

Preperformance Routine Development Form

Identify the steps in your current preperformance routine and any concerns about those steps. Next look at the required steps for preperformance routines. Make any additions of required steps to your current routine. Finally, write out your final preperformance routine that includes all personal and required steps. Write out each step in your Final Routine in as much detail as possible. Make sure that your new Preperformance Routine works for you and is short enough to fit within the time constraints of your sport.

Steps in Current Preperformance Routine	Concerns	Required Steps for Preperformance Routines	Additions of Required Steps to Routine	Final Routine: Combined Current and Ideal Steps
1.		Step 1: Relax and remove unwanted tension from performing muscles.		
2.		Step 2: Use goals and self-talk to promote focus and concentration.		
3.		Step 3: Adjust arousal to ensure you're in your optimal energy zone.		
4.		Step 4: Use imagery and positive self-talk to become optimally confident in performing your best.		
5.		Step 5: Develop a positive mental attitude that is stress-free but challenged.		
6.		Step 6: How will you maximize a highly automated, feeling-oriented performance?		
7.		Step 7: Streamline your routine to make it quick, effective and consistent to execute.		
8.				

From D. Burton and T. Roedeke, 2008, *Sport Psychology for Coaches* (Champaign, IL: Human Kinetics).

FIGURE 13.6 Athletes can use the Preperformance Routine Development Form to analyze and refine their existing routine.