

# Finish Strong

Finishing strong is a choice. Implement these steps and see achievement come to life!

1. **Re-Write Your Goals**- “Refocus and get ready to achieve”

Personal skill goals- What do you need to work on right now to improve your skill set.

Persona Achievement goals- This could be running a slide, not missing a serve...ETC

Team Goals- What do we want to achieve in the last few tournaments.

***“Coaches, did you know that by writing goals down the chances of achievement increase by 33%... WOWZA!!”***

2. **Change Your Routines**- “Changes the chemistry in your brain”

Pre-practice or game play list. Get some new songs

Get new gear, water bottle, shoes, knee pads or socks!

Keeping things fresh and new creates more serotonin in our brains!

***“By freshening things up like our routines or our gear literally provides a spark of serotonin and dopamine which help the players have increased focus and feelings of more satisfaction!”***

3. **Strengthen Relationships**- Together, we can!

Do positive shout outs as a team after practice (as explained in the pod-cast)

Theme practices- Fun+hard work= Improvement

Do a team bonding off the court

***“Building each other up through the “positives exercise” literally changes the chemistry in our brains which leads to feeling better which leads to playing better!”***