

ACTIVATE THE MIND ACTIVATE THE BODY



As athletes learn new skills and prepare for competition, receiving and applying corrections is an important part of their growth. This month, we are focusing on Activate the Mind, Activate the Body (AMAB)—a simple four-step process that teaches athletes to turn a coach's correction into purposeful action.

1

LISTEN

Athletes should actively listen to their coach's correction and break it down into one or two simple words they can remember.

2

ACTIVATE THE MIND

Have your gymnast repeat the correction to themselves with confidence and intention. This helps create a clear mental focus before trying the skill again.

3

ACTIVATE THE BODY

Before their next turn, athletes should physically practice the correction. This could mean walking through the skill, setting their arms, finding a body position, or practicing the correct shape.

4

SAY IT DURING THE SKILL

The final step is to use the correction while performing the skill. The goal is for the athlete's mind to give the body a clear command so the correction becomes part of their movement.