

This months M.A.P. is about Control. Specifically we are going to look at how to help you maintain control of your mind when you are under pressure. [Click through the PDF and check out some of the ideas.](#)

Also – check out these videos on youtube. These links are also discussed in the pdf above...enjoy

- This video is of Richie McKaw – Captain of the New Zealand 2011 World Cup winner in Rugby
- We have shown this video before - but it bears repeating. In this clip Zidane Zidane loses it!!! —
- Watch this link of what Arjen Robben has to say after his incredible Champions League performance vs BVB where he scored and assisted.

As a reminder - This months M.A.P. is about Control. Here are a few other cool links and videos about control

- This first one is a really good piece on control. It is probably more for our older players as some of the ideas and concepts are a bit tough to grasp – but I encourage all players to take a look at see what Australia has to say about maintaining control under pressure  
- [http://www.ausport.gov.au/sportscoachmag/psychology2/performing\\_under\\_pressure2](http://www.ausport.gov.au/sportscoachmag/psychology2/performing_under_pressure2)
- These are a series of videos of the uswnt and pressure – enjoy and see how you think this helps you maintain control under pressure
  - o What does Alex Morgan have to say...what did others say to her about playing on the big stage?
  - o What does Megan Rapinoe say?...how do you learn to love it?
  - o What does this one say...what are they saying about Pressure and ultimately control...what if there" were no pressure? ...what are they saying about the “goodness of pressure?

Again – I encourage everyone to check out the PDF for some helpful tips on control and learning to embrace pressure and stress