

Thriving on Pressure

Pressure must excite, not inhibit you as a keeper and player. Pressure comes from within your own mind in response to outside situations e.g. peer pressure, opposition, playing conditions, state of the match, selections.

- 1. Learn to relax physically by breathing properly - practise pushing your belly out as you breathe in (use your diaphragm) to relax.**
- 2. Ensure you prepare and recover effectively - I use massage and light exercise after matches. I like to get away from the pressure in down times by playing golf with my mates, or enjoying family life. This helps me mentally by preventing me from over thinking about my cricket.**
- 3. I try to reduce the importance of any particular situation - it is crucial to stay simply focussed on the task you want to carry out.**
- 4. Prepare thoroughly for each task so that when you are under the most pressure, you feel like you've been there a thousand times before.**
- 5. Find out what works for you - identify the potential pressure situations in a game, and devise plans to help prevent or at least reduce the frequency of times that you have to cope with this stress.**