



PEAK PERFORMANCE

TRAIN YOUR MIND

TRAIN YOUR BODY

MANAGE YOUR EMOTIONS

MASTER YOUR ENERGY

A COACH'S GUIDE

1

Mind

Spot: Negative self-talk, hesitation... or sharp focus, guard, distance (what's working well)

Cue variations: Adjusting → "Get out of your head" | Reinforcing → "That's it"

Ask yourself: Did I catch their self-talk early? Am I redirecting or reinforcing the right thoughts?

Ask athlete: "What are you focusing on right now?"

2

Body

Spot: Stiff movement, second-guessing... or smooth, automatic flow.

Cue variations: Adjusting → "Fast feet & Ready" | Reinforcing → "Great rhythm"

Ask yourself: Are they moving with confidence or overthinking? Do I simplify, or just reinforce?

Ask athlete: "How did that movement feel — forced or natural?"

3

Emotion

Spot: Slumped shoulders, over-excited reactions... or calm, steady composure.

Cue variations: Adjusting → "Reset." | Reinforcing → "Stay steady."

Ask yourself: Is my tone calm and steady? Do they know I believe in them?

Ask athlete: "What are you feeling right now?"

4

Energy

Spot: Too flat... or over-hyped. Also notice when they're at the perfect 'steady fire.'

Cue variations: Adjusting → Flat → "Quick feet, sharp hands." | Over-amped → "Breathe"

Ask yourself: Where's their energy dial? Am I balancing it without adding pressure?

Ask athlete: "Do you feel flat, boiling, or steady?"

Remember: Your job isn't to do the work for your athlete — it's to notice what matters, give the right cue, and steady them when it counts. Small words, calm presence, big impact. That's the power of a coach.