



Sport Psychology Assignment

The Unit 6 assignment will focus on designing a mental strength and preparation philosophy and plan.

For this assignment, you must:

1. Create a discussion on the importance of self-confidence and how to positively and productively deal with failure. You should include commentary on how these things contribute to performing under pressure.
2. Identify four mental strength building strategies from the unit content that you plan to use in your own training and explain how and why you will use them.
3. Create a game day mental preparation routine, explaining the specific strategies that you will use to mentally prepare for competition as well as to stay mentally focused throughout competition.
4. Explain the importance of managing mental health and describe the strategies you will use to check in with yourself, avoid over training, and identify at least two people with whom you can discuss mental health struggles with.
5. Complete your own game day mental preparation routine and analyze its effectiveness by writing a reflection on how it impacted your performance. Make sure to discuss what worked well, what didn't, and how you might change your plan moving forward.

You can use any medium you want to complete the 4 components of this assignment (oral, written, presentation, etc.). They can all be included in one file, or multiple files