

HiLevel Performance Model

2007

Individual & Team

HiLevel Performance Training

Step 1 + Step 2 + Step 3

Step 1 - Preparation

Play Above the Line

Be Deliberate with Yourself
Present, Ready & Forward

Step 2 - Execution

Play With Fire Power

Finish Each Move:
In-Tense & In-Process

Step 3 - Completion

Play Smart

Work the Plan:
Give Your Best Effort,
Debrief and Hit Refresh!

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Skills Needed

- ✓ Performance Breathing: Stay calm & connected
- ✓ Flip the Switch: Adjust your intensity (up & down, on & off)
- ✓ Debrief: Capture (+), release (--), and decide (Δ)

Balance Needed

- ✓ Focus & Fitness (Confidence: Feel Fit & Be Fit)

Commitment Required: TOTAL!

Individual skills must be over learned. It's called *unconscious competence*.

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