

Game Preparation from an Athlete's Perspective by Heather Moody, Assistant Coach,  
Women's National Team

- Your game preparation starts with your daily workouts. When you have consistent good workouts you will have good games. What you do in workout is what you do in the game. Every day you are getting ready for your next game.
- Team meeting to go over game plan. As a player this is where you get your role for the game. As a coach this is where it is important to have a specific game plan; such as match ups, line ups, defenses...
- After the meeting is your time to digest what your role will be during the game
- With the National Team we have our team meetings at the hotel then travel to the pool so this might be different for you. On the way to the game do what relaxes you, ex. Listen to music, read a book... This could happen before your team meeting or after but it is important to feel relaxed heading to the pool.
- At the pool, pre-game, go over your role for the game again either by yourself or with a teammate (better with the teammate) to ensure understanding of the game plan and role during the game.
- Then come together as a team and do a team warm-up.  
\*With the national team we start our warm up together on the deck. The dry land portion is the same as we do everyday at training. This makes it easier to relax and get focused in a high stress or overwhelming environment. It brings you back to what you know.
- When you hit the water for your warm up, you have one that you are confident in to be prepared for the game. This warm up should be specific to what your role is in the game (Center work on Center skills, Defender work on Defender skills...)
- Now when you hear the first whistle blow you are ready for the game. You have all the confidence that you are fully prepared for the game from your workouts to all your pre-game preparation.