



SPORT EXERCISE & PERFORMANCE
PSYCHOLOGY

EMAIL: KANNECT.PSYCHOLOGY@GMAIL.COM
PHONE: +44 7455 596735
INSTAGRAM: KANNECT_PSYCHOLOGY

Competition Planning

Step 1: Gather Information

Details	Information
Competition Venue:	
Date:	
Time:	
Competitors:	
Surface:	
Sport-Specific Details:	

Step 2: Set a Goal

Goal for Competition:	
Description:	
Type:	
Task- or Process-Related Goal	

Step 3: Identify Strengths

Strengths in Skills or Mentality	How They Help Reach the Goal

Step 4: Consider Barriers

Potential Barriers	Plan to Address These Barriers



SPORT EXERCISE & PERFORMANCE
PSYCHOLOGY

EMAIL: KANNECT.PSYCHOLOGY@GMAIL.COM
PHONE: +44 7455 596735
INSTAGRAM: KANNECT_PSYCHOLOGY

Step 5: Develop a "What If" Plan

Potential Fears or Issues	Plan if They Happen

Step 6: Create a Timeline

Break down the event into smaller parts and plan accordingly. Include strengths, strategies, mindsets, and specific actions for each chunk.

Event Chunk	Routine	Specific Actions/Tasks
Pre-Event		
Start of Competition		
Middle of Competition		
End of Competition		
Post-Event		