



7 SUTRAS

for

DOMINANCE
IN
SPORTS

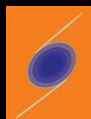
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GAME**



for DOMINANCE in professional sports

PREFACE

7 SUTRAS for DOMINANCE IN SPORTS

booklet gives you time- tested parameters and space for analysis for becoming your best version as a player i.e. your truest, boldest, sharpest and most natural self under all circumstances and situations by working on all dimensions of intelligence within you.

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Questions are the answers when they lead to better outcome.

Q1. What is this booklet all about?

A1. This booklet contains deeper insights on issues such as productive practice sessions, big match syndrome, analysis v/s intuition, faster growth etc. for every player that cripple his or her mind. By analyzing deeply these aspects and working on your game simultaneously any player can certainly become his or her best version i.e. BOLDEST, SHARPEST, TRUEST AND MOST NATURAL SELF so as to.....

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Q2. Why is this booklet essential for every Indian player?

A2. A player normally is caught up in his or her ego combined with the ego of the others make the matter worse for the player. He or she is mostly conditioned to believe things by parents and society that should not occupy the top of his mind during critical moments of practice and while playing the actual matches. This book aims to reduce or eliminate such adverse effects and enhance the number of super performances in actual match conditions.

Q3. How to work better on your game while keeping this booklet in your kit?

A3. Steps required:

1. Keep this booklet in pocket or kit as a ready reference with a pencil.
2. Write down important issues that trouble you under **7 Sutras** or in two blank pages (**for weekly progress**) provided inside.
3. Look up in this booklet for clarity of thought and resolve vital issues that effect your performance in a critical manner. If required, get in touch with us over a video session.

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First things first:

Area of concern 1:

PRACTICE SESSIONS ARE NOT DESIGNED TO SUIT MY PARTICULAR NEEDS AND AS PER DEMANDS OF MY OWN GAME.

Solution:

All players are not alike. Practice sessions must also be designed according to psychological demands of every player. It can be done in a more clinical manner by fine tuning and integrating the practice sessions with psychological elements as per needs of individual players. Doing this ensures faster progress and enables skill set acquired during practice sessions to be more easily transported, manifested and made use of in actual matches. As physical prowess and psychological elements do not operate in different compartments, so practice is never merely drills, repetitions only but a more creatively designed practice session opens up deeper insights, a far better perception and temperament for a player than any other ordinary practice schedule can help in doing.

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Your task:

To design my practice sessions in a more innovative and personalized manner so as to bring the fastest possible growth in my game and without getting caught up in the fixed patterns of learning all others are stuck in.

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Area of concern 2:

I AM NOT DOMINATING THE GAME.

Solution:

You are a human being also who has been conditioned to believe in things that do not lead to or favor a dominating player's mindset and framework of decision making. As your mind is caught up in the duality of things such as win or loss, analysis or intuition etc. A singular mind-body approach that brings in unified field of intelligence in your approach is so very essential for dominance. But you have not been taught these vital functions.

Your task:

To lead your life in both practice sessions and actual matches with such a mind set that brings forth your TRUEST, BOLDEST, SHARPEST and MOST NATURAL SELF IN THE GAME.

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Area of concern 3:

I am not aware of my X FACTOR and do not know how to develop and access it during critical moments in a match.

Solution:

In sports, X factor in the game is a must for every player as this X factor brings remarkability in his game. A player with an X factor has an edge over others in trials and in matches as well. He has the potential to outclass everyone else. As selectors and coaches have very few hours or days to watch the performance (in depth) of various players so X factor brings to limelight what is actually the main aspect in a player's game when it matters the most.

Your task:

Explore, discover and build upon the X factor in your game through LEVEL NEXT GAME program and you stand a good chance to outshine rest of the players.

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Area of concern 4:

I am not able to accept defeat and move on quickly.

Solution:

We and everyone around us try to make sense of things gone wrong.

- Even if we do not get the results, no defeat is final until we stop trying.
- We always emerge stronger and wiser.
- A better future always awaits us and so on.

We try to create our own story so that our past decisions and actions do not look stupid, shortsighted, inadequate or simply ineffective and not up to the mark. In a way we try to make sense of defeat and try to find a cushion or a cover for us and have a feeling of temporary relief.

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Your task:

Escaping the reality is a short-term measure and a good one also, no doubt about it but do not take a permanent comfort in it. So let us first of all stop making sense of everything around us and that has happened to us, acknowledge it to get past it, the earlier you do the better it would be. Other wise you will keep fighting a lonely battle within yourself without any further improvements. Contact us for more guidance on this.

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Area of concern 5:

INSIGHTS:

In every game, a top player always has deeper insights than most others. For this to have, he must firstly have extraordinary observational skills and willingness to learn more than others with a curious mind. It is in this order that deeper insights are developed.

Solution:

Deeper insights lead to greater clarity of thought both about oneself as well as about opponents, which further leads to dominance in the game. LEVEL NEXT GAME program takes you on a journey to have better and deeper insights so that you can dominate the game when it matters the most in crucial and high stake matches at national and international level.

Your task:

Assess your own self to find if you are short of insights in normal practice routines. do you want to have more and deeper insights and analysis than most other players and your opponents can have? After doing this, note down the observations and discuss with our expert.

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Area of concern 6 :

THE BIG MATCH SYNDROME

Just before any big match, players load themselves with so many opinions, instructions, expectations etc. that their senses get choked and no free thinking happens. Loading one self with unnecessary and unwanted stuff a player interrupts his specific playing routines. This is how a player loses his/her unique advantage over the opponent.

Solution:

So what can be the right approach to avoid all this and to come out victorious? As we carry within ourselves a lot many complexities that shape and give rise to within us multiple and different personalities. There can never be a single right approach that fits all, just like two persons or players can never be same or identical in their learnings.

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Your task:

It all depends upon what works for you as a player. But there is an element of universality in each of us, in simple words no matter which part of the world we belong to, what has been our past, we carry same set of feelings, emotions and more or less react in a similar manner to same stimuli. We can work on experimenting different methods and see what suits us the best. Get in touch with our expert if you find it difficult.

Your observations and actionable insight on 6:

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Area of concern 7:

THE PACE OF GROWTH IN GAME IS VERY SLOW.

Conventional methods of coaching follow a fixed path. Every player is unique. One needs to monitor his own pace of making progress faster and better than others.

Solution:

This can be done using practice log charts.

Advantage: Years of practice are not lost to newer learnings by taking help of practice log charts. These charts further integrate physical, technical and psychological aspects in a harmonious way leading to synergy among all efforts put in during practice.

Your task:

It all depends upon your own growth as a player. There is no one size that fits all. However, it is important to develop right practice log charts that promote integrated learnings. Get in touch with our expert if you find it difficult.

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Weekly progress, issues and insights:

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Weekly progress, issues and insights:

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for International & National (Indian) players only

Take DOMINANCE evaluation on next page and get feedback from us.

Steps required:

1. Tick the answers on DOMINANCE evaluation sheet.
2. Take a pic of evaluation sheet and send on our whatsapp no. 90561-46042 with your details:
Name:
Age:
Game:
Level played at:
3. We will take brief input from you about the problem you are facing.
4. Get feedback from us.

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DOMINANCE evaluation sheet

Take DOMINANCE evaluation & get feedback from us.

Mark tick (✓) :

1. Practice Sessions are designed to suit my progress. Y N
2. I am mostly dominating the game. Y N
3. I am aware of my X factor & able to access it in actual matches and trials. Y N
4. Defeat in a match does not effect my performance in next matches. Y N
5. My insights are better than most other players.
Y N
6. My mind set is super cool before any big match.
Y N
7. My progress in game is faster than most other players. Y N

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