

<p>RESET During</p> <p>Next Play Reset</p> <p><i>Move on fast after mistakes.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Long exhale. 2. Say: "Next play." 3. Do next tiny job. <p>Coach cue: Cue: "Next play. Job now."</p> <p>Why: A phrase + action closes the moment.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>RESET During</p> <p>Next Five Seconds</p> <p><i>Switch panic into action.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Feet planted. 2. One slow breath. 3. Pick one job. <p>Coach cue: Cue: "Feet. Breath. Job."</p> <p>Why: Grounding narrows attention to what's doable.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>RESET During</p> <p>Shake Off</p> <p><i>Drop tension in two seconds.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Shake hands two seconds. 2. Shoulders down. 3. Eyes up. <p>Coach cue: Cue: "Shake—shoulders—scan."</p> <p>Why: Movement breaks the stress loop quickly.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>RESET During</p> <p>Bounce-Back Plan</p> <p><i>Come back with a script.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Name your trigger. 2. Choose reset move. 3. Choose next job. <p>Coach cue: Cue: "Plan it—then play."</p> <p>Why: Plans reduce panic when pressure hits.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>RESET Anytime</p> <h3>Control the Controllables</h3> <p><i>Stop spiraling. Take control.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Name the problem.2. Pick one control.3. Act on it. <p>Coach cue: Cue: "What can you control?"</p> <p>Why: Control-focus turns stress into steps.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>RESET Week</p> <h3>One More Try</h3> <p><i>Build "try again" power.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Pick one hard skill.2. Do five minutes.3. Track your streak. <p>Coach cue: Cue: "One more try."</p> <p>Why: Small reps build belief and skill.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>RESET Week</p> <h3>Show Up Anyway</h3> <p><i>Win with consistency, not mood.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Choose your routine.2. Do it on "meh".3. Tick it off. <p>Coach cue: Cue: "Show up anyway."</p> <p>Why: Consistency beats motivation over time.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>RESET Week</p> <h3>Rewrite the Story</h3> <p><i>Turn "I can't" into "yet".</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Write the old thought.2. Add "not yet."3. Write the new line. <p>Coach cue: Cue: "Not yet—keep building."</p> <p>Why: Reframes keep effort alive under pressure.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>RESET</p> <p style="text-align: right;">Anytime</p> <h3>Truth Shield</h3> <p><i>Block mean thoughts, keep moving.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Spot the thought. 2. Answer with truth. 3. Do next action. <p>Coach cue: Cue: "Truth, then task."</p> <p>Why: Truth-talk protects confidence and focus.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>FOCUS</p> <p style="text-align: right;">During</p> <h3>Tiny Job Focus</h3> <p><i>Choose one job. Nail it.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Pick one job. 2. Say it short. 3. Do 60 seconds. <p>Coach cue: Cue: "One job—go."</p> <p>Why: Narrow focus improves speed and accuracy.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>FOCUS</p> <p style="text-align: right;">Pre-game</p> <h3>Top 3 Priorities</h3> <p><i>Know what matters today.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Write three priorities. 2. Circle number one. 3. Start there. <p>Coach cue: Cue: "What's your #1?"</p> <p>Why: Priorities reduce stress and confusion.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>FOCUS</p> <p style="text-align: right;">Week</p> <h3>Weekly Plan</h3> <p><i>Turn goals into steps.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Pick one weekly goal. 2. Choose three steps. 3. Schedule them. <p>Coach cue: Cue: "Small steps, locked."</p> <p>Why: Scheduling turns intention into action.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>FOCUS</p> <p style="text-align: right;">Anytime</p> <h3>Long Breath Focus</h3> <p><i>Clear your head fast.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Inhale three.2. Exhale six.3. Repeat three times. <p>Coach cue: Cue: "Slow out-breath."</p> <p>Why: Long exhales signal safety to your body.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>FOCUS</p> <p style="text-align: right;">During</p> <h3>One Thing Now</h3> <p><i>Stop overthinking. Do one.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Name one thing.2. Do it now.3. Then pick next. <p>Coach cue: Cue: "One thing."</p> <p>Why: Sequencing prevents overwhelm.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>FOCUS</p> <p style="text-align: right;">Half-time</p> <h3>Name It, Then Play</h3> <p><i>Label feelings, choose tools.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Name the feeling.2. Rate one to five.3. Pick a tool. <p>Coach cue: Cue: "Name it—then play."</p> <p>Why: Naming emotions lowers their heat.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>FOCUS</p> <p style="text-align: right;">Week</p> <h3>Win-Lesson-Next</h3> <p><i>Learn faster every week.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Write one win.2. Write one lesson.3. Write one next step. <p>Coach cue: Cue: "Win, lesson, next."</p> <p>Why: Reflection turns moments into progress.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>FOCUS</p> <p style="text-align: right;">Week</p> <h3>Track and Tweak</h3> <p><i>Make progress visible.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Track one score. 2. Note what helped. 3. Change one thing. <p>Coach cue: Cue: "Track it—tweak it."</p> <p>Why: Feedback loops accelerate improvement.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>FOCUS</p> <p style="text-align: right;">During</p> <h3>Cue Word Lock</h3> <p><i>Ignore noise. Lock in.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Pick a cue word. 2. Find the ball. 3. Do next action. <p>Coach cue: Cue: "Word—ball—action."</p> <p>Why: A cue blocks distractions instantly.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>CONFIDENCE</p> <p style="text-align: right;">Pre-game</p> <h3>Confidence Ladder</h3> <p><i>Pick a brave step.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Choose rung one–three. 2. Pick one action. 3. Do it early. <p>Coach cue: Cue: "Pick your rung."</p> <p>Why: Bravery builds safely in levels.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>CONFIDENCE</p> <p style="text-align: right;">Pre-game</p> <h3>Easy Brave Move</h3> <p><i>Practice courage in small.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Choose small brave act. 2. Do it warm-up. 3. Celebrate it. <p>Coach cue: Cue: "Easy brave—done."</p> <p>Why: Small wins stack into belief.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>CONFIDENCE Week</p> <p>Strength Poster <i>Remember what you bring.</i> Steps:</p> <ol style="list-style-type: none"> 1. Write three strengths. 2. Add proud moment. 3. Post it up. <p>Coach cue: Cue: "Strengths first." Why: Strength reminders quiet self-doubt.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>CONFIDENCE Anytime</p> <p>Play Your Strengths <i>Use your best tool.</i> Steps:</p> <ol style="list-style-type: none"> 1. Name your strength. 2. Use it once. 3. Notice the impact. <p>Coach cue: Cue: "Strength play." Why: Strength-based choices boost confidence.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>CONFIDENCE Anytime</p> <p>Not Yet Switch <i>Turn 'can't' into 'yet'.</i> Steps:</p> <ol style="list-style-type: none"> 1. Catch the 'can't'. 2. Add "yet." 3. Try one new way. <p>Coach cue: Cue: "Not yet." Why: 'Yet' opens the brain to learning.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>CONFIDENCE Week</p> <p>Comeback Milestones <i>Recover with patience.</i> Steps:</p> <ol style="list-style-type: none"> 1. Follow your plan. 2. Track small wins. 3. Celebrate progress. <p>Coach cue: Cue: "Slow is strong." Why: Milestones keep motivation alive.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>CONFIDENCE Week</p> <p>Borrow Belief <i>Use role models for fuel.</i> Steps:</p> <ol style="list-style-type: none"> 1. Pick one role model. 2. Name what you admire. 3. Try one trait. <p>Coach cue: Cue: "Try that trait." Why: Role models give a roadmap.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>CONFIDENCE Anytime</p> <p>Character Check <i>Do the right thing.</i> Steps:</p> <ol style="list-style-type: none"> 1. Name the choice. 2. Choose honest move. 3. Stand by it. <p>Coach cue: Cue: "Character counts." Why: Integrity builds self-respect and trust.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>CONFIDENCE Week</p> <p>Your Own Goal <i>Choose a goal that's yours.</i> Steps:</p> <ol style="list-style-type: none"> 1. Write your goal. 2. Make it specific. 3. Pick first step. <p>Coach cue: Cue: "Yours. Specific. Start." Why: Self-chosen goals boost motivation.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>TEAM Week</p> <p>Belonging Bingo <i>Feel part of the team.</i> Steps:</p> <ol style="list-style-type: none"> 1. Pick three squares. 2. Do them this week. 3. Reflect what helped. <p>Coach cue: Cue: "Tiny connections." Why: Small social moves build belonging.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>TEAM</p> <p style="text-align: right;">During</p> <p>Name + Pass <i>Connect fast with names.</i> Steps:</p> <ol style="list-style-type: none"> 1. Learn two names. 2. Call name, then pass. 3. High-five after. <p>Coach cue: Cue: "Name, then pass." Why: Names boost attention and trust.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>TEAM</p> <p style="text-align: right;">Post-game</p> <p>Nice One Loop <i>Build trust with praise.</i> Steps:</p> <ol style="list-style-type: none"> 1. Notice something good. 2. Say it clearly. 3. Repeat tomorrow. <p>Coach cue: Cue: "Catch it—say it." Why: Positive feedback grows effort.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>TEAM</p> <p style="text-align: right;">Practice</p> <p>Buddy Check <i>Train with a partner.</i> Steps:</p> <ol style="list-style-type: none"> 1. Pick a buddy. 2. Set mini goal. 3. Check in after. <p>Coach cue: Cue: "Buddy check." Why: Accountability improves consistency.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>TEAM</p> <p style="text-align: right;">Week</p> <p>Team Day <i>Bond off the field.</i> Steps:</p> <ol style="list-style-type: none"> 1. Choose a team activity. 2. Include everyone. 3. Share one moment. <p>Coach cue: Cue: "Together matters." Why: Bonding improves on-field communication.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>TEAM During</p> <p>Assist Mindset <i>Help someone succeed.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Look for a teammate. 2. Set them up. 3. Celebrate them. <p>Coach cue: Cue: "Make the team better." Why: Helping others reduces pressure.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>TEAM Week</p> <p>Lead by Doing <i>Lead without being loud.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Pick one team job. 2. Do it early. 3. Invite someone in. <p>Coach cue: Cue: "Lead by doing." Why: Small leadership builds culture.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>TEAM Anytime</p> <p>Empathy Pause <i>Understand before reacting.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Pause one beat. 2. Ask: what's up? 3. Choose kind action. <p>Coach cue: Cue: "Pause and care." Why: Empathy lowers conflict and builds trust.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>TEAM Week</p> <p>Reliable Player <i>Be someone teammates trust.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Pick three responsibilities. 2. Track for a week. 3. Reset if missed. <p>Coach cue: Cue: "Reliable is powerful." Why: Reliability builds team confidence.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>BODY Anytime</p> <h3>Long Exhale</h3> <p><i>Calm nerves in ten seconds.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Inhale three.2. Exhale six.3. Drop shoulders. <p>Coach cue: Cue: "Long out-breath."</p> <p>Why: Exhale activates your calm system.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>BODY During</p> <h3>Feet on Ground</h3> <p><i>Stop the spin fast.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Plant your feet.2. Feel the ground.3. Look up. <p>Coach cue: Cue: "Ground."</p> <p>Why: Grounding pulls you into the moment.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>BODY Anytime</p> <h3>Shoulders Down</h3> <p><i>Release hidden tension.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Lift shoulders.2. Drop them.3. Shake hands once. <p>Coach cue: Cue: "Loose shoulders."</p> <p>Why: Relaxed muscles move better.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>BODY Anytime</p> <h3>5-4-3 Reset</h3> <p><i>Get out of your head.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Five things you see.2. Four things you feel.3. Three sounds you hear. <p>Coach cue: Cue: "Back to now."</p> <p>Why: Senses anchor you to reality.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>BODY Pre-game</p> <p>Ready Body <i>Arrive ready, not rushed.</i> Steps:</p> <ol style="list-style-type: none"> 1. One long exhale. 2. Sip water. 3. One favorite stretch. <p>Coach cue: Cue: "Ready body." Why: Simple routines reduce jitters.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>BODY Pre-game</p> <p>Power Posture <i>Stand like you belong.</i> Steps:</p> <ol style="list-style-type: none"> 1. Feet wide. 2. Chin up. 3. Slow exhale. <p>Coach cue: Cue: "Strong stance." Why: Posture changes signals and mood.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>BODY Week</p> <p>Energy Meter <i>Match effort to recovery.</i> Steps:</p> <ol style="list-style-type: none"> 1. Rate energy one–five. 2. Choose warm-up level. 3. Plan rest. <p>Coach cue: Cue: "Smart energy." Why: Awareness prevents burnout.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>BODY During</p> <p>Micro Shake Reset <i>Tiny shake, big reset.</i> Steps:</p> <ol style="list-style-type: none"> 1. Shake two seconds. 2. Open and close fists. 3. Touch jersey—reset. <p>Coach cue: Cue: "Shake—reset." Why: Small motion releases tension quickly.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>BODY</p> <p style="text-align: right;">During</p> <h3>Walk It Off</h3> <p><i>Reset while you move.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Walk tall. 2. Long exhale. 3. Find your mark. <p>Coach cue: Cue: "Walk it off."</p> <p>Why: Motion + breath shifts your state.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p style="text-align: right;">Pre-game</p> <h3>Next Touch Picture</h3> <p><i>See it. Then do it.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Close your eyes. 2. Picture one touch. 3. Try it warm-up. <p>Coach cue: Cue: "See it."</p> <p>Why: Visualization primes your brain.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>GAME SMART</p> <p style="text-align: right;">Pre-game</p> <h3>Best Play Replay</h3> <p><i>Start with calm confidence.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Pick best moment. 2. Replay details. 3. Feel steady. <p>Coach cue: Cue: "Replay your best."</p> <p>Why: Positive images boost readiness.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p style="text-align: right;">Week</p> <h3>Arrows on Paper</h3> <p><i>Learn positioning faster.</i></p> <p>Steps:</p> <ol style="list-style-type: none"> 1. Draw the field. 2. Place your role. 3. Add arrows. <p>Coach cue: Cue: "Show me arrows."</p> <p>Why: Mapping builds game understanding.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>GAME SMART</p> <p style="text-align: right;">Week</p> <h3>3-Frame Storyboard</h3> <p><i>Plan smarter decisions.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Draw three frames.2. Add two options.3. Circle best. <p>Coach cue: Cue: "Option B?"</p> <p>Why: Story makes choices easier.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>GAME SMART</p> <p style="text-align: right;">Week</p> <h3>Dribble Tracker</h3> <p><i>Prove improvement each week.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Set one-minute drill.2. Record your best.3. Change one cue. <p>Coach cue: Cue: "Track and tweak."</p> <p>Why: Numbers show progress clearly.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>GAME SMART</p> <p style="text-align: right;">Practice</p> <h3>Eyes First Challenge</h3> <p><i>Train vision + feet together.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Pick one skill.2. Add visual target.3. Do ten reps. <p>Coach cue: Cue: "Eyes first."</p> <p>Why: Vision leads movement quality.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>GAME SMART</p> <p style="text-align: right;">Week</p> <h3>Values Jersey</h3> <p><i>Play your values on purpose.</i></p> <p>Steps:</p> <ol style="list-style-type: none">1. Design your jersey.2. Pick three values.3. Play them today. <p>Coach cue: Cue: "Play your values."</p> <p>Why: Identity cues guide choices.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

Vision Board

Aim at what you want.

Steps:

1. Pick three goals.
2. Add images.
3. Review weekly.

Coach cue: Cue: "Aim it."

Why: Visual goals keep motivation steady.

Updated: 2026-02-14

Soccer Comic Lesson

Make lessons stick.

Steps:

1. Draw the mistake.
2. Draw the reset.
3. Draw the next play.

Coach cue: Cue: "What's the lesson?"

Why: Stories help your brain remember.

Updated: 2026-02-14