

Game Day and Practice Checklist



For when your brain likes predictability.

Before You Leave

- ☐ Uniform / practice clothes packed
- ☐ Shoes / cleats / equipment ready
- ☐ Water bottle filled
- ☐ Snack or fuel packed
- ☐ Headphones / sensory tools (earplugs, stim item, etc.)
- ☐ Any meds or supports needed
- ☐ Checked schedule / travel time
- ☐ Other:

Mental Check - In

- ☐ I reminded myself it's okay to feel nervous. That's just energy.
- ☐ I did one grounding technique (deep breath, quick stretch, stim)
- ☐ I reminded myself: mistakes = data, not failure.
- ☐ I know what my job or focus is today (write it below):

During Practice or Game

- ☐ Focus on one thing at a time
- ☐ Ask for clarification if something's unclear
- ☐ Notice if you are overstimulated
- ☐ Take a short pause or grounding moment if needed
- ☐ Encourage yourself like you would a teammate

After

- ☐ Hydrate + eat something
- ☐ Change into comfy clothes
- ☐ Reflect (optional)
- ☐ One thing that went well: _____
- ☐ One thing you learned / want to try next time: _____
- ☐ Let myself rest – I did enough today