

Better
Players
Brighter
Futures



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TANGIBLE ITEMS

YOU RECEIVE AFTER EACH ZOOM SESSION

Watch. Read. Use. Measure. Act. Improve.



Same
Game
A Stronger
You

1 VIDEO RECORDING OF THE SESSION



Watch and review anytime to reinforce key points.

2 UPDATED PPS DOCUMENT



Reflects what we discussed, learned and updated.

3 ON COURT INFOGRAPHICS



Simple, visual tools to use during practice and matches.

4 PERSONALIZED ACTION PLAN



Your 2-3 key priorities to work on before the next Zoom.

5 PLAYER ASSESSMENT SHEET

PLAYER ASSESSMENT	
AREA	PROGRESS
Technical	
Tactical	
Physical	
Mental	
Emotional	
Consistency	

Track your progress and self-rate key performance areas.

6 PRACTICE CHALLENGE OR ASSIGNMENT



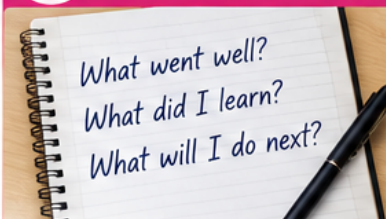
One specific task to complete on court.

7 MATCH-DAY CUE CARD



Concise cues to keep you focused and prepared.

8 REFLECTION / JOURNALING PROMPTS



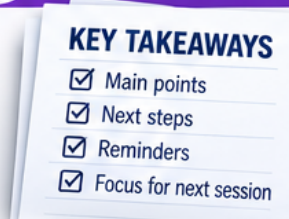
A few questions to complete after practices or matches.

9 PROGRESS TRACKER



See what's improving, what's developing, and what comes next.

10 KEY TAKEAWAYS SUMMARY



A one-page recap of the most important points from our session.

Every Session Leaves You With, Something You Can Watch, Read, Use, Measure and Act On.



DISCIPLINE
PROGRESS
CONFIDENCE
RESULTS