

# Squash Match Focus Plan

© Tim Bacon 2010

Name:

Date:

Competition Philosophy (statement to keep pressure off and give 100%):

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## *Pre-Match*

Night Before Reminders:

Waking Up Reminders:

Warm-up Reminders:

Knock-up Reminders:

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## *Match Plan*

Start:

Serve:

Return:

Up (8-4) :

Finish (8-8) :

Match Ball:

Other:

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*Objectives/reminders for this Match:*

**1.**

**2.**

**3.**

## ***Distraction-Refocus Plan***

Nervous:

Low activation/energy:

Playing poorly:

Last Match On (4-4 team score):

## ***Communication Preferences***

### ***Before the Match***

From my teammates:

From my coach(es):

### ***During the Match***

Coaching Between Games:

Cheering:

### ***After the Match***

After a loss/poor performance:

After a win/played well: