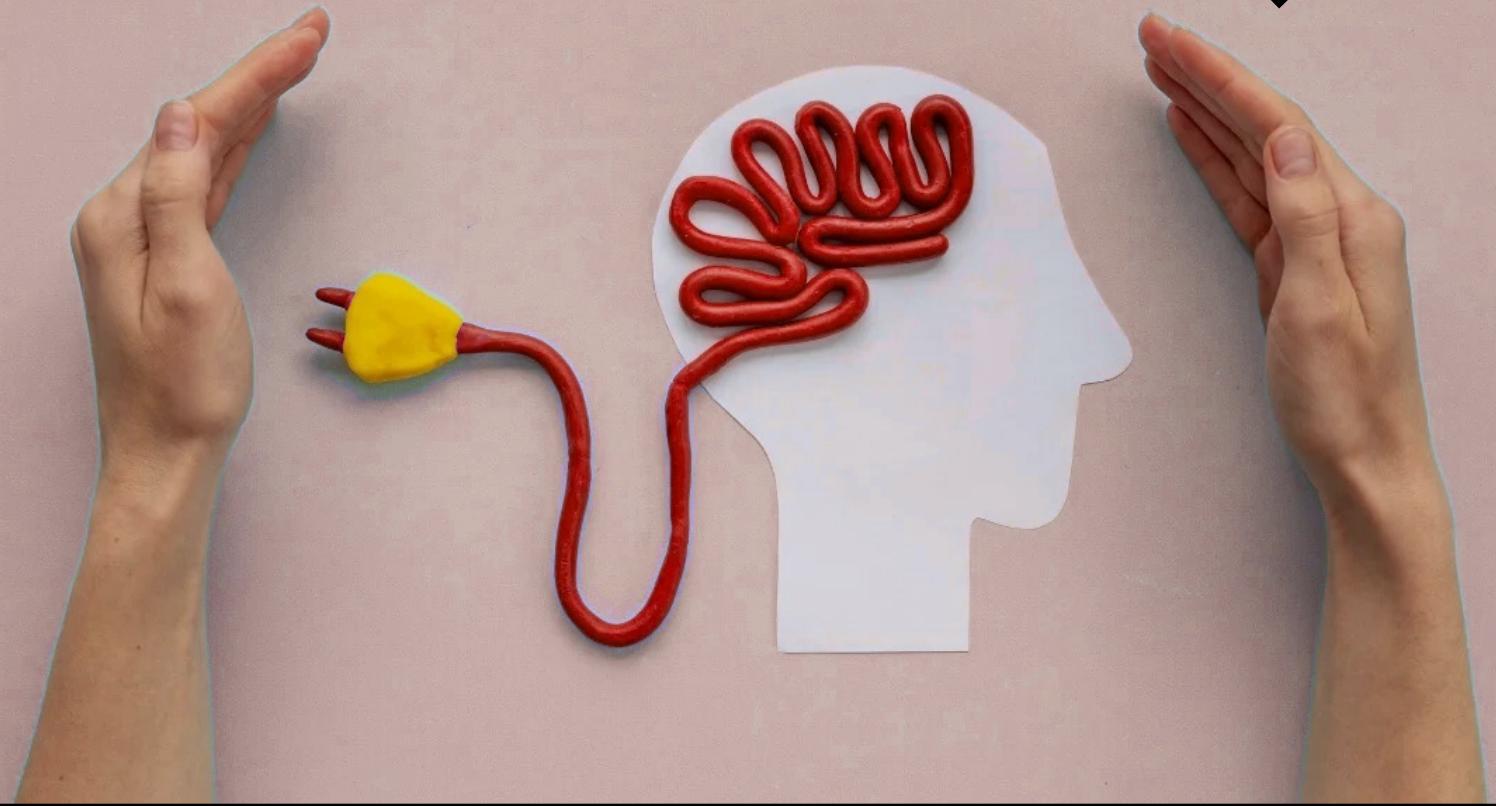




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# Digital Worksheet: Developing Focus And Mental Clarity Exercises





## 1. Focus-Building Exercises for Practice and Competition

### Exercise 1: Visualization Drill

**Instructions:** Spend 5 minutes before or after practice visualizing a challenging situation in your sport, such as making a critical shot under pressure or staying composed during a key defensive play. Imagine yourself handling this situation with complete mental focus and confidence. Picture each step in detail: your stance, breathing, and any self-talk that keeps you grounded.

#### Reflection Questions:

1. Describe the challenging moment you visualized. What specific actions did you see yourself taking?

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2. What thoughts or feelings came up as you imagined yourself succeeding in this moment?

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3. How will this visualization prepare you for real-game situations? Write a short action plan for incorporating visualization into your pre-game routine.

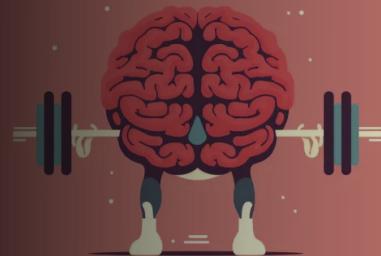
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**Visualization Tracker:** Use the tracker below to log your visualizations each week, noting the scenario you visualized, how you felt, and any new insights.

Week	Scenario Visualized	Feeling During Visualization	Insight/Key Takeaway
Week 1			
Week 2			
Week 3			





## Exercise 2: Single-Task Training

**Instructions:** Choose one simple task during practice that requires repetitive action (e.g., dribbling, shooting, or running drills). Focus all your attention on this single task for 10 minutes, noticing any distractions that arise. Each time your mind wanders, gently bring it back to the task at hand. This trains your brain to stay present and reinforces focus.

### Reflection Questions:

1. What were the main distractions that came up during this exercise?

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2. Describe how you refocused. Did it become easier to stay focused as you continued?

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3. What did you notice about your performance when you stayed focused on a single task?

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**Progress Graph:** Plot your focus on a graph each time you perform this exercise over the next few weeks. On the Y-axis, rate your focus from 1 (easily distracted) to 10 (fully focused), and use the X-axis to mark each session. Track your improvement over time.





## 2. Eliminating Distractions and Strengthening Mental Clarity

### Exercise 1: Identifying Distractions

**Instructions:** Write down three common distractions you experience during practice or games. Examples could include crowd noise, pressure to win, thoughts about past mistakes, etc. Next to each distraction, brainstorm a strategy for overcoming it, such as using deep breathing, self-talk, or focusing on a mantra.

#### Distraction Management Chart:

Week	Scenario Visualized	Feeling During Visualization
Crowd Noise	Take deep breaths and focus on my breath	
Pressure to Win	Remind myself of my training	
Thoughts on Mistakes	Refocus on the current play	

#### Reflection Prompt:

1. After your next game or practice, rate how successful each strategy was on a scale of 1-10. Adjust and improve your strategies for next time.

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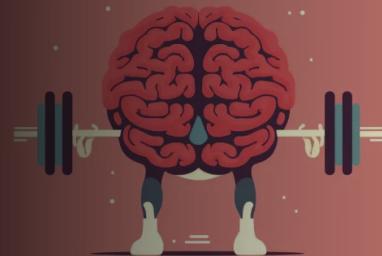


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### Exercise 2: Creating a Focus Cue

**Instructions:** Develop a personal "focus cue" – a short phrase or word that grounds you in the present moment when you feel distracted. Examples could be "Stay here," "One play at a time," or "I'm ready." Practice saying this cue during your warm-up and throughout practice.





### Reflection Prompt:

1. What cue did you choose?

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2. How did it feel using this cue? Did it help bring your attention back?

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3. When do you plan to use this cue in future games or practices?

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## 3. Guided Meditation for Focus and Concentration

### Meditation Exercise: Breathing and Centering

**Instructions:** Sit comfortably, close your eyes, and take slow, deep breaths. Inhale for a count of 4, hold for 4, and exhale for 4. Focus only on the rhythm of your breath. If thoughts arise, acknowledge them and let them go, bringing your attention back to breathing.

### Reflection Prompt:

1. After your meditation, describe any thoughts or feelings that came up.

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2. How did focusing on your breath make you feel?

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3. How could you use this breathing technique to calm your mind during a game?

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**Breathing Log:** Track your progress over two weeks, noting how each session affected your focus.

Week	Session Length (Minutes)	Feeling Before	Feeling After	Focus Improvement
Week 1, Day 1				
Week 1, Day 2				

## 4. Mental Reset Routine for Regaining Focus Quickly

### Exercise: Quick Reset Routine

**Instructions:** Develop a quick reset routine for moments when you feel your focus slipping. This could include deep breathing, stretching, or using a focus cue. Spend 3-5 minutes practicing your reset routine daily so it becomes second nature during competition.

**Routine Template:** Fill in each part of your reset routine below:

Step 1: (Example: Take three deep breaths)

Step 2: (Example: Repeat my focus cue)

Step 3: (Example: Visualize my next successful play)

### Reflection Prompt:

1. After using your reset routine in practice or a game, describe its effect on your focus.

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2. Were there any parts of the routine that worked especially well? Anything to adjust?

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3. What's your plan for incorporating this reset routine in future games?

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#### Routine Effectiveness Tracker:

Date	Situation Used	Focus Improvement (1-10)	Adjustments Needed





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