



Instinct VBC Coaches / Players

Let's Talk?

IVC Coaches Rules and Guidelines:

- No wearing of unauthorized Instinct clothing or accessories while playing or practicing.
- No gossip, bad language, bad attitudes, rumor spreading, taunting other teams.
- Missing practices or games and tardiness will directly affect playing time...
- Positive enforcement with team player Cheer your teammates on with positive statements and avoid trash-talking the other team.
- Listen to what other people have to say,
- Talk politely and act courteously toward everyone before, during, and after games and events. That includes your teammates, your opponents, your coaches and their coaches, the officials presiding over the game, and even spectators (who can sometimes be loud about their opinions).
- Stay cool. Even if others are losing their tempers, it doesn't mean you have to. Remind yourself that no matter how hard you've practiced and played, it is, after all, just a game.

“Treat other people the way you want to be treated. Be courteous and polite”



Important Topics.

Focus and concentration / during training Your winning will come from your daily practice, you have heard the Term “Game face”, this is it “practice it”

Learning to visualize / I always dreamed and all my dreams came true, what do you want to do? Where do you want to go? Why you are here? What can we visualize together? What our goals are? How can we visualize it?

Stopping Negative self-talk what you say, how you say it.

Controlling anger, disappointments and frustrations your image is visible and affects not only you but all team

Precompetition anxiety and fear I was never afraid, I did not think about it. Because I was prepared for the battle

What other people think It does not matter it matter what you do, why you do and how you

“You win at practice not at games”