



MATRIX SPORTS ACADEMY

NEXT PLAY MINDSET

Focus Reset

WHEN TO USE

After a mistake

When stuck on a previous play

WHAT TO DO

Pick a cue: "Next play!" OR "Reset!" OR your own cue word/phrase

Notice → Say it → Refocus on your assignment

TRY THIS (PRACTICE IT)

Choose your cue before practice and use it every time something goes wrong.

COMMON MISTAKE

Saying the cue without actually shifting your focus to the next task.

WHY THIS HELPS

Your brain naturally holds onto mistakes longer than successes. A consistent cue helps interrupt that pattern so you can move forward and stay engaged in what's happening right now.