

THE CAR RIDE HOME

Questions that build mental toughness, the NSSC way

The ride home from practice or a tournament is one of the best chances you get to help your athlete grow. This season, our coaches are training four mental toughness habits that spell out our name: **N**ext-Point Mindset, **S**tay Present, **S**et the Tone, and **C**ommunicate Constantly. Use the questions below to reinforce the same habits at home. Pick one or two, not all of them.

GIVE THEM SPACE

Let them decompress, grab a snack, and bring it up first.

LEAD WITH LOVE

Start with "I love watching you play." Results can wait.

ASK, THEN LISTEN

Skip the coaching. Their coaches have it covered.



NEXT-POINT MINDSET

- ☐ Was there a mistake you bounced back from today? What helped?
- ☐ What's your reset cue? Did you get to use it?
- ☐ Which point are you proudest of how you responded to?



STAY PRESENT

- ☐ When did you feel most locked in today?
- ☐ What do you think your body language said during the toughest set?
- ☐ How did you stay calm when things got tense?



SET THE TONE

- ☐ Who brought the energy today? Was it you?
- ☐ What's one hustle play you made that nobody noticed?
- ☐ How did your team's energy change during the match?



COMMUNICATE CONSTANTLY

- ☐ Who did you pick up after they made a mistake?
- ☐ What were you calling out on the court?
- ☐ How did you and your accountability partner help each other?

AFTER A TOUGH DAY

RESET WITH PURPOSE

- ☐ What was within your control today?
- ☐ What's one lesson you're taking to practice?
- ☐ What do you need from me right now?

AFTER A GREAT DAY

CELEBRATE THE HABIT

- ☐ Which habit made the difference today?
- ☐ Who on your team deserves a shoutout?
- ☐ What do you want to keep doing next time?

OUR FAMILY'S GO-TO QUESTIONS

THINK STRONG. PLAY STRONGER.

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