

## **Performance Indicators – FOCUS & CONCENTRATION**

Know what to focus on during the competition.

Employ rituals to follow in competition to reinforce focus and concentration.

Forget the past failure or mistake or loss.

Face the future when you get to that point in the game.

Perform in the present.

Have those ‘blinkers’ on to negate or reject those distractions.

The tools to return to for a focused performance are necessary, are learnt, are trained for.

Lachlan Tighe, 2015.