



SSB College Athlete Summer Mental Training Program

Increase Confidence • Build Mental Toughness • Create Habits & Routines of Excellence
Gain a Competitive Advantage • Increase Consistency • Improve Focus

What does the SSB Summer Mental Training Program include?

- 4 transformational live virtual sessions • Build personalized mental game plans • 4 weeks of 5 Minute Mindset™ •
 - Only 10 available seats for each class to allow for individual interaction and conversation •
- Guided visualizations and meditations for use throughout your career • Interact with and learn from athletes from other programs •
 - Tools and instructions on how to build your mental muscles and prepare to perform your best •
- Clear and actionable worksheets are provided with each training session to build routines and systems to get the most out of training •

Session 1: Self-Awareness & Championship Mindset 101 – Group 1: June 8 @ 12:00 PM EST or Group 2: June 9 @ 9:00 PM EST

Building your mental muscles starts here!! Learn the who, what, why and how of mental performance training and why it is vital for peak performance. It's time to learn how to protect our talent and get out of our own way so we can build our confidence and use our skill and training to perform our best!

Session Highlights:

- Become familiar with the 4Ps of peak performance – Present, Positive, Posture, Process
- Understand the power of your mindset and how it can help and hurt your confidence and performance.
- Develop a personal scouting report and learn how to effectively evaluate our performance.

Session 2: Mastering the Mental Tools of Champions – Group 1: June 15 @ 12:00 PM EST or Group 2: June 16 @ 9:00 PM EST

In session two we will dive into the importance of learning to use our breath and visualization as tools to help regulate our body and our minds and improve our performance. We all see something in our minds eye and we all breathe. We will discover how learning to use both intentionally can be game changing!

Session Highlights:

- Learn how to make the pictures you see come alive and serve as a tool to build confidence and consistency.
- Build a highlight reel of your best plays and learn why, when and how to use it along with other visualization tools.
- Learn powerful breathing techniques and how to incorporate them into your performance.

Session 3: Managing Pressure, Fears and Adversity – Group 1: June 22 @ 12:00 PM EST or Group 2: June 23 @ 9:00 PM EST

Pressure, fear and adversity are an inevitable part of performance. How we manage this part of the game matters. In this session we will learn to how to use our physiology and our mental tools to balance the pressure, manage fears and use adversity to our advantage.

Session Highlights:

- Learn to use your mental tools to regulate your body and mind to manage pressure.
- Discover ways to utilize past triumphs to turn adversity into advantages.
- Create a game plan to help you manage stress and perform with confidence and composure.

Session 4: Winners Have Systems. Systems Over Results. – Group 1: June 29 @ 12:00 PM EST or Group 2: June 30 @ 9:00 PM EST

Session four is all about systems, routines and habits of excellence. Here we build custom performance routines to help us perform with confidence, comfort and consistency, no matter what is going on around us. We will also learn the benefit of morning and evening routines that help us stay on track with our training and performance goals.

Session Highlights:

- Get a clear picture of how your current routines are helping or hurting your performance and build routines of excellence.
- Learn to schedule your 168 and get an understanding of how important the “hard 20” are to your performance.
- Develop performance and refocus routines and statements that set you up for success.