wrong. As captain, your teammates will look to you for guidance and leadership in times of crisis. Become a model of mental toughness. Practice it every day. Play with emotion and passion, but try not to let your emotions get too high or too low.

Do's and Don'ts

- My bad! Be accountable during negative situations. Accept responsibility for your mistakes and move on – the play is over, and there's nothing you can do to change it. Encourage teammates to do the same.
- Maintain your composure and optimism despite any mistakes you or others might make. Your team will grow to trust you for it.
- You can't control your coach or the officials. If you think someone made a bad call, let it go. Communicate, get your team refocused, and move on the next play.
- Don't ever take shortcuts. For example, touch every line when doing sprints and make sure your teammates do it too!

Game Plan

- ✓ Practice mental toughness every day, until it becomes a habit. For example, make your bed every morning, run on and off the field/court, etc. The little things add up.
- ✓ When you make a mistake, learn from it and move on to the next play. Don't dwell on it.
- ✓ No matter how bad your day is, flip the switch when you walk onto the court/field. Exude positive energy. It motivates your team and intimidates your opponents.
- ✓ Rehearse the outcomes you desire in your head, before you practice or compete in a game. This will help to mentally prepare you for various situations you might encounter while playing.

What can you do?
