



A COACH LEWIS POSTER

TOOL
04

The Camera Drill

VISUALIZATION

One tool. Print it, post it, run it when the moment calls.

From the Apex Six Mental Performance System.

04

The Camera Drill

VISUALIZATION

WHEN TO USE

Visualization — building reps before they happen.

HOW TO RUN IT

- 1 Close your eyes. “Film” the moment from inside your own eyes — first-person, not from the stands.
- 2 **See** the rim, the line, the jersey of the defender. Specific.
- 3 **Hear** the squeak of sneakers, your breath, the crowd at low volume.
- 4 **Feel** the ball in your hands, your feet on the floor, the cool air.
- 5 Run it 3 times. Always with a successful outcome. Always sensory-rich.

TIMING

3–5 minutes · Night before or 30 min pre-game

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

SCAN FOR AI COACH





Want the full system?

AI Coach trained on these exact frameworks. Daily pre-game plans.
Journal reflections. All in Coach Lewis's voice. Try it free.

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— *Let's go to work.* —

COACH LEWIS