

Feeling restless or hyper?

1

CAN YOU SAFELY RELEASE ENERGY WITHOUT LEAVING YOUR SPOT?

YES

TRY IN-PLACE ENERGY RELEASE

- Jump squats
- Quick stretches
- Fidget tools
- Bouncing lightly on toes

NO

GO TO STEP 2

2

CAN YOU TAKE A BRIEF MOVEMENT BREAK SAFELY?

YES

STEP ASIDE FOR 1-2 MINUTES

Do a short sprint, pace, or quick drill to burn off energy.

NO

GO TO STEP 3

3

CAN YOU ENGAGE YOUR MIND TO REDIRECT ENERGY?

YES

FOCUS ON MENTAL TASKS

- Counting
- Visualizing plays
- Taking inventory on opposing teams

NO

Combine mini mental and physical techniques that fit your current space until you can take a break.

Return to practice feeling more regulated and focused!