



# Mental Game Introduction - Participant Guide

*Pétanque Academy - Elite Player Development*

*carreau.app*



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# Welcome

Today you'll learn practical mental game techniques to improve your pétanque performance.

## What You'll Learn

- Why mental training matters for elite players
- The difference between "technical mode" and "flow mode"
- How to recognize and manage your inner critic
- Simple techniques for pressure management
- A basic pre-shot routine

## The Zone / Flow State

### What is Flow?

Flow is that magical state where:

- Everything feels effortless
- Time seems to slow down
- You're not thinking, just playing
- Your technique executes perfectly

### Two Modes of Mind

#### Planning Mode (Analytical)

- Analyzing the terrain
- Choosing your strategy
- Deciding on the shot

- Assessing risks

### Execution Mode (Flow)

- Trusting your body
- Not thinking about technique
- Present-moment focus
- Automatic execution

## The Switch

The key skill: **switching from planning to execution mode**

**Before the shot:** Analyze, plan, decide

**During the shot:** Trust, flow, execute

## The Inner Critic vs Inner Coach

### Your Inner Critic Says:

- "That was terrible!"
- "You always mess up under pressure"
- "Everyone's watching you fail"
- "You're not good enough"

### Your Inner Coach Says:

- "What can I learn from this?"
- "Next shot, fresh start"
- "I've made this shot before"
- "Trust the process"

## Reframing Exercise

When you notice your Inner Critic:

1. **Pause** - Recognize the critical thought
2. **Reframe** - What would your coach say?
3. **Reset** - Take 3 breaths
4. **Refocus** - Next shot

## Practical Tools

### 3-Breath Reset

Use this after mistakes or when feeling pressure:

1. **Breath 1:** Notice the tension (where do you feel it?)
2. **Breath 2:** Release the tension (let it go)
3. **Breath 3:** Refocus on now (this shot, this moment)

### Pre-Shot Routine

Create consistency with a simple routine:

1. **Visualize** - See the shot in your mind
2. **Breathe** - One deep breath
3. **Anchor** - Touch your boule, feel the weight
4. **Execute** - Trust and throw

### Mistake Recovery Protocol

After a bad shot:

1. **Acknowledge** - "That didn't go as planned"

2. **Release** - Physical reset (shake it off, walk)
3. **Refocus** - "Next shot is a new opportunity"
4. **Execute** - Trust your routine

## Your Action Plan

### This Week

Choose ONE technique to practice:

- 3-Breath Reset after every mistake
- Pre-shot routine on every throw
- Reframe one Inner Critic thought per session
- Practice switching from planning to execution mode

### Track Your Progress

Notice:

- When do you feel most in flow?
- What triggers your Inner Critic?
- Which technique helps you most?
- How does your performance change?

## Resources & Next Steps

### Continue Learning

- **The Zone** - Deep dive into flow states

- **Mental Strength** - Advanced pressure management
- **Goal Template** - Structure your development
- **Diary Template** - Track your progress

## Practice Daily

- 5 minutes of mindful breathing
- Visualize successful shots
- Practice your pre-shot routine
- Reframe negative thoughts

## Key Takeaways

1. **Flow state is accessible** - You can learn to enter it more consistently
2. **Your inner voice matters** - Coach yourself, don't criticize
3. **Simple tools work** - 3 breaths, a routine, a reset
4. **Practice is key** - Mental skills need training like technical skills

**Remember:** Mental training is not about positive thinking. It's about practical techniques that help you access your best performance under pressure.

*Visit [carreau.app](https://carreau.app) for more resources*

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