



What makes a good pre-game routine?

**YOU
NEED
3
THINGS...**

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@lia_nees



A pre-game routine is a tool you will use right before competing. This can be the morning of the competition, in the car on the way to the competition (as long as you're not driving), minutes before the whistle blows or all of the above. There are 3 things that make a good pre-game routine:

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Confidence Booster



Stress Reducer



Game Plan
