

OUR MISSION- “APEX NW Volleyball Club utilizes competitive volleyball to develop stronger athletes, nurture well-rounded individuals, and provide resources to pursue volleyball at the next level.”

In a time like this without access to the gym, your teammates, or coaches, building up your mental game with techniques like visualization and goal setting is one way to complete our mission. As coaches, we expect full attention to be on volleyball once you check in, but that doesn't mean you shouldn't be prepared and in the right mind set beforehand. Of course, every athlete is different, but each player should have their own routine specialized to them, that ensures when they step on the court, they're ready to go mentally and physically!

Below, I have provided some videos, techniques, and ideas for different types of athletes to arrive prepared for each tryout, practice, game, and tournament.

MENTAL TRAINING!

Visualization -

1. <https://youtu.be/52VlIK5aQHK> (this video is great to help you control your breathing, be aware of your body, visualize basic skills, and prepare your muscles and mind for a volleyball situation)
2. <https://youtu.be/JQfP989n1Yg> (this link benefits athletes who may be distracted or anxious, it helps you relax, gives you cues to clear your mind, can benefit someone struggling with drama on or off the court)
3. <https://youtu.be/BaxZtgaJ0Zw> (HITTING- this video helps break down what your mind should be envisioning while hitting, and also being conscious of what your body needs to be doing in different circumstances)
4. <https://youtu.be/yTvKpGt5VMw> (use this video to get into the competitive mindset, to visualize the feeling of winning, to motivate your mind game)

Confidence -

1. <https://youtu.be/wWZkxhuuTSc> (great tips and techniques for athletes who may struggle with self confidence while playing, how to train your mind to be confident)
2. <https://youtu.be/z1IWm8O3JII> (this video helps athletes who may doubt themselves in game situations, how to trust your ability and not play down)
- 3.

Goals -

1. https://youtu.be/ikDBXog8_GQ (YOU SHOULD HAVE GOALS EVERY TIME YOU STEP ON THE COURT- this video helps to break down the value of goals, how to focus on your goals while playing, and narrowing down ways to improve each practice to achieve your goals)
2. <https://youtu.be/ZD-SOt8t3zQ> (tips for what college coaches look for in players, what is important to achieve your goals)