

What are Performance Routines

When an athlete performs certain sequences of movements or specific mental or physical tasks used to prepare for physical performance, they are using performance routines.

What is a Performance Routine

These routines include thoughts and actions which are designed to get the athlete into the optimal mindset so they can consistently perform at their best. They are very deliberate routines, developed over time and practiced so they become automatic.

It should be noted that performance routines and superstitions are NOT the same. Superstitions are unlikely to impact the athletes performance and act as a distraction.

Pre-event and Pre-performance Routines

These are the two types of performance routines.

Pre-event routines consist of actions or thoughts that the athlete has prior to the game.

Pre-performance routines consist of task related actions and thoughts that an athletes has prior to executing a specific skill.

Potential Benefits

- Improve concentration
- Improve performance
- Improve attentional focus
- Decrease effects of distractions
- Prevent athlete from concentrating on the negatives
- Redirect irrelevant thoughts to relevant thoughts
- Increase consistency

Maximizing Effectiveness of Performance Routines

- The routine must be task specific
- The routine should be individualized for the athlete
- Athletes mind set should be set in their optimal state before performing the skill
- Ensure that the sequence and timing of the routine are consistent

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