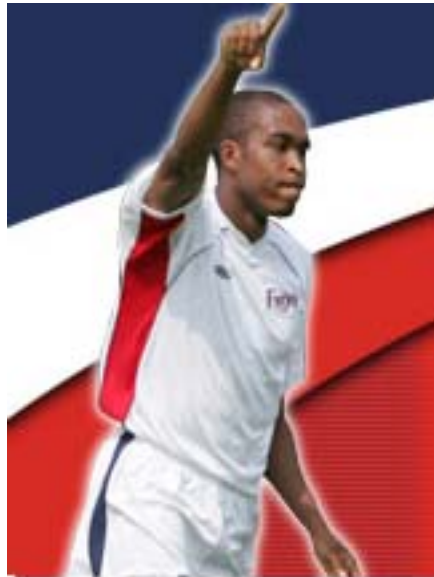


The Ottawa Fury U17

**2007 Summer Mental Training Program**



## Ottawa Fury U17B

I am pleased to introduce the Ottawa Fury U17B Mental Training Program. Over the course of the summer and into the fall, mental skills training will be integrated with your physical, technical, and tactical training. The goal of the mental training program is to help each of you perform to your highest potential and as a result help the team reach its potential. Just as you are required to invest time and effort into the physical and technical training of soccer, I am asking that you do the same for the mental skills involved in the game.

The Mental Training Program will include both team workshops and individual consulting. The team workshops will focus on introducing and practicing mental skills. These workshops will be held every second week and are mandatory for all players. The individual consulting will focus on developing individualized mental training plans which will help each of you mentally prepare to perform your best for each competition. These individual sessions will be scheduled at times that fit your schedule. They are not mandatory, but I strongly suggest each member of the team meet a minimum of three times over the course of the summer with the mental skills coach.

I look forward to meeting with you individually and as a team to help you reach your personal and group goals for the season. I will be at most practices, games, and tournaments, if you ever have any questions or would like to talk, do not hesitate to approach me. I think there is a great opportunity for each of you to develop into the best soccer players you can be and come together to form a championship team. The mental training program will be an important part of this process!

Sandy Millar  
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### Schedule: Team Workshops

As mentioned above, the mental skills training will be integrated through out the physical training over the course of the summer. Here is a tentative schedule for the team workshops as well as the potential topics. The team workshops will be held every second Wednesday, 1 hour prior to the evening practice.

- Wednesday May 9 -- Introduction to Mental Training and Team Building
- Wednesday May 23 -- Self- Awareness (Performance Profiling)
- Wednesday June 6 -- Goal Setting / Commitment
- Wednesday June 20 -- Confidence Building Strategies
- Wednesday July 4 -- Focusing Strategies
- Wednesday July 18 -- Refocusing Strategies (Distraction Control)
- Wednesday Aug. 1 -- Relaxation/Energizing Strategies
- Wednesday Aug. 15 -- Visualization
- Wednesday Aug. 29 -- Wrap – up and Evaluation

\*\* These topics may change to suit the needs of the team or based on the input from players or coaches. If any of the topics or dates change you will notified in advance.

### Individual Consulting Sessions

As mentioned above, the individual consulting sessions are not mandatory for all players. However, I strongly suggest that each member of the team meet with the mental skills coach a minimum of three times over the course of the summer. Preferably, each member of the team will meet with the mental skills coach 2-3 times per month. The mental skills coach will be available to meet more than this if the athlete or coach feels it is necessary.

The focus of the individual consulting will be to integrate the mental skills presented in the group workshops with your individual mental training plan. These meetings will give you the opportunity to develop an individualized competition plan, which you can use prior to every game and practice to ensure that you are in the "mental zone" that will lead you to your best performance.

#### Individualized Meeting Times:

1. Date: \_\_\_\_\_ Time: \_\_\_\_\_
2. Date: \_\_\_\_\_ Time: \_\_\_\_\_
3. Date: \_\_\_\_\_ Time: \_\_\_\_\_

The subsequent meeting times and dates will be scheduled with the mental skills coach on your third meeting.

Team Workshop #1: Introduction and Team Building

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Favorite Food: \_\_\_\_\_

\_\_\_\_\_

Proudest Moment: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who is the person you admire the most? Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you could date any celebrity right now, who would it be? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who is your favorite soccer player? Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Team Workshop #2: Self- Awareness and Performance Profiling

Think back to your best soccer performance:

What were you thinking, feeling, doing:

Before Event: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

During Event: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

After Event: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Think back to your worst soccer performance:

What were you thinking, feeling, during?

Before Event: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

During Event: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

After Event: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Team Workshop #2: Self- Awareness and Performance Profiling

Compare the two performances:

What did you do, think or feel that allowed you to perform your best? \_\_\_\_\_

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What did you do, think, or feel that prevented you from performing your best?

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What can you do to help you think, feel and act the way you did during your best performance?

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Team Workshop #2: Self- Awareness and Performance Profiling

Mental

Strengths:

Weaknesses:

Physical

Strengths:

Weaknesses:

Technical

Strengths:

Weaknesses:



Team Workshop #2: Self- Awareness Notes

Team Workshop #3: Goal Setting / Commitment



Describe your vision or dream of where you would like to be in the future as a soccer team?

1 month \_\_\_\_\_  
\_\_\_\_\_

4 months \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 year \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Team Workshop #3: Goal Setting / Commitment

What are the long term goals for the Ottawa Fury U17B upcoming season? \_\_\_\_\_

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What are the intermediate term goals for the Ottawa Fury U17B upcoming season? \_\_\_\_\_

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What are the short term goals for the Ottawa Fury U17B (this month)? \_\_\_\_\_

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What steps do all of you need to take each day at practice, in training or during games to help you reach your goals? \_\_\_\_\_

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Team Workshop #4: Confidence Building Strategies

Describe the strengths of the Ottawa Fury U17B soccer team? \_\_\_\_\_

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Describe the reasons why the Ottawa Fury U17B will be a championship team this season? \_\_\_\_\_

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What can we do as a team and individuals to help maintain our confidence? \_\_\_\_\_

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Team Workshop #4: Confidence Building Strategies

Describe your strengths as soccer player and a teammate? \_\_\_\_\_

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How do you think, act, or feel when you are most confident? \_\_\_\_\_

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What can you do to help you think, feel, and act that way every day? \_\_\_\_\_

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Team Workshop #4: Focusing Strategies

Think back to your most recent best performance (refer to self-awareness section? What were you focusing on:

Before \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

During \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

After \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe what you need to focus on to be successful? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe how you can focus on these things ?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Team Workshop #4: Re-Focusing Strategies

List the things that distract or cause you to loose focus during training or competition?

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Think back to your most recent best performance how did you re-focus after mistakes or distractions? \_\_\_\_\_

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Think back to your most recent worst performance, how did you fail to refocus after mistakes or distractions? \_\_\_\_\_

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Compare the two, what did you do to refocus after distractions and play your best?

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Team Workshop #5: Relaxation / Energizing Strategies

When you are performing you best, are you relaxed or energized? Explain?

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How do you feel physically (ie: sweaty, relaxed. Calm, tight, butterflies, etc)?

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If you perform your best when you are relaxed, what can you do to relax before and during your performance? \_\_\_\_\_

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If you perform your best when you are energized, what can you do to energize yourself before and during your performance? \_\_\_\_\_

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Team Workshop #6: Visualization

Imagine yourself successfully performing a soccer skill in your mind? Describe what you see? \_\_\_\_\_

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Practice visualization scripts- provided at the workshop by the mental skills coach.

### Highlight Journal

Take 5 minutes every day to record the highlights of your day. Highlights are anything that you did well, events that made you feel great, or anything that made you feel confident. Read your highlights often.

Highlight Journal

Highlight Journal

### Individual Mental Training Plans

The purpose of the individual mental training plans to help each of you develop a routine or plan that you can follow prior to each training session, practice, and competition to help you get into your “mental zone” that will lead you to perform to your highest potential. These mental training plans will be the focus of the individual consulting sessions, these sessions will allow you to determine what skills or strategies help you get into your zone.

To get into my “best performance zone”, before my performance I must:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

To stay in my “best performance zone”, during my performance I must:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

After every performance to evaluate how effective my mental training plan was. I need ask myself:

Did I follow my mental training plan 100%?

What worked well at getting me into my “best performance zone”?

What could I do better next time to help me get into my “best performance zone”?

Is there anything that needs to be added or removed from my mental training plan? Why?