

Mental Training Checklist

Printable one-pager - Pre-game + pressure reset

1. Pre-Game Routine (T-60 through T-5)

A reliable 6-step mental prep sequence. Same order, every game.

T-60 Arrival Anchor

Perform a consistent personal ritual that signals the shift into game mode.
Same behavior, every game - playlist, warm-up, or three keys written down.

T-45 Breathwork

2-3 minutes of controlled breathing: 4 in, 4 hold, 6 out.
Lowers pre-game cortisol. Calm, focused readiness.

T-40 Visualization

Mentally rehearse 2-3 specific situations from the scouting report.
Assignment, set play, a past success - activates the same pathways as practice.

T-25 Role Affirmation

Each player states their role and the 1-2 things they control tonight.
Specific: "Set hard screens and crash the glass on every possession."

T-15 Energy Calibration

Know which players fire up vs dial down. Have them self-report on a 1-10 scale.

T-5 Team Lock-In

60-90 seconds of collective stillness before the final huddle.

No speeches. Just quiet together.

2. Game-Day Confidence (Four Pillars)

Confidence is engineered, not innate. Build these four pillars into your program.

Preparation Confidence

Knowing you have studied film, drilled the right plays, rehearsed assignments. Shortcuts in prep show up as shakiness in execution.

Success Anchoring

Before high-stakes games, recall a specific past performance you are proud of. Neurological priming, not wishful thinking.

Process Focus

Shift language from outcomes (am I scoring?) to process (am I reading the screen?). Stays in execution mode.

Body Language Standards

Players who hold their head up, jog back on D, and maintain open posture after mistakes literally feel more confident. Coach it like a skill.

3. Handling Pressure (Reset + Practice Finisher)

Pressure is trainable. Drill the reset, drill the breath, drill the scenarios.

Reset Sequence

Teach a physical cue (fist clench, specific word), then immediate refocus on the next possession. Drill it in practice.

4-Count Breath

Before every free throw and during every timeout: 4 in, hold, 4 out. Lowers heart rate, resets focus.

Deliberate Practice Finisher

End every practice with a pressure sequence: make 10 consecutive free throws or run a ladder to close.

Championship Scrimmage

Once a week, run a final-2-minutes tied-game scrimmage with something on the line for the loser.

FloorGeneral - floorgeneral.polsia.app/mental-training
Pair the mental framework with a sharp, tactical gameplan.