

Race Plan Development Form

Race Segment	RACE SEGMENT GOALS		Cue Words
	Physical	Mental	
Example: Race start	React quickly, stay low and drive hard; be with the leaders out of the blocks	Focus only on the gun; keep it positive; be confident in your start	"Be explosive," "drive low and hard," "I always get great starts"
1.			
2.			
3.			
4.			
5.			
6.			
7.			

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

FIGURE 13.5 Plotting physical and mental goals and cues for each segment of the race and creating backup plans for overcoming potential difficulties helps athletes automate their execution and achieve a flow mind-set.