



# FOOTBALL RETURNS

# BUT ARE THEY

# #READYFORTHERESTART

At last... for some... oh no for others! Football has returned, but only to our screens and radios.

From an elite sport performance perspective the return of top level football raises fascinating questions around the mindset preparation and mentality the players will need to perform immediately at their highest possible level. #aretheyreadyfortherestart is a question worth asking - and one we will shortly know the answer to. Performance under pressure is not a new concept for professional footballers - but over the next few weeks there will be new pressures on top of the old pressures to play well and win:

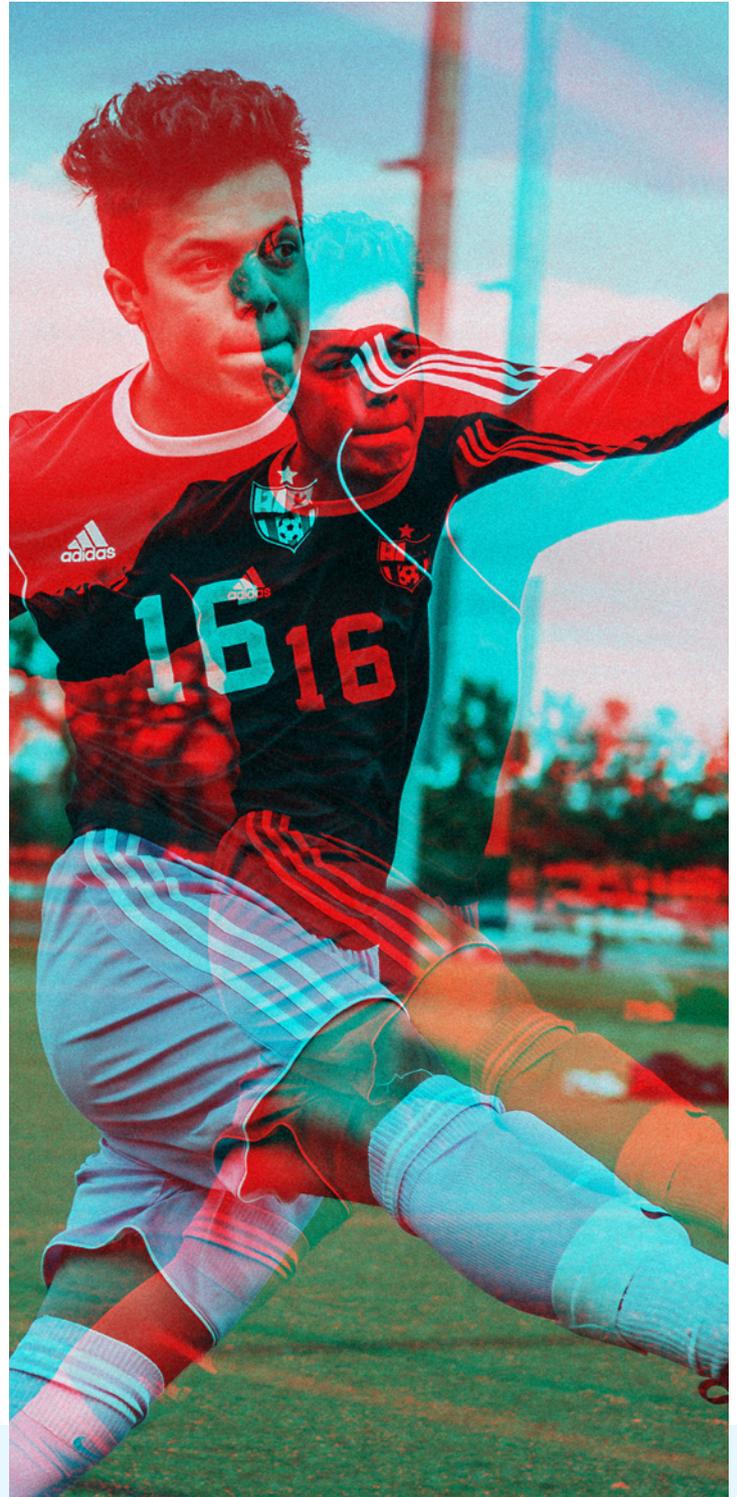
- 'I am feeling anxious over my health and my families health'
- 'What will it be like playing in front of no fans - ours or theirs'
- 'This feels like a training session'
- 'I am not really feeling up for this'
- 'I can hear the manager and have just made a mistake'
- 'This is a really unfamiliar and uncomfortable environment to play in'

Laid out as they are in this list can make the pressures seem meaningless or even trivial - surely they can deal with that - they get paid enough!

**“MENTAL SKILLS FOR PERFORMANCE UNDER PRESSURE NEED DELIBERATE PREPARATION AND REAL PRACTICE - ‘JUST TELLING YOURSELF THAT YOU ARE EXCITED AND READY TO GO’ IS A RISKY STRATEGY!”**

Mental preparation is a characteristic of the real high performing athletes and organisations. Mental skills for performance under pressure need deliberate preparation and real practice - ‘just telling yourself that you are excited and ready to go’ is a risky strategy! Club Leaders, Managers, Coaches and of course Players are all truly involved - which ones are mentally ready? We will know soon **#red2blue** **#embracediscomfort** and walk towards pressure!

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