

Practice with a Purpose

(from "Winning Spirit" by Joe Montana)

1. Enjoy the drills that improve your skills
2. Practice is a privilege and an opportunity – has a finite beginning & end
3. Maximize time by avoiding working on too many areas; have a focus for each week
4. Exercise, rest & nutrition are important – maintain physical, mental & spiritual balance
5. Don't say "I have to practice." Say "I WANT to practice; I want to work hard; I'm here because this is something I want to do."
6. Keep performance journal – emotional as well
7. Sometimes less is more – maintain efficiency
8. Repetition is key