



### **Get an Understanding - Awareness**

There are two types of awareness we need to work on

1. Overall - The ability to assess
  - a. What you are good at
  - b. What you need to improve
2. In games/training sessions
  - a. What you might be feeling/thinking during training sessions, games or moments in the game
  - b. What may needs keeping – what needs changing

### **Practice - Improve - Track**

#### ***Activity 1 - Write a scouting report about you (for overall Awareness)***

1. If another team was preparing to play against you, what would they say about you?
2. Be sure you include:
  - a. 3 skills/tactical things you are good at\*\* and 2 mental things you are good at
  - b. 3 skills/tactical things you need to improve on and 2 mental things you need to improve on
3. Have a Parent or Coach write a scouting report about you
4. Compare the two and try to come up with 2-3 things for you to improve on from that agreed upon list (maybe we will cover these in other modules.

\*\*Collect these super strengths -- Once you ID these super strengths we will look to build on these in time

### ***Develop Awareness***

Performance is NEVER an all or none thing -- There are times when you aren't 100%...but you aren't 0%.

We use a 2 step process

1. Be aware of what's going on (Recognize)
2. Be aware it needs fixing (*Release, Regroup*)

Fix it is the 3<sup>rd</sup> step (*Refocus, Ready, Respond*)

- *This is focused on a lot in different modules*
- *Such as Emotional Control or Never-Ending Confidence*

### ***Assignment #1 -- Awareness activity during practice***

1. **On each practice day:**
  - a. Come up with 2 things you want to be AWARE of, and want to be doing, during training
  - b. Come up with 2 questions you can ask yourself that will help you "Recognize" if you are doing what you need to be doing
2. **On each practice day:**

- a. For the things you wanted to “recognize” --- Rate yourself on those 3 things on a scale of 1-10 – 10 being the best
- b. Write notes on why you rated yourself the way you did.
- c. Write some notes on were you able to regroup? What things can you do tomorrow to “regroup” if you weren’t doing what you needed to be doing?

**Assignment #2 -- Awareness activity during games**

**Same as above – and track your progress.**