Quarterback Game Day Pocketbook Routine

Your Game-Day Companion for Confidence, Focus, and Execution.

# Section 1: Pre-Game (Night Before & Morning)

• Sleep & Recovery Checklist:  
- Get 8–9 hours of rest  
- Shut off screens 1 hour before bed  
- Stretch / foam roll lightly  
- Set out gear for the next day

• Hydration & Fueling Plan:  
- Drink 16–20 oz water before bed  
- Morning: Light balanced meal (protein + carbs)  
- Avoid heavy greasy foods

• Visualization Routine:  
- Close eyes and mentally rehearse plays  
- Visualize handling pressure calmly  
- Picture making key throws

• Affirmations / Confidence Statements:  
- “I lead with confidence.”  
- “I stay calm under pressure.”  
- “I make smart decisions.”

# Section 2: Arrival & Warm-Up

• Locker Room Prep Checklist:  
- Double-check gear (helmet, pads, mouthpiece)  
- Put phone away — focus on game  
- Review first 10 scripted plays

• Dynamic Warm-Up Routine:  
- High knees, butt kicks, side shuffles  
- Arm circles, band work for shoulders  
- Footwork ladder drills  
- Light throwing progression (short to long)

• Breathing & Focus Technique:  
- Inhale 4 sec, hold 4 sec, exhale 4 sec  
- Repeat to reset nerves  
- Lock in with clear intention

# Section 3: In-Game Pocket Reminders

• Key Reads & Situational Awareness:  
- Recognize coverage pre-snap  
- Stay patient on progressions  
- Protect the football

• Two-Minute Drill Notes:  
- Clock awareness at all times  
- Sideline throws if no timeouts  
- Stay poised, communicate clearly

• Reset Cues After Mistakes:  
- Deep breath  
- Short memory, next play  
- Encourage teammates

• Leadership Reminders:  
- Body language: confident and calm  
- Encourage teammates constantly  
- Celebrate small wins

# Section 4: Post-Game

• Reflection Worksheet:  
- What did I execute well?  
- What do I need to improve?  
- Who/what am I grateful for today?

• Recovery Checklist:  
- Light stretching, foam roll  
- Hydrate with water/electrolytes  
- Protein + carb recovery meal  
- Ice bath or contrast shower if needed