

*You are not alone if you tend to get anxious before participating in a huge game or sporting event. Even big hitters and popular sports names experience pre-game jitters, characterized by racing thoughts, pounding hearts, and trembling legs. It is a common theme in sports that a field of psychology (sports psychology) has been devoted to helping athletes deal with their nerves. While these emotions are entirely natural, extreme performance anxiety may hinder your ability to perform efficiently. Fortunately, there are a various techniques you may take to calm your pre-game nerves.*

**Visualization:** Visualization helps top athletes increase performance, build confidence, and handle anxiety. Visualization, in this context, is a form of mental rehearsal involving envisioning oneself competing at a sporting event successfully. In order to visualize, close your eyes and picture the physical movements required to be successful in the game. Imagine yourself moving as quickly as you would in reality. Also, imagine from your own viewpoint, not an observer's. You should see the audience and field as if you were there, not watching yourself competing.

**Choose Clearly Defined Goals:** Having clearly stated objectives may help you gauge your progress, but overly ambitious ambitions can leave you feeling overwhelmed and doubtful of your capabilities. Set challenging but attainable goals, and split big tasks into smaller, more manageable chunks wherever you can, using a series of short-term objectives.

**Relaxation Techniques:** The physical signs of anxiety, such as an elevated heart rate, tight muscles, and rapid and shallow breathing, may be mitigated using relaxation exercises. You may use these methods at any point leading up to a performance or competition. However, they may be especially beneficial if they are employed to calm anxieties the night before or in the hours leading to the game. You may also listen to music prior to taking to the field. Enjoying your favorite music is one good way to stay calm before a sporting event.

**Develop Self-Confidence:** If you often buckle under pressure, it may be hard to visualize yourself being confident during competition. You may, however, take particular actions to bolster your confidence. Instead of focusing on past mistakes, focus on your previous triumphs and keep them in mind. Prioritize your practice and preparation, and keep going until you are confident in your ability to succeed.

**Create Your Own Pre-Game Routine:** If performed effectively, pre-performance practices may improve attentional concentration, reduce distractions, and overcome negative thoughts. Routines let you perform instinctively with less thoughts. Too much pondering and pre-game nervousness may lead to worry and "what ifs." Pre-game routines may be anything regular and repeated. This includes the time you go to bed the night before a match, the highlights you see on game day, the food you consume pre-match, and the music you listen to on the way to the game.

**Change Your Interpretation of Nervousness:** Even when you follow these tips, you may still feel nervous, such as having a feeling of "butterflies in your stomach." You should consider this feeling a natural part of the sporting experience rather than seeing it as a distraction. The emotions associated with nervousness before a sports game often demonstrate a genuine desire to win the game. While you cannot always control the feeling, you can always choose how you interpret it.