



MATRIX SPORTS ACADEMY

LOCK BACK IN

Stay Present

WHEN TO USE

When your mind is racing
After a mistake
When distracted

WHAT TO DO

5 things you can see
4 things you can feel
3 things you can hear

TRY THIS (PRACTICE IT)

Use before practice or during breaks so it becomes automatic in games.

COMMON MISTAKE

Going too fast or treating it like a checklist instead of actually noticing.

WHY THIS HELPS

When your mind is stuck on the last play or jumping ahead, your attention is split. Grounding your focus reconnects you to the moment so you can respond instead of overthinking.