



MIDTN Volleyball

Worksheet to accompany video: Understanding Your Nervous System & Reset Skills

Name: _____

Team: _____

Date: _____

Check In: How Does Your Body Feel?

Before competition, your body naturally reacts to pressure. Take a moment to notice what happens in **your body**.

Circle anything you sometimes experience during games or tournaments:

- Fast heartbeat
- Tight shoulders
- Shaky hands
- Thinking too much
- Trouble focusing
- Feeling calm and ready
- Feeling rushed
- Holding my breath
- Other: _____

Reflection:

When I feel pressure in volleyball, the first thing I usually notice is:

Your Nervous System

Your body has two important systems that affect performance.

Activation Mode (Compete Mode)

Helps you move fast and react.

You might feel:

- energized
- alert
- excited
- nervous

Calm Mode (Reset Mode)

Helps you relax and refocus.

You might feel:

- steady breathing
- relaxed muscles
- clearer thinking

Great athletes learn how to **move between these two modes**.

Reset Tools for Volleyball Players

Tool 1: Intentional Breathing Pattern

(Best when you feel **nervous or rushed**)

Practice:

Breathe in through your nose for **4 seconds**

1 — 2 — 3 — 4

Breathe out slowly through your mouth for **6 seconds**

1 — 2 — 3 — 4 — 5 — 6

Try **3 breaths**.

How did your body feel after this?

Tool 2: Muscle Reset

(Best when your body feels **tight or tense**)

Try it now:

Squeeze your fists for **3 seconds**

1 — 2 — 3

Now relax your hands and arms.

Notice the difference between **tight** and **relaxed**.

Where do you usually hold tension during games?

- shoulders
 - hands
 - jaw
 - legs
 - other: _____
-

Tool 3: Attention Reset

(Best when your **mind is racing**)

Try this:

Look around and notice

3 things you can hear

1. _____
2. _____
3. _____

Now notice

2 things you can see

1. _____
2. _____

Now notice

1 think you can feel (touch)

1. _____

Then take **1 slow breath**.

Final Reflection

The reset tool I think will help me most this season is:

One situation where I will try it (serving, after a mistake, before a match, etc.):
