



INVITATIONAL B MENTAL SYLLABUS

BOYS AND GIRLS

1. Higher level of focus (Attention cues - internal, external, narrow, broad) and engagement in training.
2. Developing and understanding the love of competing.
3. Projecting a calm and positive attitude.
4. Learning to effectively manage mistakes in a positive manner.
5. Consistently working hard and being committed to improvement.
6. Developing an ability to self-manage and be responsible while away from home.
7. Fostering the concept of respect for coaches, officials and other players.