Name: 
Date:

Squash Match Focus Plan © Tim Bacon timbacon@icloud.com

Pre-Match

Competition Philosophy Statement:

Key Thoughts to play well:

“Individual” (in addition to team w/u) warm-up items:

During Match

Knock-up Focus:

Start Focus:

Focus for Serve: Focus for Return:

End of match focus (8-8 in 5th):

Tactical/Strategy Reminders:

1. 
2. 

Technical Reminder’s:

1. 
2. 

Mental/Emotional Reminders:

1. 
2. 

Distraction Control Plan

1. Playing poorly Solution (do/think):
2. Nervous Solution (do/think):
3. Solution (do/think):