

**Website menu- Tools to perform  
Performance indicators, focus & concentration**

**Performance Indicators – FOCUS & CONCENTRATION**

Know what to focus on during the competition

Employ rituals to follow in competition to reinforce focus and concentration

Forget the past failure or mistake or loss

Face the future when you get to that point in the game

Perform in the present

Have those 'blinkers' on to negate or reject those distractions

The tools to return to for a focused performance are necessary, are learnt, are trained for

Lachlan Tighe, 2015.