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# Livermore Fusion SC Player Engagement

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A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE

# Fusion SC Sport Psychology



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**Concentration**

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**Emotion Regulation**

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**Goal Setting**

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**Leadership**

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**Motivation**

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**Performance**

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**Reflection**

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**Relaxation**

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**Visualization**

# Introduction to Concentration

- ❑ When you see Cristiano Ronaldo taking this free kick, what do you see?
- ❑ How is he able to perform when there is so much pressure and distractions?
- ❑ At the moment of the free kick, what is in his control?





# Concentration Overview

Being able to concentrate means having the ability to focus one's powers, efforts, or attention for an extended period of time

Concentration is one of the many parts of the Fusion SC Sport Psychology where we will begin our journey.

# Concentration Walls

In practice or in a game, our concentration is lowered when:

- ❑ Negative thoughts or feelings overcome you
- ❑ Focusing on unrealistic outcomes
- ❑ Physically tired
- ❑ Easily distracted by things
- ❑ Simply giving up



# Power of Positivity

## Staying Positive

- ❑ Stay away from the negative thoughts and feelings
- ❑ Give yourself words of encouragement such as, "I missed the goal AND I will try again" or "I lost the ball AND I will get it back"
- ❑ Remember and revisit the individual or team objectives given by your coach during practice that week



KEEP  
CALM  
AND  
STAY  
POSITIVE

The Positive Pear



## The Past, Present, & Future

"Yesterday is history, tomorrow is a mystery, today is a gift, that's why it is the present"

- Eleanor Roosevelt

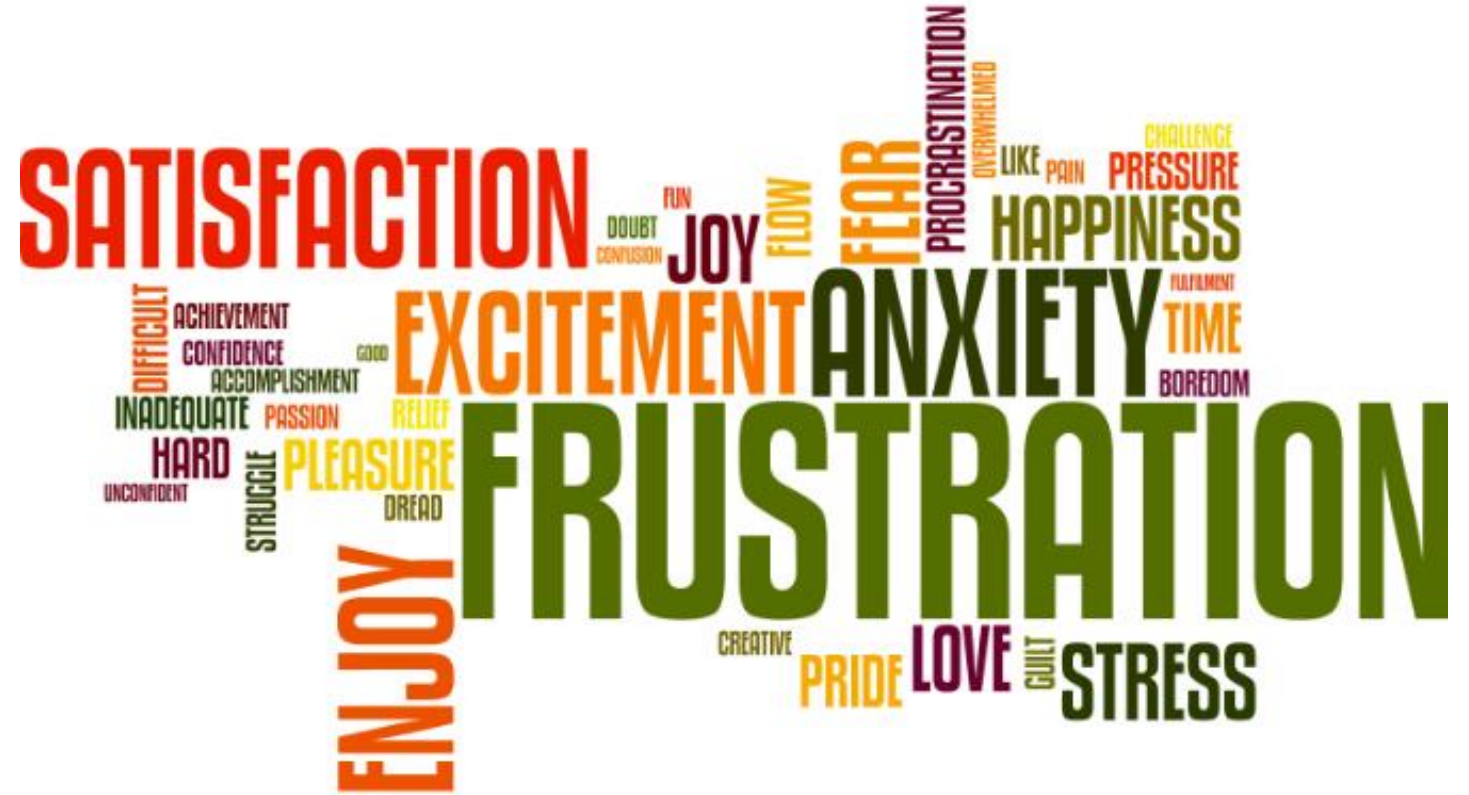
The present moment is within your control and be sure to make the best of it!

# What is in your control or influence?

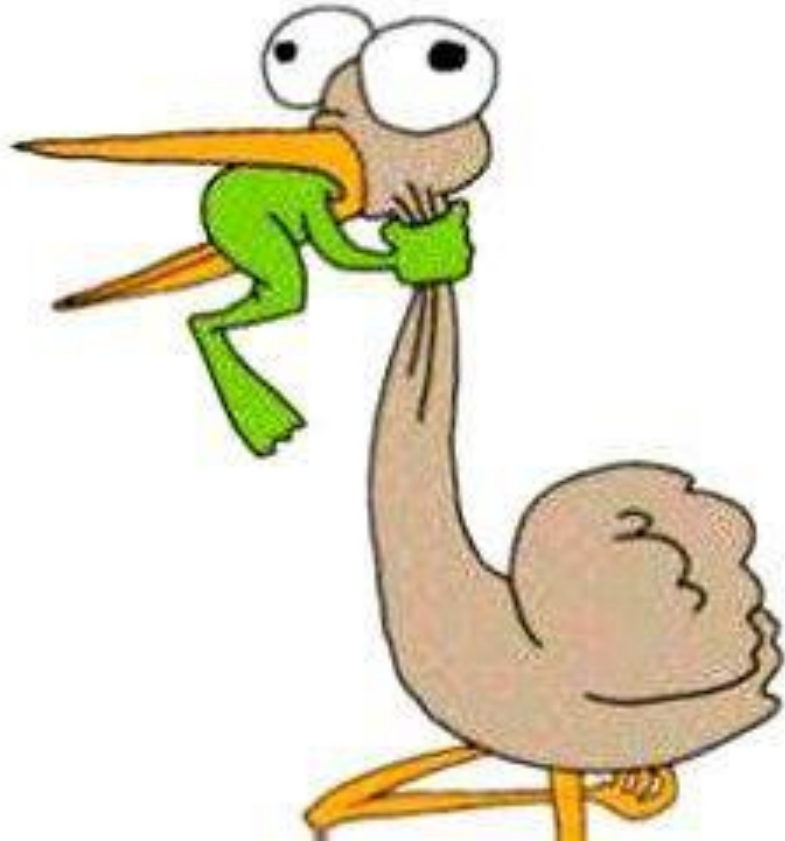
explore the below elements in a soccer practice or game which you can control, influence, and what you CANNOT control

- The weather
- Ball control
- A mistake you have just made
- Working hard
- The result
- Your thoughts
- The referee

From most to least, where should your concentration efforts be focused on? On what you can control, cannot control, or influence?



# NEVER GIVE UP



## Never Give Up

- When you are tired, and the leg are getting heavy.....never give up
- When the task seems impossible....never give up
- When the mental wall seems too high...never give up

You are on your way to understanding how to concentrate and kicking old habits

Now, go to the forms sheet below to take your quiz to check your understanding!

[Concentration Review Forms Link](#)

