



# PERFORMANCE SERVICES PROGRAM 2023/24

## CALGARY RANGERS SOCCER CLUB

1

**Intro to Sport Psych  
& Self Reflection**  
*November*

MENTAL PERFORMANCE  
SESSION ONE

2

**Group Dynamics  
& Communication**  
*November*

MENTAL PERFORMANCE  
SESSION TWO

3

**Emotions & Self  
Regulation**  
*January*

MENTAL PERFORMANCE  
SESSION THREE

4

**Risk Taking  
& Growth Mindset**  
*February*

MENTAL PERFORMANCE  
SESSION FOUR

5

**Confidence &  
Preparation**  
*April*

MENTAL PERFORMANCE  
SESSION FIVE

6

**Stress &  
Coping**  
*August*

MENTAL PERFORMANCE  
SESSION SIX



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1

## Intro to Sport Psych & Self Reflection *October*

MENTAL PERFORMANCE  
SESSION ONE

1

## What is Mental Performance? o *Why is it Useful?* o *Myth Busting.*

MENTAL PERFORMANCE  
SESSION ONE

1

## Understanding Yourself o *Commitment to Learning/ Trying /Back to the Drawing Board.* o *Identify Where you Need to Spend Time Working.*

**HOMEWORK:** UNDERSTANDING YOUR UPS AND DOWNS  
(HEADS – UP PAGE 10)



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2

## Group Dynamics & Communication *November*

MENTAL PERFORMANCE  
SESSION TWO

### Group Development Stages

o *Storming, Norming, Forming Performing & Adjourning.*

### Team Roles

- o *Formal and Informal.*
- o *Why do they Matter?*
- o *Seven Archetypes Activity.*

PICK THE ARCHETYPE THAT YOU ALIGN WITH THE MOST. SHARE ARCHETYPES SO EVERYONE UNDERSTANDS DIFFERENT NEEDS/STYLES.

### Architect Versus Assassin

### Communication Five R's

- o *Right Time, Right Place, Right Person, Right Tone & Right Topic.*

FULL VALUE CONTRACT: HAVE ATHLETES SHARE CONTRACT WITH COACH - CHECK IN WITH CONTRACT THROUGHOUT SEASON.



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3

## Emotions & Self Regulation *December*

MENTAL PERFORMANCE  
SESSION THREE

3

## What is Self Regulation?

### When to Use Self Regulation

o *In Life, in Training & in Competition.*

MENTAL PERFORMANCE  
SESSION THREE

## Recognizing our Green, Yellow Red Lights *(Heads Up Page 47)*

### Different Strategies of Self Regulation

o *Breathing* o *Self Talk* o *Release* o *Focal Point.*

HOMEWORK: REFERENCE ACTIVITY FROM SESSION ONE – LOOK AT DOWNS,  
RECOGNIZE GREEN, YELLOW, RED.  
HOW WOULD YOU GET BACK TO GREEN IN THOSE INSTANCES.



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4

## Risk Taking & Growth Mindset *February*

MENTAL PERFORMANCE  
SESSION FOUR

**What is Risk, why do we Risk?**

**Types of Risk**

- *Physical vs Outcome Risk.*

**What Happens when we Risk?**

- *Failure, Success & Learning.*

**What Happens when we Fail?**

- *Emotional Response.*
- *Learning.*

**Reframing Risk and Failure**

- *Self Regulation (Emotional Response).*
- *Growth Mindset.*
- *Jungle Cat vs House Cat Analogy.*

**Activity: Risk Log in Soccer**

- *What Kind of Risks Exist in Soccer.*
- *What are all the Possible Outcomes.*
- *How do you Manage These?*



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5

## Confidence & Preparation *February*

**Confidence – GMP Resources.**

WHAT IS IT? (LOOK LIKE, SOUND LIKE, FEEL LIKE) HIGH VS LOW.  
▪ WHAT ATHLETE? DOES IT LOOK DIFFERENT?

**Where does it Come From? – GMP.**

○ *Strength Based Approach* ○ *Performance Profiling to put Strengths in a Visual Way* ○ *How you use Self Talk (Motivational) to Talk About it.*

○ *What do you Have in Yourself but also who/what do you Have Around you (Coach Support, Team Support)*

**How do we Instill Confidence?**

○ *When Things are not Going Well?*  
*(Self-Regulation/ Trusting our Plan)* ○ *Being Prepared.*

○ **Have a Plan – and Stick to it.** ○ **Why Routines/Prep.**  
○ **Difference Between Routines and Superstitions.**  
○ **What does your Routine Look Like?**

HOMEWORK: CREATE YOUR OWN PRE-COMP ROUTINE (HAND OUT).



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6

## Stress & Coping *August*

MENTAL PERFORMANCE  
SESSION SIX

6

What is Stress? Where does it show up in our Lives?

## Coping/Self Care

MENTAL PERFORMANCE  
SESSION SIX

6

## Resilience

- o *What it is, what it isn't?*
- o *How do we Practice Resiliency?*
- o *Magic Pole Activity*
- o *Strategies.*