

MENTAL TOUGHNESS

Training Guide

**EIGHT PROVING 5-MINUTE MINDSET
EXERCISES FOR KIDS AND TEENS WHO
PLAY COMPETITIVE SPORTS**



I'm so excited for you! This document is filled with all of the things that I wish that I would have known about mental toughness for young athletes back in the day! I paid a lot for this information, but you are going to get it all right now for free!

So do yourself a favor and go through all of this information and USE IT! You will not regret it! Thank you again for allowing me to be a part of your journey! I look forward to hearing about all of your success.

If you have any questions or just want to share your wins please send us an email at info@hoopchalk.com

Well without further ado! Here is your download information!

See you on the other side!

Troy Horne (Aka Moses' Dad)



Introduction

Three Major Mental Toughness Roadblocks

1 Current Beliefs

You must “See yourself as mentally tough”. Right now, you are showing up exactly the way you see yourself. Step one is to see yourself as being mentally tough even though right now you might not believe it to be true. SAY it and SEE it anyway!

2 Peers

Surround yourself with people who are mentally tough or working towards it. “Iron Sharpens Iron” basically it means that you can’t be made better by people or things that aren’t in alignment with you, your goals and your dreams. Help your young athlete by surrounding him or her with iron like peers.

“You become part of what you are around.” Zig Ziglar

3 Other Authority Figures

Authority figures around you may have limiting beliefs about what you can do. A lot of that has to do with how you have been showing up. Take responsibility for the way that you have been showing up. Then if other authority figures try to keep you in that space of limiting beliefs on your journey towards mental toughness, be respectfully disconnected and get to work...ON YOURSELF!



Myth Busting

1

Born With It

We Were Blessed To Interview Chauncey Billups, Kobe Bryant, and Earl Boykins! They said that when they were young, they decided to focus and work more than everyone else. None of them said that they were “born with it.”

In this interview, NBA star, NBA Champion and now Coach Billups talked about mental toughness. What a blessing to be able to talk to a future Hall of Famer and NBA Champion. Take a listen!

[Click here to take a listen to our interview with Chauncey Billups](#)

Kobe Bryant said that one summer, he didn’t score one point. He even said that when he was younger, he wasn’t very good. BUT he worked more than everyone else. There is no trick. There is no secret. There is only hard work.

We had the opportunity to interview Kobe Bryant on our podcast. We talked a little before the interview with the Mamba. What a gift! We wanted to share a bit of what we experienced with you. Listen as then 14-year-old Moses interviews the GREAT KOBE BRYANT!

[Click here to take a listen to our Kobe Interview that I talked about in the book](#)

There is no “Born With It” gene.
There is only a “Worked For It” gene.



2 They'll Figure It Out

Parents: Hopefully, you don't tell your kids to "figure it out" when it comes to their schoolwork, what music they should listen to, or whether or not they should make any other life-changing decisions. Don't do it with sports. Help them figure things out. They need you!

Young Athletes: Listen to your parents and coaches. Don't try to figure this out by yourself. Your parents and coaches have decades more experience than you do. Take their advice. They are on your side!

3 Mental Toughness Training Doesn't work

Lebron James has his own mental toughness program on an app called Calm. Kobe Bryant and Michael Jordan both hired a mental toughness coach named George Mumford. Lots of professional teams have mental toughness coaches on staff. Imagine the head start that you are giving yourself by starting to work on your mental toughness now! You are going to crush this!



#1

FAMILY ON THREE!

Decide That You Are Going To Be Successful

- ✘ Decide that you are going to win.
- ✘ Decide that you are going to be great at what you do.
- ✘ Decide that you are going to be mentally tough.

The first step is to decide. “Decide what it's going to be. Decide how it's going to be and who you are going to be.” – Will Smith

Believe in your goals and dreams 100%. The first step is belief. Now how do you do that if you don't believe in yourself? Well, you can start by being honest with yourself about EVERYTHING. If you're not very good right now be honest with yourself. However, you have to know that everything is improvable. Everything is learnable. You must approach everything from a Growth Mindset perspective and not a fixed mindset perspective. That means you can say to yourself... "I'm not very good right now, but if I work like Kobe. I'm going to be the best!"

Learn To Fail

Take a lot of swings. Miss a lot of shots and be willing to make a lot of mistakes. Failure is great! The goal is to fail a lot so that you learn all of the things not to do. Celebrate your failures. Learn to fail forward and fail fast!



Famous Failures



Kobe On Failure

ACCEPT
FAILURE
AS PART
OF THE
PROCESS

Take Responsibility for everything!

Take responsibility for your wins and your losses. We are often taught to take responsibility for our failures and to pass on responsibility for our victories. This is detrimental to our mental health and mental toughness. Take responsibility for both. When you lose, take responsibility, and when you win,

DEFINITELY TAKE RESPONSIBILITY!



[Snoop Dogg Video On How To Thank Yourself Too](#)

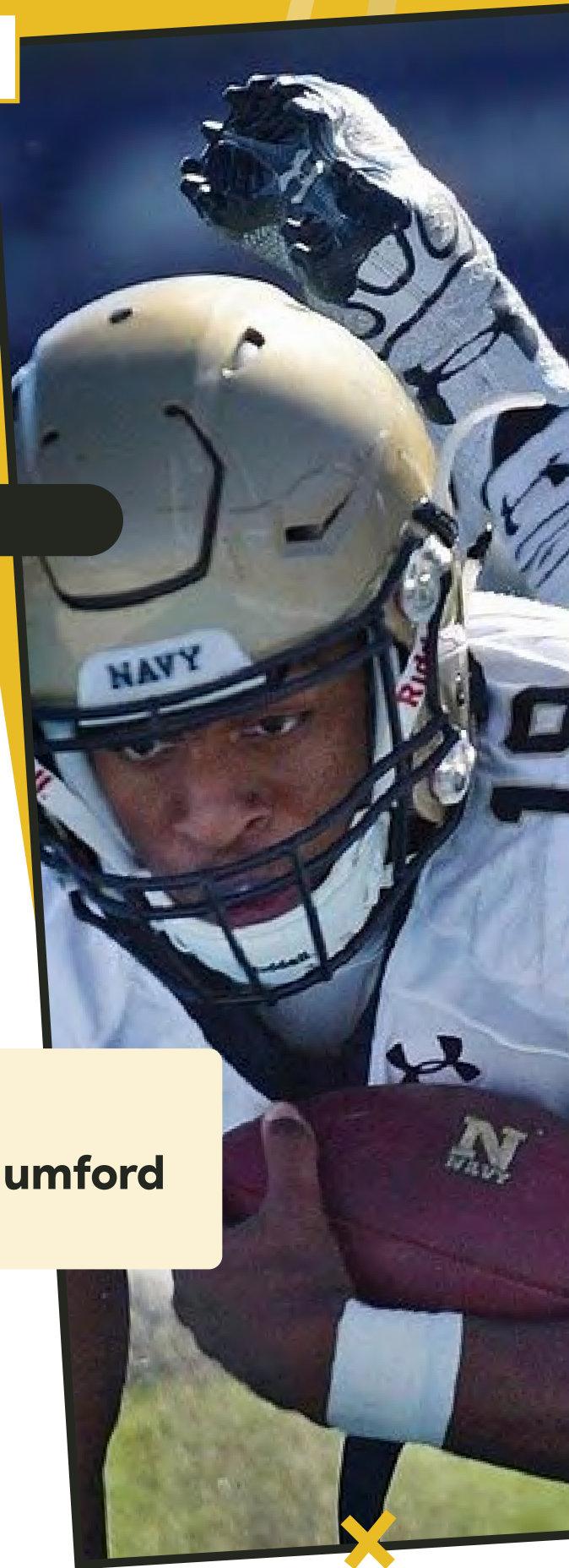
Do your own research.

Don't take other people's thoughts and opinions as facts. Look it up yourself. We live in the age of information. You can look up anything and everything. So do your research. Be a continual learner. Knowledge is super important! Once you do your own research trust your gut over other people's opinions. They don't know what you know.

Book For This Chapter:

The Mindful Athlete - George Mumford

[Click Here to Learn More](#)



#2

HOW TO STRENGTHEN YOUR YOUNG ATHLETE'S SUBCONSCIOUS MIND

Exercise 1

Your subconscious mind is at the heart of all of this. Here is how you can begin to strengthen it. Practice Saying Only What You Want To See or Do. The subconscious mind is a judgment-free filter-free zone. It doesn't reason, it just accepts. In order to strengthen it, you must use and understand its language. Use terms like...

- ✗ Take More Shots
- ✗ Be More Aggressive
- ✗ Swing The Bat
- ✗ Watch The Ball

Refrain from using the word don't.

- ✗ Don't Swing At That
- ✗ Don't Watch The Ball
- ✗ Don't ...

I'm so out of the practice of using the word "don't" I couldn't even come up with three examples. #HA Tell yourself only what you want your reality to be. Tell yourself that you are great! Decide what the goal is and go after it 100%

Teach yourself to guard your thoughts. Defend your subconscious mind from negative thoughts like Richard Williams did for Venus. It's super necessary!



RICHARD WILLIAMS DEFENDING VENUS VIDEO



Never allow other people's doubts and fears to enter into your mind. Protect your mind from adults as well as your peers. Remember that other people's doubts and fears have NOTHING TO DO WITH YOU! That is their story and their beliefs based on their disappointments and failures. Don't let them make their failures a part of your journey.

Nothing is ever personal.

Don't take anything personal and don't take any comment or limiting belief personally. It isn't about you. Limiting beliefs are always about the other person.

Five Minute Mental Toughness Exercise

For five minutes every day, go through everything that you have said to your young athlete or to yourself. Commit to removing any words that don't follow the rule of excluding the word don't.

Book For This Chapter:

The Four Agreements – Don Miguel Ruiz

[Click Here to Learn More](#)

Book For This Chapter:

Maverick Mindset – Dr. John Eliot

[Click Here to Learn More](#)



#3

VISUALIZATION

Exercise 2

Your subconscious mind doesn't know the difference between your imagination and what we call reality. Visualization works because it is feeding your subconscious mind images of what you want to see happen in your physical reality.

Visualization is just as important as practicing as you learned in the book, scientists measured brain activity and found that an athlete's brain activity measured the same when visualizing as it did when actually doing the physical event. Visualization works! Let it work for you and your young athlete!

Five-minute visualization exercise.

- ✕ Arrive Early To The Game, Practice Or Performance
- ✕ Find a quiet space.
- ✕ Create the whole event in their mind
- ✕ See yourself performing successfully
- ✕ Relax and replay the event over and over again.

Book For This Chapter:

11 RINGS by Phil Jackson

[Click Here to Learn More](#)



#4

WRITE DOWN YOUR GOALS

Exercise 3

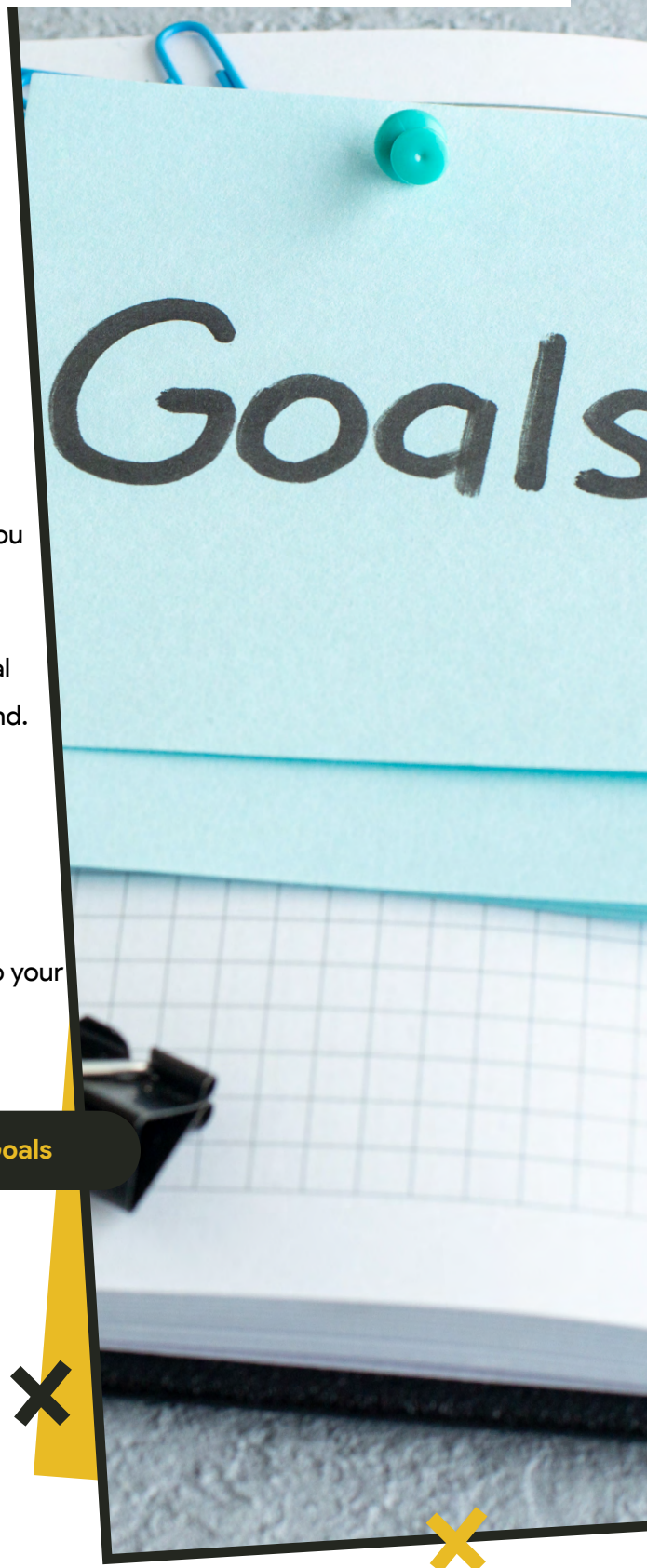
Writing down your goals is an excellent way to tell your subconscious mind what you want it to create with a direct injection straight to your conscious mind as well.

- ✘ Give you Clarity and eliminates distractions.
- ✘ Writing down your goals tells your subconscious mind that you mean business.
- ✘ Writing down your goals puts a physical action to your mental action bringing in both your conscious and subconscious mind.

Writing down your goals works on two levels.

- ✘ **External Storage** – Writing Down
- ✘ **Encoding** – Writing down your goals encodes your goals into your brain. Writing down your goals etches them in mental stone.

[Forbes Article Link About The Power Of Writing Down Goals](#)



The Science: Your brain has two hemispheres. If you only think about your goals you are only using one hemisphere the one responsible for your imagination. If you write down your goals you are using both your imaginative brain hemisphere and your literal brain hemisphere. Use your whole brain to help you reach your goals!

Pro Tips For Goal Setting: Make your goals specific. Make large yearly goals, medium quarterly goals, and smaller daily or weekly goals.

[Podcast Interview With PGC Founder And Jamal Murray's Family Friend](#)

By the yard it's hard, but inch by inch everything is a sinch!
-Norman Vincent Peale

Book For This Chapter:
Goals Zig Ziglar

[Click Here to Learn More](#)



#5

WATCH THE PRO'S NOT THE JOE'S

Exercise 4

As promised, here is Jayson Tatum yelling at LeBron James. This engraving technique stuff is super powerful if you use it. Just to make sure that we are all on the same page. Let's go over what the engraving technique is one more time.

The Engraving Technique is the practice of watching professionals perform the skills that you want to improve upon. The engraving technique or “watching the pros and not the joes” has proven that watching a professional perform a skill at a high level engraves a mental blueprint of how to do the skill in your mind and helps you perform the skill better.



Shinichi Suzuki uses the “watching the pros” or engraving technique in his world-famous violin teaching program called the Suzuki Method. The Suzuki Method is a world-renowned method used to teach young violin players how to play the violin. Watching or listening to the pros and not the joes works! Here's a link to Moses playing like Steph Curry after months of using the “watch the pros and not the joes” engraving technique.

[watch Here](#)



The Wall Street Journal did an article on the “Watch The Pros Not The Joes” or engraving technique. Take a look! Here is a link to the article for you to read for yourself!

[Click Here](#)



Things to make sure that you look for when selecting videos to watch:

- ✗ Make sure that the video is inspirational – Seeing your favorite pro do an amazing skill is always great for your young athlete.
- ✗ Make sure that the video is educational. Make sure that it is showing your young athlete how to do the desired skill.
- ✗ It breeds confidence – Watching a pro athlete play with confidence is a great way to engrave mental toughness. It shows them that the things that they thought were hard are doable.
- ✗ Connects them to the game – Seeing someone doing something or a lot of people doing something in your sport connects young athletes to the game.

Five Minute Engraving Technique Exercise

- ✗ Find videos on YouTube of an athlete who is great at doing the one desired skill that your young athlete needs to work on.
- ✗ Have your young athlete watch the video every night.
- ✗ Make sure that the video is only 5-10 minutes long.
- ✗ Make sure that the video is of current athletes.

Book For This Chapter:

The Little Book Of Talent – Daniel Coyle

[Click Here to Learn More](#)



#6

MEDITATE TO KEEP IT STRAIGHT

Exercise 5

Here is the photo of Kobe that I talked about in the book. I can't say this for certain, but it looks like he is meditating during the game. Meditation is so awesome! In this photo he is showing Chris Rock that he is a master at it! Do you want to learn how to block it all out and get in the zone like Kobe did? Meditation is the answer!



Meditation is super important for mental toughness. It is the exercise of clearing your mind of all distractions and focusing on the here and now. Meditation or Mindfulness is so important that Athletes like Michael Jordan and Kobe Bryant both hired a guy by the name of George Mumford to help them increase their mindfulness and improve their mindfulness practice.

We were super blessed to talk to Kobe Bryant on our podcast. On the show, he talked about how he started every day with meditation. What a gift that was. We were able to get one of the keys to the Mamba Mentality from the Mamba himself. That key was Meditation.

Meditation is not an instant thing. It takes practice, practice, and more practice! Here's how.

Five Minute Meditation Exercise:

- ✘ Meditate twice a day for five minutes each.
- ✘ Find A Quiet Space
- ✘ When you have a thought, attach it to a log and allow it to flow down the river.
- ✘ The goal is not to have an empty river, but to have fewer logs than you did when you started.
- ✘ Set a timer so that you have one less thing to think about.

Use meditation to achieve clarity of the mind, reduce sports anxiety, achieve the zone, and gain mental toughness.

#7

PRACTICE SMALL

Exercise 6

Play smaller

In the book we talked about Futsal and how playing small made soccer players better. This is just one of the physical practices that can help your athlete become mentally tough. Find a way to shrink or constrain practices. Some of the methods used by professional athletes include practicing on a smaller field, using a smaller ball or even a smaller golf club. Practicing small makes playing in the game a lot easier when everything is larger.

In the book we talk about professional goalies who practice catching ping pong balls, we talk about how basketball players will shrink the goal and how soccer players will shrink the ball and the soccer pitch.

Practicing small is a game changer. Practice small and watch the mental toughness muscle get stronger.



Five-minute Mental Toughness Exercise:

Find a way to practice smaller, find a way to workout on a smaller field or a smaller goal. Practice using a smaller ball. Make sure to find a way to add the constraint of playing small to your arsenal of practice.

Book For This Chapter:

The Talent Code By Daniel Coyle

[Click Here to Learn More](#)

#8

PRACTICE SLOW

Exercise 7

Slow training is one of the most effective training techniques available. Taking the time to break down a skill and perform it over and over again slowly will actually add to your young athlete's speed, ability and confidence.

When an athlete works on a skill slowly, it forms neural pathways in the brain and embeds the skill in the body and mind. We talked about the science in the book but let me just remind you that the reason that practice makes perfect is that when you practice, you are actually teaching your brain how to do the task over and over again. Slow practice gives your brain a very detailed map of what needs to be performed.

Remember the Weber-Fechner law that we talked about in the book. The faster things move, the less you can notice the details. The same thing goes for your brain. So give yourself an advantage and practice slowly.

Five Minute Mental Toughness Exercise:

Before every game or practice, walk through every warm-up in slow motion. This will allow your brain to get a great picture of the task that you want to improve. Before speeding up and doing the drill at game speed, slow it down and pay attention to how well or poorly you are doing the task at hand. Slowing down will fortify the neural pathways in your brain that are assigned to helping you complete this task.



#9

TRAIN ROUGH

Exercise 8

This is why Muhammad Ali went to the woods to train after he lost to a young Leon Spinks. Training rough helped him become a three-time Heavy Weight Champion of the world defeating Leon Spinks in the rematch.

This is why bodybuilders like Arnold Schwarzenegger worked out in dusty gyms with old equipment and rusty weights. Training rough tells your subconscious mind to get to work. Now I am not telling you to cancel your fancy gym memberships however I am telling you to add an old gym or practice field or training facility to your regiment.

Five-Minute Mental Toughness Exercise

Find a facility that is a little less fancy than the one that you currently work out in. Practice on an outside court or on a dirt field. Find a facility without air conditioning or with missing boards in the floor or rusty weights. You know the drill. Train rough!





Bonus Material

Here are some additional videos that I think are helpful on your mental toughness journey. Hope that you use them to help you take your mental toughness game to the next level. Take a look and enjoy!

Cus D'Amato Video On Fear



Michael Jordan Talks About How He Sees Competition



Arnold Schwarzenegger Talks About Motivation



One More Great Motivation Video!

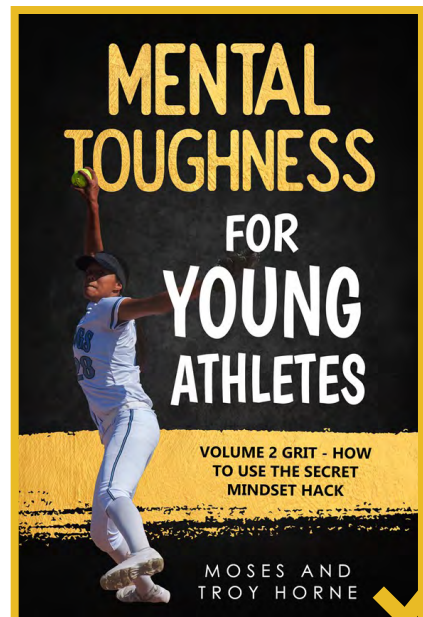
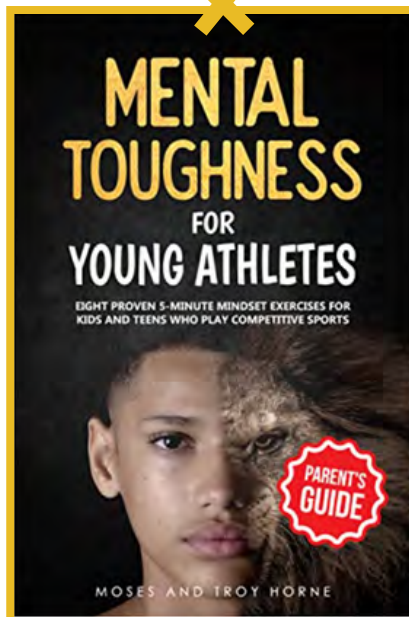
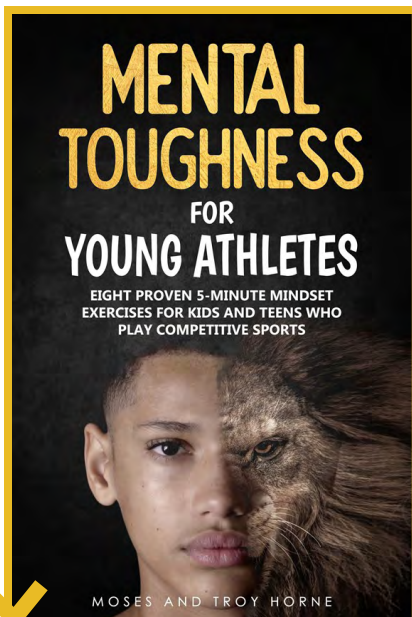


Congratulations!

You are on your way to a new mentally tough version of yourself! We are super excited for you! We can't wait to hear your stories of success! Keep going! This mental toughness thing definitely has levels.

Want To Take Your Mental Toughness Game To The Next Level?

Click below to learn more!



Got any questions?

You Can Email Us at info@hoopchalk.com

SEE YOU IN THE GYM!