



Mental Game Quick Reference

Pétanque Academy - Elite Player Development

carreau.app



Mental Game Quick Reference

Pétanque Academy - One-Page Summary

The Zone / Flow State

Two Modes of Mind:

| Planning Mode | Execution Mode |
|-----------------|---------------------|
| Analyze terrain | Trust your body |
| Choose strategy | Don't think |
| Assess risks | Present moment |
| Make decisions | Automatic execution |

The Switch: Plan before, flow during

Inner Critic vs Inner Coach

| Inner Critic ■ | Inner Coach ■ |
|--------------------------------|--------------------------|
| "That was terrible!" | "What can I learn?" |
| "You always mess up" | "Next shot, fresh start" |
| "Everyone's watching you fail" | "I've done this before" |
| "You're not good enough" | "Trust the process" |

Reframe: Pause → Reframe → Reset → Refocus

3-Breath Reset

Use after mistakes or pressure:

1. **Breath 1:** Notice tension (where?)
2. **Breath 2:** Release tension (let go)
3. **Breath 3:** Refocus (this shot, now)

Pre-Shot Routine

Same routine, every shot:

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

Mistake Recovery Protocol

After a bad shot:

1. **Acknowledge** - "Didn't go as planned"
2. **Release** - Physical reset (shake it off)
3. **Refocus** - "Next shot is new"
4. **Execute** - Trust your routine

This Week's Practice

Choose ONE technique:

- [] 3-Breath Reset after every mistake
- [] Pre-shot routine on every throw
- [] Reframe one Inner Critic thought per session
- [] Practice switching planning → 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?

Key Principles

1. **Flow is accessible** - You can learn to enter it 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

Resources

Continue learning at carreau.app:

- The Zone - Flow state deep dive

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

Remember: Mental training is not about positive thinking.

It's about practical techniques that help you access your best performance under pressure.

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