



MATRIX SPORTS ACADEMY

RESET YOUR BREATHING

In-Game Tool

WHEN TO USE

After a mistake
Before a big play
When you feel overwhelmed

WHAT TO DO

Inhale — 4 seconds
Hold — 4 seconds
Exhale — 4 seconds
Hold — 4 seconds
Repeat 1–2 cycles

TRY THIS (PRACTICE IT)

Use between reps or water breaks. Start with 1 cycle, build to 2–3 without rushing.

COMMON MISTAKE

Rushing the breath or skipping the exhale. The reset happens when you slow the full cycle.

WHY THIS HELPS

When your breathing speeds up, your body shifts into a stress response—heart rate rises, muscles tighten, and focus narrows. Slowing your breathing brings your body back under control so you can think clearly and execute the next play with intention.