



## CARD 1: Pre-Game Prep (Front of Deck)

- **Night Before:** Pack gear early. Offload logistics to free your working memory for deep sleep.
- **Better Players:** The pressure is on them. Do not play perfectly; just make them earn every point.
- **Dread/Anxiety:** Bad play is just data. Shift your focus to your movements, not the scoreboard.
- **Walkway:** Use the gate/door as a mental wall. Leave all external life stress outside.


## CARD 2: Warm-Up & Scouting

- **Flip Anxiety:** Reframe jitters as performance fuel.
- **4-4 Grip Check:** Squeeze handle at a 10, drop to a 4. Box breathe (Inhale 4s / Hold 4s / Exhale 4s).
- **3-Step Sync:** 1) Rhythm dinks, 2) Transition drops, 3) Fast chest speed-ups.
- **Scout:** Watch for Backhand Leaks, Heavy Pop-up Hands, and Stiff/Lazy Footwork.
-  **Trigger:** *"Loose wrists, low targets."*


### CARD 3: First 3 Points & Reset

- **Massive Margins:** Do not chase lines. Target the deep court center or the middle of the kitchen.
- **Accept Rust:** Expect an early error. Accept it instantly without negative internal judgment.
- **Footwork Focus:** Jitters freeze legs. Focus fully on active steps; let hands play on autopilot.
-  **Trigger:** *"Big margins, active feet."*


## CARD 4: The Pre-Point Reset

- **The Ritual:** The moment a point ends, immediately bounce ball 3x, tap shoe, or touch the fence.
- **Focus Shift:** Pulls mind out of emotional overdrive.
- **Trash Can:** Dedicate the 5 seconds it takes to walk back to your spot to your physical routine.
- **Clean Slate: Erases the sting of the previous error.**
-  **Trigger:** *[Paddle Tap] + "Next ball."*


## CARD 5: Flow State & Grind

- **Autopilot:** Rallies travel too fast for mechanical coaching thoughts. Let muscle memory rule.
- **Visuals:** Lock eyes strictly on the ball seams.
- **Shot Tolerance:** Expect every single drive or smash to be defended. Do not hunt clean winners.
- **Grind:** Composure on dink 20 must match dink 1.
-  **Trigger:** *"One more ball."*

## CARD 6: Mid-Match & Adjustments

- **Game 2 Drop:** Treat Game 2 as a new 0-0 match.
- **Fatigue Check:** Bounce on toes, slap your thighs, and hold paddle high to force high intensity.
- **Controllables:** Ignore wind, luck, or bad calls.
- **Process > Score:** Ignore the board. Focus on small, immediate technical execution goals.
-  **Trigger:** *"Reset and squeeze."*

## CARD 7: Match Points & Processing

- **Play to Win:** Never play timid. Hit aggressive margins with full conviction, not hesitant pokes.
- **Slow Down:** Take 3 extra seconds before serving.
- **10-10 is 0-0:** Ball physics do not change under pressure. Strip away the emotional weight.
-  **Trigger:** *"Zero-Zero, our game."*
- **Post-Loss:** 24-hour ban on self-criticism.
- **Post-Win:** Audit errors you got away with.