

PRE-MATCH PREPARATION

Things to consider prior to beginning your pre-performance routine:

- Travel time should be factored into all plans
- Equipment should be checked and packed (perhaps with the help of an aide memoir)
- Practice opportunities, options and alternatives
- Post match recovery should take into account next match

240 Minutes **Waking up: should be at least 3 hours before play in order to prepare**

- Keep active
- Refer to Nutrition Card for fluid intake advice

150 Minutes **Generally the last main meal before a match should be no closer than two hours before match time**

- Refer to Nutrition Card for food and fluid intake advice

SPECIFIC MENTAL PREPARATION

120 Minutes **ASSEMBLING**

- Relax (away from venue if possible)
- Clear head (potentially with music / reading)
- Rehearse specific game plan if information known about opponent or reiterate standard gameplan and own strengths

60 Minutes **PREPARING**

- Stay relaxed and continue to mentally rehearse match plans
- Be aware of the level of excitement and nervousness as it builds towards match time
- Get changed into appropriate attire, check equipment and prepare to warm up

20 Minutes **FOCUSSING**

- Check courts are running to schedule
- Dynamic warm up, which may include: ghosting, lunges and varied fast footwork or speed drills
- Stretching if you are stiff or tight
- Players must be loose and ready to play

10 Minutes

- Check court time... if ok:
 - take on fluid/water:
 - continue to stay warm/ready to go **RELAXED**
 - be aware of levels of excitement or nervousness, looking to build up ready to play but not getting too anxious

5 minutes **EXECUTING**

**MATCH
TIME**

- As you walk onto court you may use some cue words which should be positive and active. These cue words should link into intended game plans or game styles.