

Build-Up to Competition (Option 1)

Influencing factor	Strategy (Practical/ routine / Visualisation / Self-talk / Meditation etc)	Coach / Parent / Peer support (Yes / NO- What does this support look like?)
Personal or internal -Mindset -Emotions -Confidence -Anxiety		
External or Environment -Training before comp (1 week) -Noise -Schedules -Travel -Lighting		
Social -social support -Parental pressure -coach / club pressure -opponent (history)		

Match-Specific -Game Strategy -Routines -Between match routine -Specific situations -Food / water / supplement intake		
Other factors -Personal circumstances -Historic experience of comp -Existing phy or psy conditions		

Build-Up to Competition (Option 2)

Influencing factor	Strategy (Practical / Routines / Visualisation / Self-talk / Meditation etc)	Coach / Parent / Peer support (Yes / NO- What does this support look like?)
Internal / External		
Pre-performance – 1 week before comp		
Competition Day		

Build-Up to Competition (Option 3)

Influencing factor and Timing	Strategy (Practical / Routines / Visualisation / Self-talk / Meditation etc)	Coach / Parent / Peer support (Yes / NO- What does this support look like?)