

# PEAK PERFORMANCE PLAYBOOKS

The Mind and Brain Science of Performance Preparation, Practice, and Optimization

## PLAYBOOK II

*PEAK PERFORMANCE  
PRACTICE WITH  
COACHES AND  
PLAYERS*

**NeuroMentor**<sup>®</sup>  
Institute for Peak Performance

PLAY TO WIN

**David Krueger MD**

## PEAK PERFORMANCE PLAYBOOK II

### The Mind and Brain Science of Performance Preparation, Practice, and Optimization

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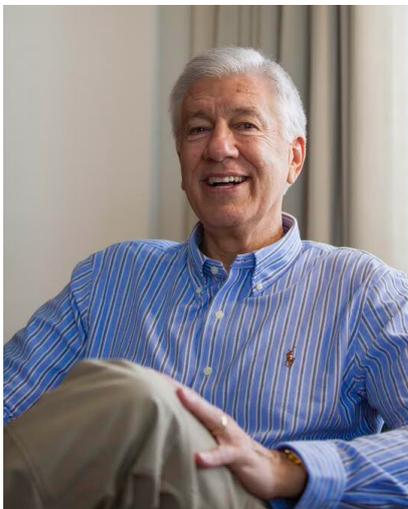
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NeuroMentor® Institute for Peak Performance



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# PLAYBOOK II. PEAK PERFORMANCE PRACTICE WITH COACHES AND PLAYERS

## Table of Contents

### A. Learning Strategies to Develop Peak Performance

- *Steps of Transformative Learning*.....2
- *Team Interaction Factors Positively Impacting Optimal Learning*.....3
- *The Output Channel*.....4
- *A 5 Phase Performance Outline*.....6
- *Setting and Revising Performance Goals*.....7
- *A Systematic Method for Reviewing and Solving Problems*.....8
- *Learning Zone and Performance Zone*.....9
- *Avoiding Pitfalls to Peak Practice and Performance*.....16

### B. Peak Performance Practice Strategies

- *Deliberate Practice: An Overview*.....28
- *Deliberate Practice: The System*.....30
- *Deliberate Practice: The Structure*.....33
- *Deliberate Practice: The Applications*.....35
- *Performance Cues*.....37
- *Performance Flow*.....43
- *Peak Performance Practice Summary*.....45

## Table of Contents Cont.

### C. Neuroassociative Conditioning for Optimal Performance

- *Neural Conditioning Program*.....49
- *Unlearning and New Performance Learning*.....52
- *Performance Preparation and Assessment*.....55
- *7 Techniques to Edit Your Performance Story*.....56
- *Compromises Inventory*.....58
- *Your Mind's Eye: Visualizations and Affirmations*.....61
- *The 4 R's: Repeat and Rationalize vs. Recognize and Reorganize*.....66
- *Personal Feedback Questionnaire*.....68
- *5 Steps to Revise a Performance Story*.....69
- *Performance Inhibitions and Success Insurance*.....77

### D. Peak Performance Mindset

- *Mindset Mastery*.....79
- *Pressure Performance Strategies*.....83
- *Pressure Management Tools*.....85
- *ROADMAP States of Mind*.....86
- *ROADMAP System for Performing Under Pressure*.....89

### E. Wellness Practices

- *The Wealth of Wellness*.....92
- *The Wellness System of Energy*.....93
- *Wellness Initiatives*.....93
- *Brain Programming for Wellness*.....94
- *Special Issues of Success: For Women Only*.....94
- *Special Issues of Success: For Men Only*.....96

## PEAK PERFORMANCE PRACTICE FOR COACHES AND PLAYERS

When I was in the singles ski lift line at Steamboat Springs about to advance to the chairlift, an instructor behind me who had five kids all about age six asked me if I would mind if two of them rode the chairlift with me. Of course, I welcomed the opportunity.

As we got on the lift, the little girl next to me had a somewhat awkward seating and seemed to slump a little bit as we were riding and talking.

As we got close to the end of the lift, she said in a very timid voice, "I'm scared to get off."

"I understand," I said. "Do you know who Laurie Hernandez is?" It was just after the 2016 Summer Olympics, when Laurie had won a gold in the team event and a silver on the balance beam. The little girl looked at me and said, "Yes." I asked her if she would like to know what Laurie did when she was scared about performing her gymnastics routine. She immediately said, "Yeah!" I told her that Laurie did three things. She pictured herself doing a perfect routine, a vision of exactly how she would perform. Then, the instant before she began, she took a deep breath to breathe in relaxation and breathe out any tension, and said to herself, "I got this."

My new little buddy seemed interested in this and sat just a bit more upright. As we were a few seconds from getting off the lift, I asked her what she would say to herself as she got off.

"I got this," she said in a timid, hesitant voice.

I nudged her. "Say it like you really mean it."

Then, in a voice that seemed to channel all of her six years into someone I wouldn't want to meet in a dark alley, she said very confidently, "*I got this.*"

As she skied out of the chair perfectly, she stopped and turned to look at me from about ten feet away. At the same instant, we both did a one-inch air fist bump. We both smiled, and then she skied off with her instructor.

Breakthroughs in neuroscience, cognitive psychology, and behavioral sciences have created radically new ways to guide both practice and performance. Mind- and brain-based strategies integrated with performance science can have dramatic effects on the way we interact, lead, and perform. Performance enhancement principles and systems form the template of deliberate practice for peak performance.

The brain has a unique way of writing into code and creating complex algorithms that may be consciously inaccessible but can generate intricately developed patterns of behavior and performance. Understanding and rewriting these patterns leads to significant enhancement.

Information has never been sufficient to generate change. The process must be addressed in a stepwise systematic manner to result in transformation of each player's operating system, performance, and core identity to make the change permanent. This section, designed for both coach and player, will apply evidence-based learning and deliberate practice strategies for developing peak performance systems. Coaches and players can integrate these proven performance systems and tools into existing practices.

We'll examine how to create new mind software and write new code for the brain—a systematic approach to creating changes of mind, brain, and behavior for peak performance.

Understanding and mastering the common performance inhibitions of choking, sandbagging, self-handicapping, and burnout are addressed along with their remedies.

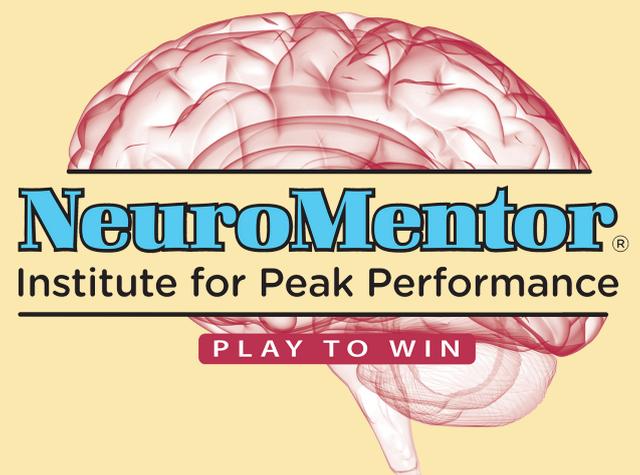
Science is about understanding patterns, the fundamental laws and principles that form the foundation of our lives and world. The brain is a pattern-seeking organ, yet many of the methods of facilitating change are contrary to the way the mind and brain work. It's not about having all the answers, since most of our operating system is unconscious and not directly accessible anyhow, but about having an informed framework for *asking the right questions* and an *evidence-based system for optimum performance*. This section presents systematic ways to reprogram mind software and rewire brain hardware for peak performance.

We'll apply three proven systems to address optimum performance:

***The Neural Conditioning Program*** is a *performance microsystem* for managing emotional triggers and rewiring planned, ideal responses for peak performance. The Neural Conditioning Program addresses an evidence-based sequence to generate optimum responses at a behavioral and brain level. The simple proven mastery tactics will help you effectively manage states of mind and strategically plan optimum performance. This systematic architecture of state of mind regulation can rewire your brain for new behaviors and optimum performance habits.

***Deliberate practice principles*** are a proven performance science macrosystem of establishing and maintaining elite performance. When deliberate practice principles are addressed in systematic way, and integrated with skill development, performance execution becomes unsurpassed.

***The ROADMAP System®*** is a *performance macrosystem* for deconstructing and understanding personal performance and systematically writing new code for mind, brain, and behavior to rewire for optimum performance, including performance under pressure. *ROADMAP* is an acronym for the seven steps of a scientific and systematic way to deconstruct and understand personally created stories and to strategically create new behavior. Understanding behavior and performance algorithms couples with a methodology to create a new, enhanced performance story. The development of corresponding new identity becomes the bedrock that allows this transformation to become permanent. The ROADMAP System® becomes the blueprint of performance story construction to understand and address the mind and brain creation of thoughts, feelings, and behaviors organized into an accomplished performance story.



# A. Learning Strategies to Develop Peak Performance

## Steps of Transformative Learning

Performance-related practices for both coaches and players include these steps:

1. Begin with a positive mindset.

How you think and believe about your learning dramatically impacts its effectiveness and application. Changing how you think changes how much you can learn. Whatever you attempt to learn, a positive approach of optimistic engagement anchors the remaining process. The belief that you will not be able to do it results in not being able to do it.

The most effective learners take charge of their own learning and do not let obstacles be sufficient reason not to proceed. A growth mindset looks at any specific challenge to determine optimum possibility, process, and outcome.

2. Establish strategic deliberate practice and learning.

- Set specific goals, limited to two to three at a time.
- Create goals that are challenging.
- Set achievable stepwise goals, as each achievement further motivates the process.
- Determine a target date for each goal.
- Identify specific needs in the learning process and set about addressing them.
- Identify holes in what you need to learn rather than working on what you are already good at.
- Challenge yourself with tasks just outside your ability.
- Interweave different tasks in the same learning segment.

3. Actively engage in processing information vs. passive acquisition.

Ask questions and find other ways of engaging material to process and respond with the new learning as part of its acquisition process. Testing yourself is one of the best ways to learn new material or new skills. Testing yourself offers better learning probability than rereading or redoing, because testing yourself requires retrieval and use of the output channel for new material or skill. Test, practice, consolidate, learn.

4. Identify optimum information sources that will challenge you—this includes you, too, Coach.

Seek out different points of view and alternate perspectives. Engagement with additional informed points of view can stretch and challenge your default assumptions and behaviors.