



There are many things you could do to emphasize this lesson.

1. Spend time discussing the question that was asked at the beginning of the lesson: What percentage of a performance's success do you believe to be mental, physical, technical, tactical, culture? Make it clear that there are no wrong answers. You could spend time in a large group asking for their *why*, or you could break them into smaller conversations to encourage more discussion. This will also give you an insight into their mindset on mental training.
2. Typically the coaching staff sets the agenda for the week. They decide how much time is spent in each area. A vulnerable question that could have high payoff would be, "What is your ideal time breakdown this next week?" Or whatever week you're wanting to look at. There is a bonding that happens when people are truly listened to. You don't have to follow their suggestions, but the mere fact of being open and **appreciative** of their input will go a long way.
3. The last discussion point in the video was "What will you do to take steps forward in these areas this week"? I think that is a wonderful question for the team to answer. It makes a point that each of these areas are important.
4. This generation is very experiential. One activity that may pay dividends down the road is having them make a tool box. When they learn skills in the following weeks, they can put them in that tool box. I believe even just the visual of a toolbox with tools in it will promote confidence in their mental strength.