

SCOUTING REPORT

What do you want scouts to write about you? Scouts care about who you are on and off the field of play. They are looking at how you perform – for sure. But more importantly, they are looking for signs of who you are; and what kind of teammate you will be. They don't care as much about how you play when things are going well. They really want to see how you play when the pressure is on and when there are challenges that make it tough. They want to see not only what you can do, but also what you bring to the team.

Throughout these postings we have been talking about a wide range of mental skills. And these are all tools and strategies you can use to develop yourself. These are things that can help you consistently be the person you want, regardless of what else is happening. You can be 100% in control and respond the way you want, rather than reacting to the heat of the moment.

So take a few minutes and think about it. What do you want your scouting report to say? What do you want scouts to write about in terms of how you handle adversity? What do you want them to say when they see you play when the game is on the line? And what kind of teammate do they want to describe you as off the field of play?

Once you know what you want in that scouting report – time to be honest. What gets in the way of being that person? What triggers you? What challenges you to react the way you want in all situations?

And then, what tools can you use to help yourself be that person when everything is on the line. Do you need to work on your SEAS breathing, master your ABCs, do more mindfulness, lock into process goals, use imagery, manage self-talk, align yourself with your values, be kind to yourself, or adopt a videogame mindset. You have learned all of these tools. Use these tools to help you get the scouting report you want. To help you be the player you want when it matters most.

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and what kind of teammate you will be**