

concentrate, or they felt as if their heads and their bodies were unconnected. During good games they felt completely different. They said things like:

"I felt like I could do anything, like I was in complete control."

"I felt calm and quiet inside."



"I felt physically very relaxed, but also energized and pumped up."



"Everything was automatic. I didn't have to think about what I was supposed to do; it just happened."

"It felt like slow motion."

"Even though I was really hustling, it was easy."

"It was easy to concentrate. I was totally tuned in to what I was doing and I was super-aware of everything around me."

On good days, all athletes seemed to feel the same set of feelings:

They were relaxed.

They were energized.

They were clear-headed.

Their actions seemed easy and automatic.

Time seemed to slow down.

They felt in control.

They were having fun.

These feelings seemed to create an **Ideal Performance State** in which the athletes always played at their best.