



The 5P's of Peak Performing Athletic Directors – WSSAAA 2009

Brian M. Cain, MS, CAA one of the top Peak Performance Coaches in the Worlds shares easy to use mental skill strategies you can implement immediately to get the most out of your day as an athletic director. Live in the **Present Moment**, not counting the days, but making the days count. Learn how to play the **Process** and give yourself the best chance for the desired end result. Take home strategies to help your coaches and athletes keep a **Positive** outlook while obtaining a championship **Perspective**. Most importantly you will hear what the best teams in the country do to improve everyday by increasing the quality of your **Practice**. The 5 P's of Peak Performance and Brian Cain will help you to play your best, when it is needed most. Be sure to check out the DVDs and CDs that Cain has available.

1) Present moment focus

- a. 30 Second drill _____
- b. \$100 Counting contest (Gorilla Video) _____
- c. Glass of water exercise – clear the mind (Imagery) _____
- d. Foot and finger circle _____
- e. 2008 Olympics _____
- f. _____
- g. _____

2) Maintain a healthy Perspective on sport

- a. Federal Express _____
- b. Perspective poster _____
- c. Do you personalize performance _____
- d. Hour glass approach - Segmentation _____
- e. Failure is an event not a person - Yesterday did really end last night and today is a whole new day _____
- f. Balance The Stick _____
- g. _____

3) Process is more important than the outcome – Play the process – Give yourself the best chance for success

- a. WIN – What's Important Now? _____
- b. Control what you can control _____
- c. Change the way we evaluate successful performance _____
- d. Process based practice evaluation / scrimmage points _____
- e. Hourglass – Staircase to success _____

4) Positive mind set is critical to success

- a. We live in a negative world _____
- b. Positive thinking won't let you do anything well – but it will let you do everything better than negative thinking will _____
- c. There are no pink elephants – you DO NOT block out the crowd _____
- d. You get so focused on what you are doing everything disappears _____
- e. _____

5) Quality practice – The most important factor

- a. Posted practice plans helps get athlete mentally ready to practice _____
- b. Pre-Practice routines - Hour Glass _____
- c. The only factor you can control (Walk The Plank) _____
- d. Make practice game like so you can make games practice like (John Wooden) _____
- e. Throw in the monkeys – Catch them being good – handling the adversity _____
- f. YOUR TEAM INC. The stock market approach LTC. _____

6) **MAKE THE IMPOSSIBLE POSSIBLE – BEND THE REBAR**