



MATRIX SPORTS ACADEMY

PAUSE BEFORE YOU REACT

Mental Reset

WHEN TO USE

After a mistake
When you feel frustrated

WHAT TO DO

Pause — 1–2 seconds
Name it (e.g.: “missed it”)
Redirect (e.g.: “let’s get the next one”)
Re-engage

TRY THIS (PRACTICE IT)

Have a teammate call out mistakes during drills. Practice pausing before responding.

COMMON MISTAKE

Reacting immediately with frustration or trying to fix it instantly.

WHY THIS HELPS

After a mistake, your brain wants to react quickly—usually with frustration or urgency. That leads to rushed decisions and more errors. A brief pause gives your brain time to reset so you can respond with control and focus.