

INSTILLING CONFIDENCE FOR A COMPETITIVE EDGE



PEAK PERFORMANCE SPORTS

## What is a Preperformance Routine?

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Preperformance routines are actions and behaviors athletes use to prepare for a game or performance. This includes pregame routines, warm up routines, and actions an athlete will regularly do, *mentally and physically*, before they execute the performance. Examples would be visualizations done by skiers, dribbling by basketball players at the foul line, and preshot routines golfers or baseball players use prior to a shot or pitch.