



A COACH LEWIS POSTER

TOOL
05

Bounce-Back 3R

POST-MISTAKE

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

From the Apex Six Mental Performance System.

05

Bounce-Back 3R

POST-MISTAKE

WHEN TO USE

Right after a mistake — turnover, missed shot, blown coverage.

HOW TO RUN IT

1

R — Release: A physical shake-off. Hands to thighs + hard exhale, OR glove tap, OR jersey tug. Same move every time.

2

R — Refocus: Eyes to a fixed point (the rim, the goal, the line). Visual lock = mental lock.

3

R — Re-engage: Cue word + sharp inhale + sprint to next position. The next play is bigger than the last one.

TIMING

30 seconds · *Drill it in practice so it's automatic in games*

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

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

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— *Let's go to work.* —

COACH LEWIS