

REAL BOISE SOCCER CLUB - Mental Conditioning 2011 Curriculum

Goal Setting: At Real Boise Soccer club we are committed not only to developing well rounded soccer players but balanced and organized with clear set of goals. At the beginning of each season we will discuss their individual goals as a soccer player as well as determining some team goals. We believe that setting these examples in their life now at and early age will help them as they move on in life. This will help set the stage of the team culture. Goals will increase their accountability and motivation.

Progressive relaxation: this prepares the athletes body and mind to be in tune with their emotions and their physical body. They are guided to tense their muscle groups in a progression usually from head to toes, then release, and concentrating on the feeling of letting the tension flow from our bodies. The goal is to learn to identify tension...then know how to release it. It's an amazingly easy and short activity, but it is ineffective without PRACTICE.

Visualization: is it thought in a simple three step framework:

1# CLEAR THE MIND (get rid of negative thoughts, thoughts of school, friends etc.)

2# RELAX THE BODY (tense muscles and feel them relax as they breath out and lets tension flow out of body)

These two together EMPTY the body of any tightness, expectation, emotional baggage, etc.

They RESET the player for the next step.

3# SEE IN THE MIND WHAT THE BODY WILL DO (visualization, mental recall of what they've done and are capable of doing, single minded focus)

Reaching top performance: this relates to how do the athletes need to feel to perform at his best. Some players feel calm and confident, others might get overly excited or nervous, while others might feel under aroused and bored in certain situations. Both extremes affect your performance. The arousal state means how energized or emotionally charged is person is at a given situation. We will work on identifying athlete's ideal arousal state on a scale of

V1.1 March 21, 2011

1 to 10. Being 1 half asleep and 10 overly excited. Identifying when they play at their best how amped up are they? Working on identifying how they would like to feel exactly and recall this when we do visualizations.

Remembering those emotions and energy level so that they will respond the same way and channel this thru their muscles like they did before. This takes training and practice but the idea is to teach them the steps, so they can put this in practice and become stronger athletes.

Lastly think about what is the most important part of the mental game?

It is your confidence. When you are confident, you can relax, trust your stuff, and perform at your best. Where does this come from? From knowing that you are physically and mentally prepared.

Recommended books: Mind Gym form Gary Mack and David Casstevens.

10-Minute Toughness from Jason Selk.

Please check Real Boise website at

http://realboisesoccer.com/mental_conditioning.html

for schedules and topics with each age group.

See also below.

SPRING 2011 SCHEDULE

Note: Additional sessions will be scheduled in May to address tournaments.

Real Boise U11 Girls (Keaton)

3/19/11 Game - 10:30

3/30/11 Practice

4/2/11 Game - Noon

4/23/11 Game - Noon

5/4/11 Practice

Real Nampa U13 Boys (Paola)

3/2/11 Practice Wednesday at the end

3/16/11 Practice Wednesday at the end

3/30/11 Practice Wednesday at the end

4/9/11 Saturday Game at 1:30 pm MC before game

4/21/11 Thursday Game at 5:30 pm MC before the game

4/27/11 Practice Wednesday at the end

May we will have two sessions to be determined depending on schedule.

Real Boise U15/U16 Girls (Paola)

3/9/11 Wednesday Game at 5:30 MC before the game

3/23/11 Practice Wednesday at the end

4/9/11 Saturday Game at 1:30 pm MC before the game

4/20/11 Practice Wednesday at the end

4/28/11 Thursday Game 5:30 pm Heroes Park

5/18/11 Practice Wednesday at the end

Real Boise U12 Girls: Barbara will send schedule to Team directly

Real Boise U13 Girls: Barbara will send schedule to Team directly

Real Boise U15 Boys: TBA