

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

Name:

Date:

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): |