

**May
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IT'S ALL IN THE MIND.

Volleyball like many other sports, does not only require physical fitness and skills. **Mental Resilience** is also important – something which can give you an edge in the game. **Mental Practice and Imagery** can help players emerge victorious in this mental battle.



TIPS (Before the game...):

- 1) Imagine GOOD & BAD SCENARIOS in the game & how you can MANAGE
- 2) Familiarise in your mind the SPECIFIC STEPS & PROCESSES in the game (e.g. spiking footwork, movement towards the ball to receive)
- 3) CALM DOWN in lead-up to game
- 4) Imagine execution of SUCCESSFUL ATTEMPTS for confidence!

What's important is that you must put yourself in the situation as realistically as possible! Immerse & Feel the environment and the challenges. Use this opportunity to mentally prepare yourself to overcome them!

DID YOU KNOW?

**(Volleyball Lingos:
Part III – Local)**

“Eating a Ball-snack”

Getting spiked right in the face by the opponent, which is like gobbling down the ball.

OUR FAVOURITE PLAY OF THE ISSUE!



Some beach volleyball action for you to surf! 😊