



“Mind Game Strong”

A Visualization Guide for Young Athletes



What Is Visualization?

Visualization is like playing a movie in your mind—except *you’re* the star. You imagine yourself in a game, facing challenges, and handling them like a champ. It helps your brain get ready for real situations, so when they happen, you feel confident and in control.



Why It Works

- Builds **confidence** before big games
- Helps you stay **calm** when things get tough
- It makes your brain feel like it’s already been there, so you’re ready!

How to Do It (5-Minute Daily Routine)

1. Find Your Zone

- Sit quietly in a comfy spot.
- Close your eyes and take three deep breaths.

2. Picture the Court

- Imagine the court you play on—colors, sounds, teammates, even the crowd.

3. Face the Challenge

- Think of a tough moment: missing a shot, getting cheated, being behind in the score.
- Now imagine how you *want* to respond: staying calm, walking positively, making the next play.

4. See Yourself Succeed

- Picture yourself making a great passing shot, being more consistent, defending like a pro, walking with head and shoulders up, as if nothing bothers you.
- Feel proud, strong, and focused.

5. End with Power

- Say something positive to yourself, like: *“I’ve got this.” “I’m ready for anything.” “I play without fear.”*

Pro Tips

- Do this before practice or games.
- Use all your senses, what do you hear, feel, see?
- Keep it short and sweet—just 5 minutes a day is enough!

Why It Matters

All pro athletes use visualization to stay sharp and prepare for various situations. It's like training your brain to be your best teammate. When adversity hits, you won't panic, you'll *already know* how to handle it.